



Improving Brain Function, Memory and Consciousness: A Focus On Neuroplasticity a

Thomas D Edison

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This book contains proven steps and strategies on how to improve brain, function, memory and consciousness, which are examined through the lens of Neuroscience and Neuroplasticity. It contains an end-to-end analysis of strategies improving brain's functionality with respect to age, brain capacity and health. Additionally, it puts forward that while having poor memory is exceptionally normal, particularly in more seasoned grown-ups, you ought to be concerned in the event that it begins hindering your typical regular exercises. Research in this area leads to obvious causes of memory loss such as Alzheimer's, Huntington's and Parkinson's diseases. Noticeably, achieving an optimum brain function, memory and consciousness is hard to attain, but it can be honed and it can be learned if you have the determination. This book contains an in-depth analysis of life-style based techniques, "natural" remedies and foods that boost our memory. Besides, this book hunts down answers on the consciousness debate by looking at how to remold your brain with neuroplasticity. Hopefully, this book will enable you to take everything that I've learned from years of studying the brain to grow, expand and almost explode with information about improving brain function, memory and consciousness and can use it to help live a better and more satisfying life. I hope you enjoy it!

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