



Overcoming Senior Moments

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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