



The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage

By Eric R. Braverman

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This could be as close to a fountain of youth as mankind will ever come, the truly scientific answer to how to reverse or prevent the debilitating effects of aging, including memory loss, weight gain, sexual dysfunction, and Alzheimer's. Dr. Eric Braverman, a leading figure in the practice of brain-body health care, reveals the dramatic impact that proper brain nourishment can have on the quality of our lives. His key to longevity and well-being is balancing the brain's four important neurotransmitters. A simple test determines which of the four is dominant in you, and what you can do to maintain the right balance, by modifying your diet with both foods and natural supplements. Proven effective for thousands of patients in Dr. Braverman's practice, this groundbreaking approach will help anyone make the most of his or her life, free of the major illnesses (such as cancer and heart disease) and minor ailments as well.

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Editorial Review

About the Author

Dr. Eric Braverman is the Director of the Place for Achieving Total Health (PATH) in New York and Philadelphia, and the former Chief Clinical Researcher at the Princeton Brain Bio Center. He has appeared on numerous American radio and television programmes, from "Larry King Live" to "The David Letterman Show." He hosts "Total Health," a live call-in radio programme broadcast in New York and New Jersey.

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