



Reversing Memory Loss: Proven Methods for Regaining, Stenghtening, and Preserving Your Memory, Featuring the Latest Research and Treaments

Vernon H. Mark M.D., Jeffrey P. Mark M.D.

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Written with warmth and clarity, this book belongs in the hands of anyone who has agonized over an aging friend or relative or worries about his own capacity to remember. No physical problem is as destructive or frightening as the loss of memory. Stress, pain, depression, overmedication, stroke, or Alzheimer's disease -- these are just some of the causes. In this fully revised and updated book, an internationally known neurosurgeon and researcher at Massachusetts General Hospital outlines the latest treatments that help reverse memory loss: New forms of memory recently discovered by researchers, new tests to evaluate memory capacity, new research on the effects of prescription medications, including widely used antidepressants, and brain "poisons", new research on the important role of nutrition and exercise in promoting memory, advances in early diagnosis and treatment of Alzheimer's, and promising new research on the regeneration of damaged brain cells.

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