



The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks

By Dr. Mike Dow

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A new epidemic is sweeping the country. Some people call it “ADHD,” “scatter brain,” or “brain fog.” And some people simply say they “just don’t feel like themselves”—and haven’t for a long time.

People are thinking and feeling worse than ever. Why? Because our brains are not getting the support they need to produce the essential brain chemicals that keep us energized, calm, focused, and inspired. In fact, if you look at the way that most of us live, it’s almost as though we had chosen a lifestyle deliberately intended to undermine our brain chemistry.

Fortunately, there is a solution. The Brain Fog Fix is a three-week program designed to help you naturally restore three of your brain’s most crucial chemicals: serotonin, dopamine, and cortisol. Rebalancing these three brain chemicals will, in turn, enable the rest of your brain’s chemistry to reach optimal levels. You will find yourself thinking more clearly, remembering more accurately, learning more quickly, and unleashing the floodgates of your creativity. You will also find yourself feeling more optimistic, calm, energized, connected, and inspired.

The good news is that this is easier than you think. Instead of trying to ambitiously overhaul one aspect of your life entirely with some difficult-to-maintain resolution, begin by making small and achievable changes in many different areas of your life.

“If I’ve learned one thing from the thousands of people I’ve treated, it’s that you have to take the whole person into account if you want to think and feel better.” —Dr. Mike Dow

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Editorial Review

Review

"Say good-bye to the toxic junk that gunks up your glorious brain. Thank you for this super simple program, Mike! It will leave folks feeling happier, healthier, and more luminous than ever." --Kris Carr, *New York Times* bestselling author

"If you want to improve your energy and mood, Dr. Mike's program will show you the way." --Jackie Warner, *New York Times* bestselling author

"Sugar and inactivity don't just lead to belly fat; they damage the brain. Dr. Mike's plan helps readers revitalize their lives." --Jorge Cruise, *New York Times* bestselling author

About the Author

Dr. Mike is an author, psychotherapist, and the host of shows on E!, TLC, VH1, Investigation Discovery, and Logo. He makes regular appearances on *Dr. Oz*, *Dr. Drew On Call*, *The Talk*, *Wendy Williams*, *Rachael Ray*, *Nightline*, *Good Morning America*, *The Doctors*, *The Talk*, and *Today*. He resides in Los Angeles where he is in private practice.

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Holly Silva:

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