



Maximo Rendimiento = Your Miracle Brain (Spanish Edition)

Jean Carper

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El cerebro es nuestra posesión física más preciada, la sede de nuestra inteligencia, nuestra personalidad y nuestra mente. Ahora que los avances de la medicina apuntan hacia una mayor longevidad del ser humano, resulta importantísimo saber qué se puede hacer para disfrutar, a cualquier edad, de un máximo rendimiento cerebral.

Hasta hace poco, la medicina apenas se había preocupado de la relación entre nutrición y salud del cerebro, convencida de que este órgano vital no se veía afectado por la dieta. Pero hay recientes investigaciones que han demostrado no sólo la falsedad de esta creencia, sino la importancia de la alimentación para el desarrollo y el mantenimiento de las funciones de las neuronas, las células cerebrales.

Nunca es tarde para mejorar la fisiología del cerebro ni para extraer de él el máximo rendimiento intelectual y emocional posible.

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