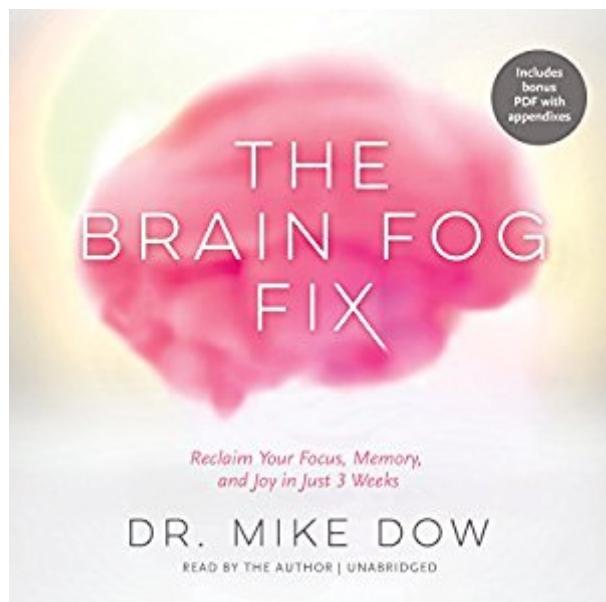


The book was found

The Brain Fog Fix: Reclaim Your Focus, Memory, And Joy In Just 3 Weeks



Synopsis

A new epidemic is sweeping the country. Some people call it ADHD, scatter brain, or brain fog. Some 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 most of us live, it's almost as though we've 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)

Book Information

Audible Audio Edition

Listening Length: 7 hours and 43 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blackstone Audio, Inc.

Audible.com Release Date: September 15, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B014TB75QM

Best Sellers Rank: #136 in Books > Self-Help > Memory Improvement #167 in Books > Audible Audiobooks > Health, Mind & Body > Health #229 in Books > Audible Audiobooks > Science > Medicine

Customer Reviews

I intended to write my review after 3 weeks of following the Brain Fog Fix plan, but as I read the

book, I quickly realized that I already do everything in this book. I made these changes a few years ago, and they worked incredibly well for me. I'll explain that at the end of my review. I chose this book because my elderly mother saw it discussed on a daytime talk show, and she asked me to buy it and help her follow the plan. Mom has dementia and doesn't realize that she doesn't have the type of brain fog described in this book. The book does discuss dementia, and overcoming brain fog can be helpful in pushing back the onset of dementia for some people. However, my mother is not the target audience for this book. Of course, she doesn't realize that. I had this book in my cart for two weeks, as I was on the fence about it. I was not familiar with Dr Dow because I don't watch daytime TV or reality programming, which he is apparently known for. I wasn't sure if the book would be a wise investment. I accepted the book through Vine, and I'm glad I did. Overall, I believe this book can help many people, and I am living proof that the methods described can make a real difference in ridding brain fog and becoming more productive. This book was written for those of us who have ever fallen into the trap of eating processed foods while ignoring nutrient rich vegetables, and have forgone activity for lives of convenience, or lack of time or energy. The choices we make have a strong bearing on how our brains function, and brain fog is an all too common side effect of the Standard American Diet and lifestyle. These choices can also predetermine our future brain health, which is probably something most of us don't think about. We have more power and control than we realize.

[Download to continue reading...](#)

The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks The Bulletproof Diet: Lose Up to a Pound a Day, Reclaim Your Energy and Focus, and Upgrade Your Life Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Credit Repair Ninja (A 5 Minute Guide) - 21 Ways To Fix Your Credit Score Lightning Fast - 2016: How To Fix Your Bad Credit Score In 30 Days Or Less Credit Repair Ninja (A 5 Minute Guide) - 21 Ways To Fix Your Credit Score Lightning Fast: How To Fix Your Bad Credit Score In 30 Days Or Less Quantum Memory Power: Learn to Improve Your Memory with the World Memory Champion! Brain Boost Bundle: Memory, Focus, IQ, Hypnosis, Meditation and Subliminal - The Sleep Learning System Relaxation, Focus, and Memory Training: A Guided Brain Health Program (Amen Clinics Audio Learning Series) Reclaim The Joy of Motherhood: How I Defeated Postpartum Depression The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury (A Johns Hopkins Press Health Book) The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First Organization: The 7 Habits to Organize Your Day, Productivity, and Focus

(organization, success, efficiency, declutter, focus, productive, mind control) Deep Sleep: Brain Wave Subliminal (Brain Sync Series) (Brain Sync Audios) Research Strategies: Finding Your Way Through the Information Fog JJ Virgin's Sugar Impact Diet: Drop 7 Hidden Sugars, Lose up to 10 Pounds in Just 2 Weeks The Emotionally Destructive Marriage: How to Find Your Voice and Reclaim Your Hope The Goddess Revolution: Make Peace with Food, Love Your Body and Reclaim Your Life The Lion, the Witch and the Wardrobe (Focus on the Family Radio Theater) (Focus on the Family Radio Theater) Focus on the Bible - 1 Samuel: Looking on the Heart (Focus on the Bible Commentaries) Math in Focus: Student Workbook 2A (Math in Focus: Singapore Math)

[Dmca](#)