



# Save Your Brain: The 5 Things You Must Do to Keep Your Mind Young and Sharp

*Paul David Nussbaum*

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**Expert advice on how to ward off memory loss and dementia**


Beginning with a diagnostic quiz to help you determine your overall brain health, and ending with meal plans and recipes for a brain boosting diet, *Save Your Brain* is an easy-to-follow comprehensive guide to getting the brain in the best shape possible, and keeping it there-for life!

Doing the daily crossword puzzle and drinking Ginko Biloba may not be enough in fighting off mental decline. Alzheimers and Dementia are on the rise but clinical neuropsychologist David Nussbaum presents a comprehensive 5-part program for keeping brains operating at their best and fighting off these debilitating diseases.

The author presents concrete, actionable tips to help you improve your:

- Physical
- Mental
- Social
- Spiritual
- Nutritional

This is a complete system for getting the brain in the best shape possible and keeping it there for life. Our brains can remain as strong and as sharp at seventy as they were by twenty by following Dr. Nussbaum's 5 essential steps.

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