



The Memory Cure: The Safe, Scientific Breakthrough that Can Slow, Halt, or Even Reverse Age-Related Memory Loss

Thomas Crook, Brenda Adderly

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Millions of people in their mid-forties or beyond know it can be frightening, stressful, and just plain inconvenient to cope with a faulty memory. Now, help is at hand: a natural, soybean-derived supplement, phosphatidylserine, or PS, has been clinically proven to safely curb the effects of age-related memory loss.

Dr. Thomas H. Crook, a leading memory expert, and #1 bestselling author Brenda Adderly, M.H.A., have incorporated the restorative power of PS into the Six-Step Memory Cure, a total diet and lifestyle plan that includes:

- * supplementation with PS
- * Memory Maximizer exercises
- * memory-enhancing foods and herbs
- * stress-reduction techniques
- * overall health maintenance -- and related physical factors, including some medications, that can affect memory
- * the power of a positive outlook, an essential memory strengthener

The Memory Cure will change the way we grow older. Following this groundbreaking plan in middle age can recharge your memory for the many years ahead.

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