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Transforming Health

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March 24th 2010: Save Your Brain!

Have you ever wondered why all of a sudden we hit the magical number of 35 years of age and we can't remember where we left our car keys? Or if we locked the door before we left our house or better yet, where we parked the car? Dr. Michael Colgan will join me to help you better understand the chemistry of the human brain like never before. Known for sharing his cutting edge, scientific information with a witty and no-nonsense approach, this is a can't miss interview on how we can retrain our brains to function at peak performance. Have a pen and paper ready!



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