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Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the use of the most advanced brain imaging

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of those focus and energy  
robbers treated and at the  
same time develop and  
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lifestyle - adequate sleep,



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a brain-healthy diet, exercise (4-5 times/week), a stress reduction program if chronically stressed, and meditation is a particularly good energy booster too.

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brain injury (ARBI), is an umbrella term for the damage that can happen to the brain as a result of long-term heavy drinking. ARBD is sometimes referred to as 'wet brain' or by the name of one of the most well-

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abundance of illness—Always  
fighting nutrients from  
whole, living plant foods  
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essential mixture of healthy  
fat. It's the good fat that  
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fuels muscles, and regulates  
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