

Keep Your Brain Young

A Health & Diet Program for Your Brain, Including 150 Recipes

We're generally living longer, so it's more important than ever to age well and enjoy a truly good quality of life. This book offers comprehensive information on protecting, repairing, and enhancing your mental health while also improving your general physical well-being. The diet program won't reverse aging or cure aging-related diseases, but it is an insurance policy on improved mental and physical health and it's based on the most recent scientific research and clinical practice. Take a proactive approach to aging with this simple yet effective program.

Protect your brain from the forces of aging by eating foods that create a nutritional shield against disease. Follow this simple step-by-step dietary program and grow old more gracefully... and more gradually.

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

Dr. Ellie Aghdassi, PhD, RD, is the Program Manager for the Toronto Dementia Research Alliance (TDRA). She is also an Assistant Professor at the Dalla Lana School of Public Health, University of Toronto, in Canada. Ellie is an Affiliated Scientist at the Women's College Research Institute, a Registered Dietitian and a Senior Scientific Associate at the University Health Network.

Common-sense information and resources are provided in the following chapters:

How Does the Brain Work?
Do I Have Dementia?
What Causes Dementia?
Nutrient Deficiencies
Medications • Botanical Medicines
Program Goals • Program Steps

\$24.95 USA
\$24.95 CAN

Robert
ROSE

ISBN 978-0-7788-0472-7



9 780778 804727

PRINTED IN CANADA

Visit us at www.robertrose.ca

Dr. Fraser Smith, BA, ND
with Dr. Ellie Aghdassi, PhD, RD

Keep Your Brain Young

Robert
ROSE

Keep Your Brain Young

A Health & Diet Program for Your Brain, Including 150 Recipes

Dr. Fraser Smith, BA, ND
with Dr. Ellie Aghdassi, PhD, RD