

Why Isn't My Brain Working?: A Revolutionary Understanding of Brain Decline and Effective Strategies to Recover Your Brain's Health

By Dr. Datis Kharrazian


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Losing your memory? Can't focus or concentrate? Do you have brain fog or tire easily? Have you lost your zest for life or motivation? Do people tell you this is all a normal part of aging? If so, your brain may be growing old too fast, or degenerating. Modern diets, a stressful lifestyle, and environmental toxins all take their toll on the brain. This doesn't just happen to seniors-brain disorders and degeneration are on the rise for young and old alike. The good news is the brain is extremely adaptable and wants to get well. You simply have to know how to feed and care for your brain. How do you know if your brain isn't working? See if some of these signs and symptoms of brain degeneration apply to you: Memory loss • brain fog • depression • anxiety • difficulty learning • lack of motivation, drive, or passion • tire easily • poor focus and concentration • fatigue in response to certain chemicals or foods Brain degeneration affects millions of Americans of all ages. The destruction sets in years or even decades before Alzheimer's, Parkinson's, multiple sclerosis, or other serious neurological diseases can be diagnosed. Learn how to spot brain degeneration and stop it before it's too late. Why Isn't My Brain Working? will teach you strategies to save and improve brain function. You will learn how simple diet and lifestyle changes and nutritional therapy can profoundly impact your brain health and thus the quality of your life. Don't waste another day wondering why your brain is not working. Learn what you can and should do about it. Why Isn't My Brain Working? harnesses cutting-edge scientific research for safe, simple, and truly effective solutions to declining brain function.

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Editorial Review

About the Author

Datis Kharrazian, DHSc, DC, MS, author of the best-selling thyroid book *Why Do I Still Have Thyroid Symptoms?*, has spent more than a decade teaching thousands of hours of postgraduate education in non-pharmaceutical applications to chronic illnesses, autoimmune disorders, and complex neurological disorders all over the world to health care providers. His reputation as an educator and a clinician have become renowned worldwide. Patients from all over the world fly into his practice located in San Diego, California to understand his perspective regarding their condition and to apply natural medicine alternatives to help them improve their quality of life.

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Bernard Martin:

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Amy Zambrano:

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