



The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks

By Mike Dow

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Is stress preventing you from enjoying your daily life? Do you find that you're becoming more distracted or forgetful? Are "the blues" sapping your spirits? Or do you simply feel not quite like yourself?

If you want to reclaim your focus, memory, and joy, you're not alone. There are millions of people fighting against the epidemic of brain fog that's sweeping the nation. The good news: It's not an irreparable condition; rather it's a side effect of modern-day living.

Many of the foods we eat and the habits we have do not support our brains. We no longer get what we need in order to produce essential brain chemicals that keep us energized, calm, focused, optimistic, and inspired. And even worse, our choices could lead to long-term problems, like dementia, Alzheimer's disease, depression, and anxiety. Sadly, if you look at the way most of us live, it seems almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry and our health.

Fortunately, there is a solution. *The Brain Fog Fix* is an easy-to-follow three-week program designed to help naturally restore three of your brain's most crucial hormones: serotonin, dopamine, and cortisol. Rebalancing these chemicals will in turn enable the rest of your brain's chemistry to reach optimal levels. Each week of the program focuses on a different element of your life:

- In week 1, you'll improve your mood by modifying your diet and using cognitive strategies to overcome pitfall thought patterns.
- In week 2, you'll increase your energy by focusing on sleep, exercise, and memory-boosting games.
- In week 3, you'll enhance your spirit through practices that help you connect to something larger than yourself and enable you to rediscover your joy in life.

By the end of this simple program, you'll be thinking more clearly, remembering more accurately, learning more quickly, and unleashing the floodgates of your creativity. And you'll simply feel better – for now and in the long term.

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The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks By Mike Dow Bibliography

- Sales Rank: #12444 in eBooks
- Published on: 2015-09-15
- Released on: 2015-09-15
- Format: Kindle eBook

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Editorial Review

Review

"Say good-bye to the toxic junk that gunks up your glorious brain. Thank you for this super simple program, Mike! It will leave folks feeling happier, healthier, and more luminous than ever." --Kris Carr, *New York Times* bestselling author

"If you want to improve your energy and mood, Dr. Mike's program will show you the way." --Jackie Warner, *New York Times* bestselling author

"Sugar and inactivity don't just lead to belly fat; they damage the brain. Dr. Mike's plan helps readers revitalize their lives." --Jorge Cruise, *New York Times* bestselling author

About the Author

Dr. Mike Dow is an author, psychotherapist, and the host of shows on *E!*, *TLC*, *VH1*, *Investigation Discovery*, and *Logo*. He makes regular appearances on *Dr. Oz*, *Dr. Drew On Call*, *The Talk*, *Wendy Williams*, *Rachael Ray*, *Nightline*, *Good Morning America*, *The Doctors*, and *Today*. He resides in Los Angeles, where he is in private practice.

Users Review

From reader reviews:

Charles Davis:

What do you concentrate on book? It is just for students because they are still students or it for all people in the world, what the best subject for that? Just simply you can be answered for that question above. Every person has several personality and hobby for every other. Don't to be forced someone or something that they don't would like do that. You must know how great as well as important the book *The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks*. All type of book are you able to see on many resources. You can look for the internet options or other social media.

Crystal Dewitt:

Reading a book can be one of a lot of activity that everyone in the world really likes. Do you like reading book therefore. There are a lot of reasons why people fantastic. First reading a book will give you a lot of new info. When you read a guide you will get new information mainly because book is one of various ways to share the information or perhaps their idea. Second, looking at a book will make an individual more imaginative. When you studying a book especially tale fantasy book the author will bring you to imagine the story how the personas do it anything. Third, you are able to share your knowledge to some others. When you read this *The Brain Fog Fix: Reclaim Your Focus, Memory, and Joy in Just 3 Weeks*, you could tells your family, friends and also soon about yours reserve. Your knowledge can inspire others, make them reading a guide.

Michele Stoney:

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Richard Mendoza:

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