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Brainpower Game Plan Clears Brain Fog and Boosts Memory Through Diet, Exercise and Brain Training

Dr. Cynthia R. Green Pens Third Book on Brain Health and Memory Training

Montclair, New Jersey (March 2010) — Dr. Cynthia R. Green teamed up with *Prevention Magazine* and wrote ***Brainpower Game Plan***, the first brain fitness book that translates cutting-edge research into an easy-to-follow 30 day program designed to clear brain fog and boost everyday memory in just minutes a day.

The “game plan” combines diet, exercise, and brain-training techniques to utilize memory recall. Testers felt more clearheaded and productive, experienced brighter moods, lower stress levels, and even increased their Brain Q scores (a bird’s eye view of brainpower) by an average of 28%, with results as high as 78%!

Brainpower Game Plan’s three-pronged approach includes:

Eating well: Eating the right food, and limiting others, can boost brainpower and even fight Alzheimer’s disease and other forms of dementia. Amp up brainpower with the top 10 high antioxidant foods, 16 surprising sources of sodium, and by learning how to “count” caffeine.

Exercising: Move your body to maximize brain cell development and growth. You can walk, do yoga, dance, and even balance your way to a better brain. No fancy gym or equipment required.

Playing Games: Play games that maximize brainpower, such as the “junk drawer jam” for a visual memory workout, “name your colors,” which challenges your ability to stay focused, and “picture/re-picture it,” which hones visual flexibility by learning to look at the same object from different perspectives.

Brainpower Game Plan is on sale now at all major retailers including Amazon, Barnes and Noble, Borders, eCampus, and more.

About Dr. Green:

Cynthia R. Green, Ph.D., is a nationally recognized expert in memory fitness training, as well as an acclaimed author, respected lecturer, and sought-after spokesperson. She has appeared on *Good Morning America*, *20/20*, *CNBC*, as well as in the pages of *Time*, *Newsweek*, *The New York Times*, *The Washington Post*, *The London Standard*, *Good Housekeeping*, *Prevention*, and *Parenting*. Known for her engaging and personable presentation style, Dr. Green lectures extensively on memory fitness and related topics as president of Memory Arts, LLC (www.totalbrainhealth.com). She has served on the faculty of the Mount Sinai School of Medicine and the Mount Sinai Health System since 1990, where she is currently an assistant clinical professor in the Department of Psychiatry.