

New Release:
**Diet and Lifestyle's Effects on Brain Health Clarified in New Book
by Mental Health and Rehabilitation Expert**

In 2014 approximately 5.2 million people in the U.S. suffered from Alzheimer's, a number that is expected to triple by 2050. There is growing evidence that diet and lifestyle can affect the brain and impact cognitive aging. Learn what to eat, what to avoid, and how to change your lifestyle today to promote your brain health into the future. *Brain Health for Life: Beyond Pills, Politics, and Popular Diets* will tell you:

- How the current food supply and environment is making you sick
- How misinformation and outdated medical practices are hurting you
- How the brain and body work together to promote overall health
- How nutritious food and regular exercise can protect your brain
- How to avoid inflammation, the source of many preventable diseases
- How simple lifestyle changes can enhance your brain health

In clear language and based on the latest scientific information, *Brain Health for Life* will give you the information you need to be strong, vibrantly healthy, and intellectually sharp throughout your lifespan.

About the Author

Initially motivated by a report on the poor health of people within the mental health system, Karen Unger, M.S.W., Ed.D., began a four-year project to understand why so many of us have become unhealthy and what we can do about it. Using her three decades of university, research, and consulting experience, she has brought together the latest information on the underlying causes of our current state of health and on how we can vastly improve not only our general health, but our brain health as well. *Brain Health for Life: Beyond Pills, Politics, and Popular Diets* is the result of that project.

For more information about Dr. Unger, visit brainhealthforlife.net.

Title: *Brain Health for Life: Beyond Pills, Politics, and Popular Diets*

Author: Karen Unger, M.S.W., Ed.D.

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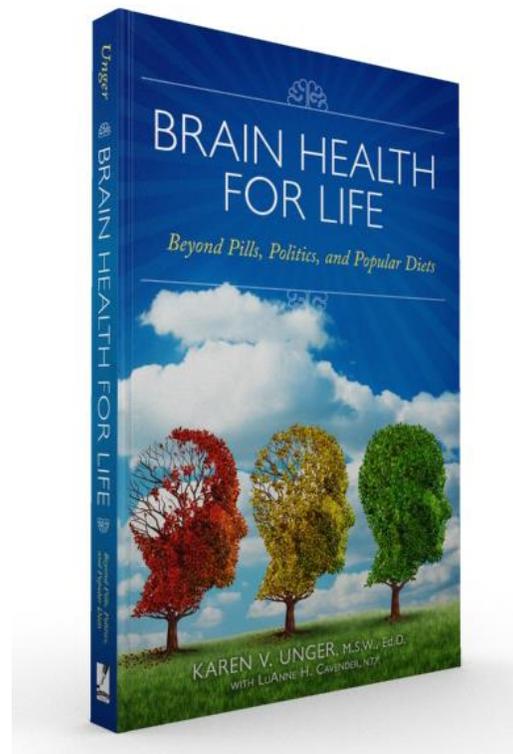
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Advanced Praise for *Brain Health for Life*

“A thoroughly researched ‘eye opener’ that challenges old beliefs about what we eat...finally a practical guide to brain and overall health. A must read.”

— Dr. George A. Ulbrich, Chiropractic Physician

“Unger has created a comprehensive resource for people who want to take charge of their brain’s health and keep their minds sharp as they age.”

— Richard and C.R. Zwolinski, *PsychCentral*

“my essential desk reference for long-term physical and mental health.”

— Robert A. Maestre, Master Swimmer

“Dr. Unger, cleverly and concisely, provides an important and practical guide to help us take charge of our own brain health and live longer, more enhanced lives.”

— Dr. Anthony J Newkirk, DMD, RPH

“Dr. Unger offers readers of all ages and backgrounds a great gift. Her book is straightforward, easy-to-read, and thoroughly comprehensive.”

— Tanya J. Peterson, MS, NCC;
author of *Leave of Absence* and *My Life in a Nutshell*