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## Dementia Express: Lose Your Memory in 100 Ways: Brain Boosters Included!

By Sandeep Grewal MD

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Is the potent potion concocted by mixing Humor and Medicine in this book really designed to slow your brain? May be not. This book makes us realize how easy it is for us to stop exercising our brains by giving up everyday tasks in our lives. The author s unique approach educates us on tips to prevent memory loss in simple and easy ways. Dr. Sandeep Grewal is a Primary Care Physician practicing in the Carolinas. This book is the result of his desire to teach his patients how to keep their brains active and thinking. The more activities we do to keep the brain on its toes, the less the chance of getting Dementia. Dr. Grewal also realizes that most health-related books are boring. They are more useful to treat insomnia rather than the illnesses they talk about. So he has incorporated humor and some really bad ideas to get you moving towards memory loss. But don t worry! He has easy to use, powerful brain boosting tips and he will give it to you.



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