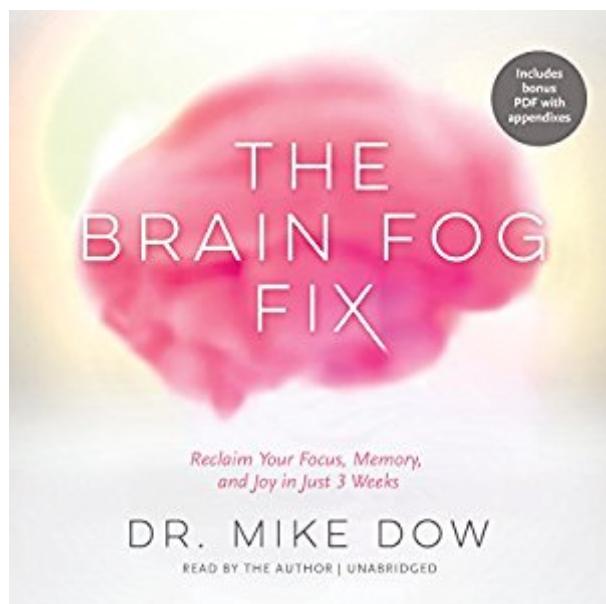


The book was found

The Brain Fog Fix: Reclaim Your Focus, Memory, And Joy In Just 3 Weeks



Synopsis

A new epidemic is sweeping the country. Some people call it ADHD, scatter brain, or brain fog. Some simply say they just don't feel like themselves - and haven't for a long time. People are thinking and feeling worse than ever. Why? Because our brains are not getting the support they need to produce the essential brain chemicals that keep us energized, calm, focused, and inspired. In fact if you look at the way most of us live, it's almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry. Fortunately there is a solution. The Brain Fog Fix is a three-week program designed to help you naturally restore three of your brain's most crucial chemicals: serotonin, dopamine, and cortisol. Rebalancing these three brain chemicals will, in turn, enable the rest of your brain's chemistry to reach optimal levels. You will find yourself thinking more clearly, remembering more accurately, learning more quickly, and unleashing the floodgates of your creativity. You will also find yourself feeling more optimistic, calm, energized, connected, and inspired. The good news is that this is easier than you think. Instead of trying to ambitiously overhaul one aspect of your life entirely with some difficult-to-maintain resolution, begin by making small and achievable changes in many different areas of your life. "If I've learned one thing from the thousands of people I've treated, it's that you have to take the whole person into account if you want to think and feel better." (Dr. Mike Dow)

Book Information

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Customer Reviews

I intended to write my review after 3 weeks of following the Brain Fog Fix plan, but as I read the

book, I quickly realized that I already do everything in this book. I made these changes a few years ago, and they worked incredibly well for me. I'll explain that at the end of my review. I chose this book because my elderly mother saw it discussed on a daytime talk show, and she asked me to buy it and help her follow the plan. Mom has dementia and doesn't realize that she doesn't have the type of brain fog described in this book. The book does discuss dementia, and overcoming brain fog can be helpful in pushing back the onset of dementia for some people. However, my mother is not the target audience for this book. Of course, she doesn't realize that. I had this book in my cart for two weeks, as I was on the fence about it. I was not familiar with Dr Dow because I don't watch daytime TV or reality programming, which he is apparently known for. I wasn't sure if the book would be a wise investment. I accepted the book through Vine, and I'm glad I did. Overall, I believe this book can help many people, and I am living proof that the methods described can make a real difference in ridding brain fog and becoming more productive. This book was written for those of us who have ever fallen into the trap of eating processed foods while ignoring nutrient rich vegetables, and have forgone activity for lives of convenience, or lack of time or energy. The choices we make have a strong bearing on how our brains function, and brain fog is an all too common side effect of the Standard American Diet and lifestyle. These choices can also predetermine our future brain health, which is probably something most of us don't think about. We have more power and control than we realize. What's in the 3 week plan? The first week involves dietary changes. Take out everything that may cause brain fog, and replace it with foods that improve it. It's stringent, but also very flexible. Anyone can do it. You'll also work on improving your mood. You can loosen up a little on the diet the second week, but you will increase activity, improve sleeping habits, and learn new things to stimulate your brain. The third week is called a spirit revolution. There are many options, including religion, meditation, a connection with nature, or even political awareness. None of the advice in this book is ground-breaking, and it can all be found elsewhere from very reputable medical websites. However, it is very helpful to have it consolidated in one place, especially to someone who hasn't taken the time to search through multiple resources. This book is also written in a manner that is very easy to follow and understand. The book includes many case studies that help explain how this information can help those that put it to use. I know that this works, and that brain fog can be cleared up if we are willing to make changes to our diet and lifestyle. Brain fog caused me to float through my days in a near stupor, never really getting anything accomplished. I'd forget why I went into the next room. I had trouble concentrating. If you are considering this book, you already know how badly brain fog can affect your life. A few years ago, I started choosing food based on nutrients, not cravings. I chose the most colorful, nutrient dense vegetables and fruits

available. I chose lean proteins, and high fiber foods. I cut way back on grains, and I gave up all added sugar as well as artificial ingredients. I cooked from scratch, giving up processed foods. I began exercising, working up to an hour a day on the treadmill. I discovered meditation, although it was difficult to master at first. Once I did, it made me feel incredibly relaxed. I became more social. I studied a second language. The result of these changes was a brain that was on fire! My energy levels went through the roof, and I even felt more confident. By the way, I am in my 50s. I'm a grandmother, I work full time, and now I even help take care of my elderly mother. I'm a very busy person, but I found the time to plan and make these changes. It DOES take time and effort to improve our lives, but it doesn't have to be difficult. The quick results provide all the incentive you need to keep going. The Brain Fog Fix offers real advice for real people. It's do-able. Mom isn't going to get better, but we are going to walk her through the steps in this book. Maybe it will help slow down the progression of her dementia, maybe it won't. But it will give her hope, and that can greatly improve each day, one day at a time. I would definitely recommend this book to anyone who is struggling with brain fog, or who has a loved one that needs help.

Dr. Mike Dow is a therapy personality you may have caught on TV or Radio. He has websites. Nothing in this book will leave you reeling. Mostly you will think, "I know this..." And that is fine and good. What this book does do nicely is to put all the "I know this" stuff together into a nicely organized three-week schedule to get you on track. The basics, which you already know, are: Kill the sugar, kill the junk you are eating. Eat high quality protein. Exercise. Be social. Have a glass of wine - but not if you have any predilection towards going off the deep end. You know who you are. Have a glass of wine with a friend and add the social benefit. Kill screen time. Clear the toxins from your environment - start with your nasty cleaning products. SLEEP There you have it. I have saved you three hours of reading. But to do this, to really implement this program, get the book and get on schedule.

I will incorporate many of the suggestions written in this book into my everyday life. I will also reread this book to make sure I have understood it fully.

This book told me quite a bit that I already knew but broke it down into steps I can handle. I was able to take the advice and adapt it to our lifestyle.

Great book. I am not a big book reader but I could not put this one down. Good information and a

great guide for healthy living. I have followed all of the instructions for the program and it works. I feel more healthier, more alert and wake up ready to tackle the world in a good way...! Thank you Dr. Dow.

The term "Brain Fog" has been used recently to describe a mental state where a person experiences confusion, loss of mental acuity, and a lack of focus. This isn't necessarily a condition that hits a person all-at-once, but can occur insidiously. Psychologist Dr. Mike Dow dissects the condition in easy-to-understand terms and introduces a 3 week plan to improve your mental clarity and clear the fog. This plan includes an introductory week of dietary changes (decreasing the carbohydrate (sugar) intake that is so inflammatory to our systems) and follows up with an analysis of how social media and being so 'plugged in' can affect our mental state. It even includes tips of enhancing the spiritual side of our lives. Well-written, scientifically-based, and fascinating, reading "The Brain Fog Fix" is well-worth your time.

The book revealed that some types of food can make disaster in organism, especially in terms of brain. All facts are grounded in science reports. Also, author makes recommendations regarding good food for brain and mind. Excellent. Book proved to me my guessing, when I eat something I do not feel well and cannot think clearly.

I believe I saw Dr. Dow, the author, interviewed on the show, The Drs., and was impressed enough to order his book. I actually was most interested in the recipes that he was promoting but there were really very few included in this book. Since my husband and I already eat a healthy diet consisting of very little red meat and fresh vegetables, the rest of his book and theories were not that interesting to me. Please let me stress "to me" because I do believe that most people would find this book informative and an important stimulus to change or modify their diet.

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