



Nature's Brain Boosters: 50+ Natural Remedies, Herbs, Spices, Supplements & Essential Oils to Improve Your Memory, Mood & Focus (Serotonin, Vitamins, Brain Power, Depression, Dementia)

Carmen Reeves

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Nature's Brain Boosters

50+ Natural Remedies, Herbs, Spices, Supplements & Essential Oils to Improve Your Memory, Mood & Focus

Ever wished that you could fine-tune your brain so it performs better and allows you to function at your full potential? If you're anything like the majority of people, it's almost certain find yourself battling your irritatingly sluggish brain from time to time.

Perhaps you find yourself lost for words at inopportune times. Perhaps your motivation has hit an all-time low and you have an important deadline hanging over your head. Perhaps you are looking for those infamous car keys that seem to have vanished without a trace. Or perhaps you are feeling emotionally low and unsure of what to do with yourself. This book will help show you the path forwards.

You see, our brains play a vital role in how we operate on a day-to-day basis, and govern how we laugh, love and remember all of those little details that make us exactly who we are.

It's all too easy to focus on our physical body without concentrating on the mental. We forget to take care of our brains; we neglect to nourish and protect it in the way that it deserves, and we end up risking it all.

Here's where you can take control and decide that you are the captain of your ship. You have the power to do something and take your memory, focus and your happiness to a whole new level, using delicious herbs, spices, supplements, essential oils and lifestyle techniques to achieve just that, and this book will show you how.

What's inside?

In this book you will discover over 50 remedies and tips to boost your brain power! You will also discover why each remedy works as well as it does, how to enjoy it, and how each will help you to transform your life.

They include (just to name a few):

- Ashwaghandha
- Gingko Biloba
- Beautiful berries
- Sweet Orange Essential Oil
- Turmeric
- Black Pepper
- Alpha GPC
- Acetyl-L-Carnitine
- 5-HTP
- Meditation
- Becoming Bilingual

And many more!

Interested in learning more?

Download this book today to boost your brain-power and achieve your full potential!

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Arthur Elsberry:

The book Nature's Brain Boosters: 50+ Natural Remedies, Herbs, Spices, Supplements & Essential Oils to Improve Your Memory, Mood & Focus (Serotonin, Vitamins, Brain Power, Depression, Dementia) has a lot of information on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. Tom makes some research before write this book. That book very easy to read you will get the point easily after reading this book.

Jesus Puga:

Is it a person who having spare time in that case spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This Nature's Brain Boosters: 50+ Natural Remedies, Herbs, Spices, Supplements & Essential Oils to Improve Your Memory, Mood & Focus (Serotonin, Vitamins, Brain Power, Depression, Dementia) can be the answer, oh how comes? The new book you know. You are so out of date, spending your time by reading in this new era is common not a nerd activity. So what these ebooks have than the others?

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