



True Brain Fitness: Preventing Brain Aging Through Body Movement (Paperback)

By Dr Aihan Kuhn

iUniverse, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. While brain aging is generally related to general body aging, new findings tell us the brain can stay young even as the body is aging. True Brain Fitness explores why some people stay alert and mentally sharp even at a very advanced age, while other younger people lose their memory and have poor mental powers. Dr. Aihan Kuhn has a lifetime of experience with natural medicine and healing. She clearly describes how maintaining an open mind, in conjunction with practicing Tai Chi and Qi Gong, among other exercises, can help to prevent brain aging, improve memory, promote emotional balance, and create overall better health. She explains the importance of preventing brain aging and describes methods to prevent brain aging, by making the best use of the brain and mind, as we learn, heal, work, relax, do leisure activities, and go about our daily lives. She includes a practical guide for how to build a better-balanced life. Dr. Kuhn includes extensive descriptions of the exercise for total body movement, as well as some simple and unique Qi Gong that can be used daily to boost brain power, improve...

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