

THE COMPLETE  
**BRAIN**  
EXERCISE BOOK

*Train Your Brain!*

While most brain exercise books focus on preventing and treating memory loss due to aging and disease, this unique book takes it steps further, covering mental speed, visual-spatial acuity, language acquisition, sensory growth and motor skills.

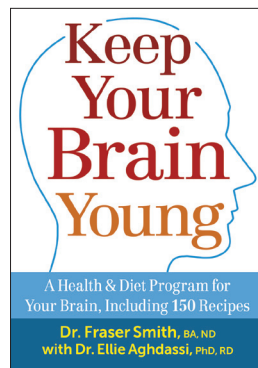
In addition to helping you recover brain function, the exercises will help prevent the loss of brain function due to aging and neurological disease.

Entertaining and engaging, *The Complete Brain Exercise Book* features more than 150 brain exercises and puzzles. And because the relationship between brain health and diet is integral, nutrition is front and center, with extensive brain-food lists, menu plans and more than 125 recipes.

This rigorous but easy-to-follow program will help your brain stay sharp.

- 1 Train more than just your memory:** Exercise all aspects of intelligence, for a well-rounded brain.
- 2 Prevent and repair losses:** Build your brain strength.
- 3 Feed your brain with a healthy diet:** 125 delicious and nutritious recipes to support a healthy brain.
- 4 Have fun and grow at the same time.**

Also available by the same author



Dr. Fraser Smith, BA, MATD, ND, is the Assistant Dean for Naturopathic Medicine at the National University of Health Science's College of Professional Studies. He teaches at NUHS and is an editorial board member of *Natural Medicine Journal*.

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Dr. Fraser Smith,  
BA, MATD, ND

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Improve  
Memory,  
Language,  
Motor Skills  
& More

+

A Health  
& Diet  
Plan with  
125 Recipes

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