

SuperCharge Your Brain


By Dr David Jockers


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SuperCharge Your Brain By Dr David Jockers

Dr. David Jockers has taken current scientific and medical research and translated it into easy to apply brain enhancing strategies that you and your family can begin to apply immediately to maximize your brain function. These principles will help you beat brain fog, low energy and depression and prevent you from developing unwanted neurodegenerative conditions. This book is complete with the best brain boosting superfoods, advanced brain rejuvenation strategies and tasty brain enhancing recipes. Everything you need to supercharge your mood, memory and mindset and live your life at the highest level.

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