

# Seven “Brain Killers” That Rob Your Memory and Even Shrink Your Brain!

How to DEFEAT them and keep your mind sharp,  
focused, and youthful for years to come!

Has this ever  
happened to you?

- You run into a person that you’ve known for years — and totally blank out their name...
- You walk into another room to get something — only to forget why you went there in the first place...
- You drive off with your purse on top of your car — and don’t even realize it until your neighbor waves you down.

Those “senior moments” can be frustrating — not to mention embarrassing. But they DON’T have to be inevitable.

In fact, you may already be experiencing clearer thinking and sharper memory — thanks to your decision to order **PS-Ultimate Brain Food™**.

And that’s important, because you’re not just dealing with the memory loss that comes with normal aging. You’re actually battling seven “brain killers” that threaten your memory... erode your cognitive ability... and put

your very independence at risk...

## Brain Killer #1: Free Radicals

Free radicals are molecules that are missing an electron. They roam through your body, trying to snatch that missing part from another cell — and wreak havoc in the process.

They can be formed when oxygen interacts with certain molecules in your body. But they can also be created by factors in your environment — such as pollution, radiation, cigarette smoke, and herbicides.

The problem is... free radicals can create chemical reactions in your body that cause harm. The research of Domenico Pratico, M.D. has demonstrated that the oxidative damage of free radicals leads to plaques that destroy brain cells.

The damage happens primarily in the hippocampus — where your emotions and memory are regulated — followed by the frontal and temporal lobes of



your brain. All of these can lose from 30% to 40% of their neurons as a result.

If free radicals get out of control in your brain, your cells will be damaged faster than they can be repaired. That can lead to diminished brain function — and more “senior moments.”

## Brain Killer #2: Nutritional Deficiencies

While it makes up only 2% of the weight of your body,

*Continued next page...*

