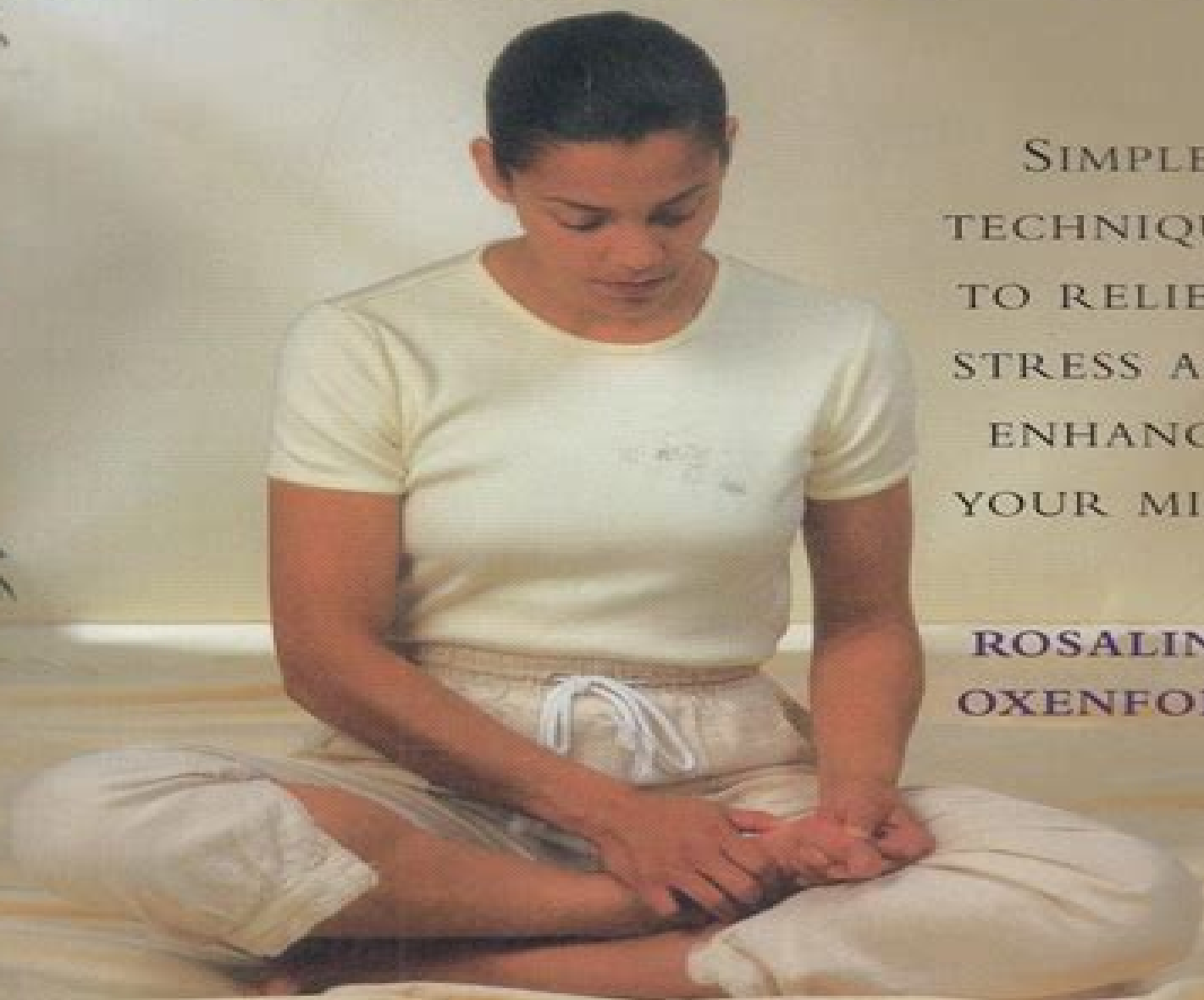


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Train Your Brain for a Healthier & Happier Life Dr Mehmet Yildiz, 2025-03-20 The primary purpose of this book is to inspire you to discover the remarkable potential of your brain and mind with simple yet powerful words in a storytelling and conversational style With over five decades of research experimentation and collaboration with leading neuroscience psychiatry endocrinology and metabolic health experts I have created this book to share a holistic approach to enhancing mental performance and overall well being The human brain is a biological dynamic adaptive organ with enormous growth learning and change capacity It is more powerful than any supercomputer Through this book I will guide you in understanding how to Encourage neurogenesis and neuroplasticity the brain s ability to create new neurons and adapt to challenges Build cognitive reserves to support your mental flexibility as you age Understand logic emotion intuition and metacognition for deeper self awareness and creativity Unlike many books on brain health this guide integrates practices rooted in scientific discoveries and mainly personal experiences through my sensible biohacking experimentations From daily meditation and intermittent fasting to neurobics and thermogenesis with cold showers ice baths and saunas I share strategies that have profoundly impacted my life My studies with centenarians and explorations of artificial intelligence and neurocomputing offer additional insights to inspire your journey I want to help you adopt practical tools that align with your unique needs including Lifestyle changes to support your mental and emotional well being Evidence based dietary and exercise routines to improve brain health Emerging technologies that can enhance your cognitive abilities And much more This book reflects real life curiosity and personal interaction Using a question and answer format from my manuscript I address many topics under 80 chapters in ways that are easy to relate to and apply Together we will explore emerging questions such as How does intermittent or periodic fasting support brain health What is the role of neuroplasticity in lifelong learning How can I create daily habits that help me feel younger and sharper as I get older How can I learn Western and Eastern body and mind exercises to sharpen my brain How can I be more joyful and relate with others better How can I be more creative and productive to increase my income How can I apply neurobics to my daily life And many more This book

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The Touch Remedy Michelle Ebbin,2016-05-10 An empowering guide that unites the ancient healing power of touch therapy from acupressure to reflexology with modern science to help relieve the number one cause of disease today stress and to soothe anxiety boost immunity and alleviate pain Human beings are wired for touch Touch is critical to our physical and mental health And for centuries cultures around the globe have employed touch as a powerful force for healing And yet America is an increasingly touch deprived high stress culture and we are paying for it with our wellbeing Now in The Touch Remedy leading touch therapy expert Michelle Ebbin who appears regularly on The Dr Oz Show and has been featured on The Doctors The View and Live with Kelly Michael demonstrates how the ancient wisdom of touch can truly change your life A fresh contemporary approach to natural health which draws on a unique combination of ancient

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Stengler, 2016-02-23 Hundreds of thousands of readers have relied on Prescription for Natural Cures as the source for accurate easy to understand information on natural treatments and remedies for a host of common ailments The new edition of this invaluable guide has been thoroughly updated to reflect the very latest research and recommendations This revised edition prescribes remedies for almost 200 conditions including new entries such as gluten sensitivity and MRSA You ll find easy to understand discussions of the symptoms and root causes of each health problem along with a proven natural customized prescription that may include supplements herbal medicine homeopathy aromatherapy Chinese medicine hydrotherapy bodywork natural hormones and other natural cures in addition to nutritional advice This revised edition features Comprehensive reference contains natural remedies for almost 200 common health ailments organized by problem from A to Z Scores of new supplements and many new conditions Up to date information reflecting the latest natural health research and treatment recommendations Clear authoritative guidance on dietary changes healing foods nutritional supplements and recommended tests Down to earth descriptions of each health problem and natural remedy If you and your family want to get better naturally Prescription for Natural Cures is an essential health resource you can t afford to be without Teach Yourself to Meditate in 10 Simple Lessons Eric Harrison, 2007-03-23 Updated and revised edition of our classic guide to learning meditation The books strength is the step by step approach which uses 10 learning meditation to teach the methods by having the reader actually do the 10 meditations

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