



BIOHACK YOUR BRAIN

BY CONNIE WARDMAN (SHE, HER, HERS)



About the Author

Dr. Kristen Willeumier conducted her graduate research in the laboratory of Neurophysiology at the University of California, Los Angeles and the laboratory of Neurogenetics at Cedars-Sinai Medical Center. She received Master of Science degrees in Physiological science and Neurobiology and a Doctoral degree in Neurobiology from the University of California, Los Angeles. She was a post-doctoral fellow in the Department of Neurology at Cedars-Sinai Medical Center where she continued her work in the field of neurodegenerative disease. She was the recipient of an NIH fellowship award from the National Institute of Mental Health and has presented her work internationally. She lives in Los Angeles.

You have the power to easily change your brain for the better, no matter what shape it's in right now!

For athletes of any age looking to improve their performance or mental edge or those looking to reverse the effects of repeated physical impacts from their favorite games, “Biohack Your Brain” by neuroscientist Kristen Willeumier, Ph.D. is your groundbreaking guide for a happier, healthier life!

Dr. Kristen Willeumier is considered an expert in the basic science research and leading clinical research trials (including some NFL players) based on the basic belief that it is possible to change your brain. Regardless of your age, there are still easy, practical hacks you can do every day that will improve the days that follow.

While Dr. Willeumier’s interest and passion for this research was influenced by her father’s neurodegenerative disorder, for many athletes, personal awareness of and interest in brain health didn’t begin to kick in until in 2012 when controversy arose over the findings of CTE or chronic traumatic encephalopathy in the brains of retired NFL players became public.

Fortunately, all this revolutionary research really has proved that your brain can be improved. Dr. Willeumier begins by sharing brain basics so you fully understand the underlying mechanisms at work and then shares stories from some NFL players and other clients as well as her own story. Additionally, she includes the latest information on cognitive health and then shares why it is you can actually change your brain for the better.

What makes this book such a great resource is Dr. Willeumier’s ability to communicate clearly. As she explains your brain’s capabilities, she not only explains how each hack works but how it works best, like the best time for your brain to exercise, the best type of water for your brain, what six supplements are the “starting lineup” to change your brain and then the additional ones that are important for things like reducing inflammation, improving circulation, clearing heavy metals from brain cells and so much more. She is also pragmatic when it comes to her advice on how you biohack your brain in real time – that’s by starting small and tracking it all.

Emmanuel Acho has this to say about Dr. Willeumier and “Biohack Your Brain.” As a former NFL linebacker, Fox Sports analyst and author of “Uncomfortable Conversations with a Black Man,” he says that following his time in the NFL he began to study the most important organ in his body, the brain. “Thankfully, I came across Dr. Willeumier, the foremost expert on research, knowledge, and practical ways to regenerate and revitalize the most valuable asset we each possess. Her passion for and dedication to helping and healing athletes’ brain function is unparalleled ...” 