

brain fitness boot camp pdf

Fact #1: Your brain contains half a galaxy of tiny computers. Our brains have anywhere between 86 billion and 100 billion neurons – the cells that transmit signals throughout the brain. This is about half the number of stars in the Milky Way. In kidspeak: When you look up at the sky at night, you ...

10 Amazing Brain Facts | The Science of Learning Blog

Do you know what sugar really does to your brain?. Returning to Fat-Burning Man this week is Dr. David Perlmutter, neurologist and author whose groundbreaking books include Brain Maker and The Grain Brain Whole Life Plan.. Dr. Perlmutter is a board-certified neurologist and fellow of the American College of Nutrition specializing in preventative medicine.

What Sugar Really Does To Your Brain | Fat-Burning Man

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