



Overcoming Senior Moments (Paperback)

By Nina Anderson, Frances Meiser

Square One Publishers, United States, 2001. Paperback. Book Condition: New. Expanded. 229 x 153 mm. Language: English . Brand New Book. Chief among the fears of the aging population are memory loss and dementia. In *Overcoming Senior Moments*, we learn how to maintain brain health and guard against dementia through pleasantly illustrated text that simplifies how the brain works and what it needs in order to stay in tip-top shape. Drinking mineralized water, eating the good fats, and exercising are a few ways we can keep our brains active. Author Frances Meiser says, With a healthy diet, avoidance of environmental and dietary toxins, and a wee bit of exercise, we can keep remembering who we are, what we want, and where we put our keys, well into our nineties and beyond.



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**

This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- **Justus Hettinger**