



# **The Memory Cure: The Safe, Scientific Breakthrough that Can Slow, Halt, or Even Reverse Age-Related Memory Loss**

*Thomas Crook, Brenda Adderly*

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Millions of people in their mid-forties or beyond know it can be frightening, stressful, and just plain inconvenient to cope with a faulty memory. Now, help is at hand: a natural, soybean-derived supplement, phosphatidylserine, or PS, has been clinically proven to safely curb the effects of age-related memory loss.

Dr. Thomas H. Crook, a leading memory expert, and #1 bestselling author Brenda Adderly, M.H.A., have incorporated the restorative power of PS into the Six-Step Memory Cure, a total diet and lifestyle plan that includes:

- \* supplementation with PS
- \* Memory Maximizer exercises
- \* memory-enhancing foods and herbs
- \* stress-reduction techniques
- \* overall health maintenance -- and related physical factors, including some medications, that can affect memory
- \* the power of a positive outlook, an essential memory strengthener

*The Memory Cure* will change the way we grow older. Following this groundbreaking plan in middle age can recharge your memory for the many years ahead.

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