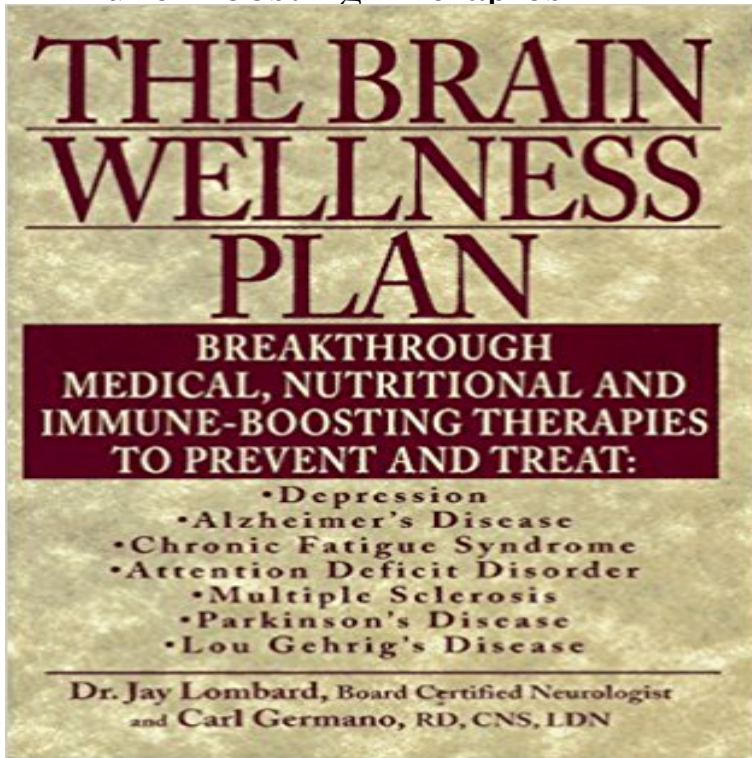


# The Brain Wellness Plan: Breakthrough Medical, Nutritional, and Immune-Boosting Therapies



The link between the brain and the body's immune and digestive systems is such that, when there is a breakdown between them, neurological diseases result. Using the latest research, the authors show how the foods we eat, combined with over-the-counter nutritional supplements, not only successfully address both the symptoms and root causes of disease, but also enhance our health.

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