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February 02nd 2015: The Brain Fix: What's the Matter with Your Gray Matter: Improve Your Memory, Moods, and Mind

Do you feel anxious, frazzled, or fatigued? Are you struggling with addiction, attention deficits, depression, or compulsive behaviors? Could your mind or memory be sharper? If so, these are tell-tale signs that your brain could use a tune-up. Our guest today, author Ralph Carson, will discuss the many ways we can heal our brains from the assaults of everyday life and avoid specific situations that injure brain health. Carson will share what he has learned on the front lines, helping thousands of people overcome brain-based conditions and mood disorders including ADD, anxiety, depression,

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Featured Guest

Guest Image

Ralph E. Carson, LD RD PhD

Ralph E. Carson, LD, RD, PhD, has been involved in the clinical treatment of addictions, obesity, and eating disorders for over 30 years using a neuropsychobiological approach. With a BS from Duke University and BHS from Duke University Medical School, coupled with a BS in nutrition from Oakwood College and a PhD in nutrition from Auburn University, he offers a unique understanding of health, wellness, exercise, and nutrition and how they all affect brain health. He currently consults with numerous addiction and eating disorder treatment centers throughout the country as well as being a highly sought-after speaker at various conferences and workshops. He is an active board member of the In

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