

# STAY SHARP

with the  
Mind Doctor

Practical Strategies to  
Boost Your Brain Power

'Engaging and  
entertaining'  
*Publishers Weekly*

Professor Ian Robertson

# Stay Sharp With The Mind Doctor

**Ian Robertson**



## **Stay Sharp With The Mind Doctor:**

**Summary: Keep Sharp by Sanjay Gupta, MD** Quick Savant,2021-02-12 Boosting one's brain prowess with medically established methods to help prevent Alzheimer's emerges as a dominant theme Dr Gupta has crafted his narrative to provide a wealth of advice for individuals exhibiting symptoms of the initial stages of dementia He puts his arm around the reader and tells him or her how to get the help they need secure a proper diagnosis and how to come to grips with the most adverse effects Keep Sharp is Dr Sanjay Gupta's comprehensive guide to cognitive dysfunction disease in its various forms including dementia and provides guidance on prevention treatment and coping strategies Gupta bravely initiated a noble and global quest to gather up and analyze how doctors tackle brain function problems and cognitive challenges He holds an impressive list of characters and anecdotes from his efforts Gupta dove into the past to look at dementia He looked at ancient history through the Enlightenment and into the modern era Keep Sharp serves as a valuable resource for both popular science and medical advice appealing to a diverse range of readers Despite the impossibility of avoiding medical jargon for cognitive dysfunction Gupta presents a simplified engaging and compelling story that revolves around the human brain one of the most complex objects we know of Gupta clearly defines his terms from the outset equipping the reader with the necessary understanding and action The reader begins to learn how our physical and mental activities affect our brains Gupta pieces together valuable resources in the final chapter to guide those who carry a diagnosis of dementia Though his approach is predictably straightforward and practical he infuses it with the empathy and understanding of a competent doctor His goal is to bring the issue of Alzheimer's its significance its challenges and possible solutions to a broader audience This book does not aim to provide medical advice If you have health problems consult with your physician Rather than replace Dr Gupta's book it serves to complement it *Stay Sharp With The Mind Doctor* Ian Robertson,2011-04-30 A simple and fun mind workout that will give you the mental sharpness of someone 10 years younger New research in neuroscience the study of mind brain function has proved that just as physical health and fitness can be transformed by diet and exercise so your brain can be tuned to maximum sharpness It is also possible to avoid and even reverse the effects of mental aging Key discoveries include Exercise actually grows your brain and improves your memory The foods and vitamins that make you sharper Use your brain if you don't want to lose it Unstress your brain it doesn't like it Brain Boot Camp Simon Wootton,Terry Horne,2012-03-09 Give your brain the ultimate mental workout with Brain Boot Camp a collection of Mensa level challenges puzzles and tests Designed to test and improve your mental ability in all the key fields from verbal reasoning to logic and numerical thinking this is a series of increasingly difficult workouts that will challenge you on every level and equip you to face any mental challenge Complete with appendices that give you extra help and support on everything from diet to male and female thinking this is a fun and engaging mental boot camp that will help you get ahead on every level **Memory Booster Book** Charles Phillips,2013-10-21 Keep your memory sharp with the Memory Booster Book Based on the best

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Michael Mannion,2007-11-14 Can we quickly alter our health care system so that we can discover new medical breakthrough therapies and make them rapidly available to patients The answer to this critical question is a resounding Yes Dr Stephen L DeFelice has put forth his creative solution to this critical problem through conferences talks articles books and the efforts of his Foundation for Innovation in Medicine FIM His solution has yet to catch on so its tremendous promise remains to be fulfilled But things may be about to change dramatically Dr DeFelices answer seems simple at first perhaps too simple Its called Doctornauts the term he coined to describe physicians who can more easily volunteer for clinical studies than the rest of us These physician volunteers can be the subjects in clinical trials that the general public cannot participate in because of legal and ethical concerns Doctornauts has the potential to help patients all over America immediately and immensely This book tells the story of Dr DeFelice and of his life long passion not only to prevent and treat illness but also to conquer disease through his innovative approach to increasing medical discovery and improving medical treatment Perhaps the single most important aspect of the Doctornaut concept becomes evident when it is understood who it will most help you *Great Thoughts from Master Minds* ,1907

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## Enjoying the Song of Term: An Psychological Symphony within **Stay Sharp With The Mind Doctor**

In some sort of used by screens and the ceaseless chatter of instant communication, the melodic elegance and emotional symphony produced by the published word frequently diminish in to the back ground, eclipsed by the constant sound and distractions that permeate our lives. But, located within the pages of **Stay Sharp With The Mind Doctor** a charming fictional value full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that charming masterpiece conducts visitors on an emotional trip, well unraveling the hidden tunes and profound affect resonating within each cautiously constructed phrase. Within the depths of the poignant assessment, we can investigate the book is main harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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