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Overview. Bestselling author Jean Carper reveals the astonishing new discoveries that have caused brain researchers to completely revise their ideas about the brain's marvelous capabilities for change through "nutritional neuroscience." In this amazing book you will learn how you can mold your brain to optimize memory, intelligence mental achievement, and mood by eating the right foods and taking specific brain-boosting supplements: from common vitamin E to alpha-lipoic acid, ginkgo biloba ...

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about the brain's marvellous capabilities for change through "nutritional neuroscience." In this amazing book you will learn how you can mold your brain to optimize memory, intelligence mental achievement, and mood by eating the right foods and taking specific brain-boosting supplements: from common vitamin E to alpha-lipoic acid, ginkgo biloba, and ...

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