

Brain Health: Improve Memory, Focus and Concentration: Help for Preventing Brain Disorders



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Active Interest Media. Paperback. Book Condition: new. BRAND NEW, Brain Health: Improve Memory, Focus and Concentration: Help for Preventing Brain Disorders, Perry Renshaw, The brain is one of the most fascinating and complex organs of the human body. However, it is also susceptible to damage from environmental pollution, oxidative stress, poor diet, lack of exercise and other factors. This informative guide explains how to increase the brain's mental acuity, while also helping to prevent and even reverse age-related damage to the brain.



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