

[PDF] Power Up Your Brain: The Neuroscience Of Enlightenment

David Perlmutter, Alberto Villoldo - pdf download free book

Books Details:

Title: Power Up Your Brain: The Neur

Author: David Perlmutter, Alberto Vi

Released: 2011-02-01

Language:

Pages: 264

ISBN: 140192817X

ISBN13: 978-1401928179

ASIN: 140192817X



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Description:

Review “Dr. Perlmutter and Dr. Villoldo bring together the long-separated disciplines of science and spirituality to help us gain access to the parts of the brain that define us as human beings. This book applies leading-edge science to our quest for enlightenment and gives us practical tools, including specific dietary and lifestyle recommendations, to improve our well-being.”

— **Andrew Weil, M.D.**, author of *8 Weeks to Optimum Health* and *Healthy Aging*

“The shaman and physician for millennia were the same person until the 19th century when they

were split apart in the name of science. Now through the lens of 21st-century science, Villoldo and Perlmutter bring them back together, illuminating the web that links together our physical and metaphysical energy. For anyone feeling a loss of energy of body or soul, **Power Up Your Brain** is your guide to restoration and rejuvenation of your deepest energies.”

— **Mark Hyman, M.D.**, New York Times best-selling author of *The UltraMind Solution*

“This is the book we’ve been waiting for! With leading-edge information that’s easy to understand, Alberto Villoldo and David Perlmutter have masterfully woven 21st-century science with the indigenous wisdom of the past to reveal the ‘missing link’ in the modern story of life—the role of our brain’s health in the quality of our spiritual experience. In doing so they offer us a practical wisdom that we can use to empower our lives immediately! This book is a must for anyone seriously interested in moving beyond the conventional ideas of what enlightenment is and how to achieve it.”

— **Gregg Braden**, New York Times best-selling author of *The Divine Matrix* and *Fractal Time*

“This book is a treasure. It is a guidebook to enlightenment filled with the wisdom and experience of the authors. It relates the practical aspects of science to the spiritual and mystical realities of the nature of life. It clarifies what our potential is as human beings and directs us in the steps we need to take to achieve our potential and utilize the healing energy available to us all.”

— **Bernie S. Siegel, M.D.**, author of *Love, Medicine & Miracles* and *365 Prescriptions for the Soul*

“I seldom use the word ‘brilliant,’ but this book is. It expands our awareness of the untapped potential of our brain, offers cutting-edge neuroscience, and is written by two experts with decades of hands-on clinical practice. See for yourself why Dr. Perlmutter is my personal neurologist and mentor.”

— **Naomi Judd**, singer, songwriter, and author of *Naomi’s Guide to Aging Gratefully*

“This is one of the most important books I’ve ever read. Combining modern scientific knowledge and shamanic practices, it lucidly explains how to restore the health of the brain at the cellular level.”

— **David R. Hamilton, Ph.D.**, author of *How Your Mind Can Heal Your Body*

--This text refers to the edition.

About the Author

David Perlmutter, M.D., FACN, is a board-certified neurologist and fellow of the American College of Nutrition. He serves as medical director of the Perlmutter Health Center and the Perlmutter Hyperbaric Center in Naples, Florida and is also an adjunct instructor at the Institute for Functional Medicine. He is the author of three books and numerous journal articles. Dr. Perlmutter has appeared on *20/20*, *Larry King Live*, *CNN*, *Fox News*, *Fox and Friends*, the *Today* show, *The Oprah Show*, and *The Early Show* on CBS.

Alberto Villoldo, Ph.D., has trained as a psychologist and medical anthropologist, and has studied the healing practices of the Amazon and the Andean shamans for more than 25 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory to study

how the mind creates psychosomatic health and disease. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of shamanic healing. He directs the Center for Energy Medicine at Los Lobos, Chile, where he investigates and practices the neuroscience of enlightenment.

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