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August 2nd 2016: Avoid Dementia and Build a Better Brain

Can you optimize your brain power? What do you need to do to reduce your risk of dementia and cognitive decline? Distinguished neurologists and brain researchers Drs. Dean and Ayesha Sherzai discuss the factors that promote brain health. The Sherzais guide the listener through their NEURO method, providing the latest evidence and advice, as well as suggesting tools that help manage, improve and preserve brain function.

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Featured Guest

Guest Image

Drs Ayesha and Dean Sherzai

Drs. Dean and Ayesha Sherzai are well-renowned and respected neurologists and brain researchers who are at the cutting edge of the latest developments in neuroscience.

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