
A FOUR-STEP PROGRAM THAT WILL
DRAMATICALLY IMPROVE YOUR
MENTAL PERFORMANCE AND BOOST YOUR
BRAIN POWER!

BRIGHTER MIND[®]

THE FOODS TO EAT
THE NUTRIENTS TO TAKE
THE EXERCISES AND ACTIVITIES TO DO
TO EXPERIENCE MAXIMAL BRAIN PERFORMANCE
AT EVERY AGE

Dr. Kyl L. Smith

Brighter Mind Media Group, Ltd., Corinth, Texas

The Brighter Mind Book Series®

Brighter Mind: A Four-Step Program That Will Dramatically Improve Your Mental Performance And Boost Your Brain Power!

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This book includes the author's opinion of science relating to the brain, including his views concerning senile dementia and Alzheimer's disease. Those diseases are very difficult to diagnose accurately and may only be diagnosed following a complete physical, evaluation of medical history, and proper testing by a licensed and experienced physician. References to dementia and Alzheimer's disease in this book are inexact and inappropriate for use in the evaluation of those diseases. As used herein, the terms refer to many forms of dementia and the waning of cognitive functionality in general and thus differ from the medical definition and clinical application of those terms.

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For Bulk Orders Contact: bulk@brightermind.com