



# The Better Memory Kit

*Dharma Singh Khalsa*

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# **The Better Memory Kit**

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## **The Better Memory Kit Dharma Singh Khalsa**

The Better Memory Kit encompasses an innovative, clinically proven, medical program to prevent and reverse all types of memory loss, including Alzheimer's disease. It's based on more than a decade of research and clinical experience by Dharma Singh Khalsa, M.D., the original voice in the prevention of memory loss. The focus of the kit is his integrative medical program featuring the four pillars of a better memory: a 20 percent 'right-fat' diet and memory-specific vitamins; stress relief via memory-enhancing meditations; special physical, mental, and mind/body exercises to boost memory; and pharmaceutical medicines, proven to delay the onset of Alzheimer's by at least six years. This kit presents an easy-to-follow guide for people of all ages to adapt into their lifestyle. It can not only save billions of dollars in health-care costs, but also save families the pain of losing their loved ones to this mind-robbing disease. The kit is also beneficial for anyone wishing to enhance their mental function. Kit Includes: Instruction Booklet 34 Memory Exercise Cards CD with Memory-Enhancing Exercises

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