



Smart Brain Healthy Brain: How To Improve Your Memory & Brain Health

Louise Hallinan

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SILVER MEDAL WINNER of 2015 LIVING NOW BOOK AWARDS (USA) Health / Wellness

Introducing ... The 5 Step Guide to Improve your Memory and Brain Health

With over 10 years experience in the health industry, Louise Hallinan has been on a quest to uncover the hidden causes of memory problems and finding the answers for improved brain health.

The amazing results of her studies have been compacted into this 5 Step Guide that will enable you to improve your overall brain health and also address those occasional memory lapses that may occur in yourself or loved ones.

Based on nine years of research, Smart Brain, Healthy Brain is packed with practical, easy to follow information.


The knowledge imparted in Smart Brain, Healthy Brain will help

- anyone wanting to improve their brain health
- anyone who may be concerned about their memory or that of a loved one who has become a little forgetful

Unfortunately, memory problems are on the rise. The best thing you can do for yourself is to stay 5 Steps ahead!

Prevention is the key to a Smart Brain, Healthy Brain.

Improve your Brain Health today - for a Smart Memory tomorrow!

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