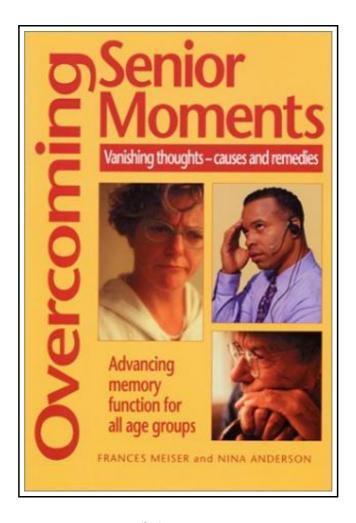
Overcoming Senior Moments



Filesize: 9.69 MB

Reviews

Very good e-book and useful one. It is actually rally fascinating through studying period. I found out this publication from my i and dad recommended this ebook to understand. (Kassandra Ledner)

OVERCOMING SENIOR MOMENTS



Square One Publishers, United States, 2001. Paperback. Book Condition: New. Expanded. 229 x 153 mm. Language: English. Brand New Book. Chief among the fears of the aging population are memory loss and dementia. In Overcoming Senior Moments, we learn how to maintain brain health and guard against dementia through pleasantly illustrated text that simplifies how the brain works and what it needs in order to stay in tiptop shape. Drinking mineralized water, eating the good fats, and exercising are a few ways we can keep our brains active. Author Frances Meiser says, With a healthy diet, avoidance of environmental and dietary toxins, and a wee bit of exercise, we can keep remembering who we are, what we want, and where we put our keys, well into our nineties and beyond.



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