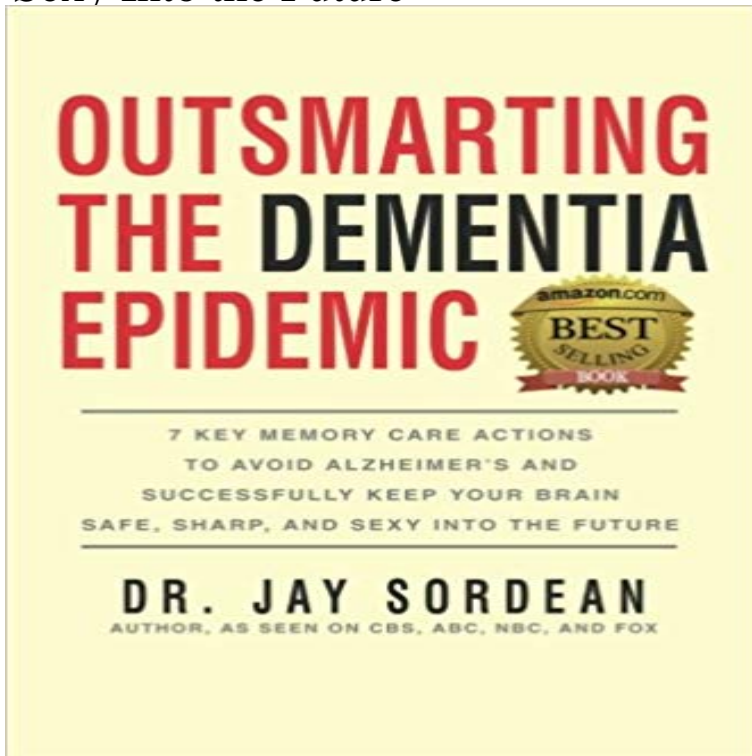


Outsmarting the Dementia Epidemic: 7 Key Memory Care Actions to Avoid Alzheimers and Successfully Keep Your Brain Safe, Sharp and Sexy Into the Future



Invited to appear as an expert on the topic of Alzheimers and dementia on ABC, CBS, NBC, FOX and CW, Dr. Jay Sordean, LAc, OMD expands upon his segments seen on TV stations all around the country in this concise and purposeful book. Do you believe that your brain is reading this description? If you said Yes! to yourself, that shows you the power that your brain possesses. So would you agree that your brain is your greatest asset and should be treated as such? That is the foundation belief of this book. So how do you go about taking care of your brain as if it is worth more than its weight in diamonds? What are you feeding your body? We have these amazing bodies, and these amazing systems called the brain and nervous system. So if you had a high end car (maybe you do), would you put low grade fuel in it or even would you put dirt and sand in it? Well, of course you wouldnt. So why would you put a steady diet of chips and fast food in your body? It, and your brain, is worth WAY MORE than the most expensive automobile. Interestingly, in the horse racing world, some people feed their horses more expensive food than they feed their children!! That makes no sense at all. Dont you think that your children are worth more than an animal? Of course, a particular food being expensive does not mean that it is necessarily really high quality, but you get what we are talking about. Are you spending lots of time reading about how you take care of your garden and car but are neglecting knowing about your brain and how to cultivate your childrens brains? Your brain is your most important asset. Assessing the status of your brain early and often is the best way to spot early degeneration. Prevention of degeneration, dementia, and Alzheimers risk is possible with 7 key memory care actions -- including combating obesity, blood sugar metabolism imbalance, inflammation, addressing multiple head

injuries, proper nutrition, avoiding sugar, remembering names, improving blood circulation with NRCT and acupuncture, removing toxins from the body, preventing toxins from getting in the body, and preserving and honing sexual activity. NRCT is neurologic relief center technique and focuses on meningeal compression. Learn more about meningeal compression, NRCT, neurologic relief technique and the other methods necessary for everyone to improve their brain and increase their chances to avoid Alzheimers and dementia, based on the latest of scientific studies. Why are there so many epidemics right now? What epidemics you might be asking. Well, obesity is epidemic.

Physical toxicity is epidemic. ADHD is epidemic. Autism is epidemic. Diabetes is epidemic. So again, why so many epidemics? Could they all be related? Scientific studies and literature clearly show the connections between obesity, toxicity, immune dysfunction, sugar imbalances and degeneration of the brain. The degeneration of the brain, and the imbalanced development of the various parts of the brain are underlying factors related to autism, ADHD, diabetes, Alzheimers and dementia. While the Alzheimers Association states that there are many factors related to Alzheimers, this book focuses on the key and primary factors that everyone has the ability to do something about to blunt the super-epidemics that are the results of modern lifestyles. Purchase this book and the companion book, Super Brain: Maximize Your Brain Health for a Better Life and you qualify for a discount on the comprehensive brain function consultation and evaluation by the author, Dr. Jay Sordean, LAc, OMD, QME.

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