Get Back Today What Aging Takes Away

While growing older is inevitable, many of the troubles people associate with aging—including dementia, disability, and an increased dependence on others—are not. The choices people make now can help them to maintain their vitality, a sharp mind, and their independence as they age.

In his new book *The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind*, psychiatrist and master psychopharmacologist, Timothy R. Jennings, MD uses his years of experience and up-to-date scientific research to provide readers with a simple, easy-to-use guide they can use to avoid disease, promote vitality, and prevent dementia and late onset Alzheimer’s.

Dr. Jennings’ book not only helps individuals to maintain their brain and body health throughout their lives but the actions steps are proven to help prevent progression toward dementia even in those who have already shown mild cognitive impairment.

For anyone hoping to slow the aging process, as well as anyone who acts as a caregiver to someone at risk of or already beginning to suffer from dementia and other age-related diseases, this book offers a hopeful, healthy way forward.

---

**The Aging Brain: Proven Steps to Prevent Dementia and Sharpen Your Mind**
by Timothy R. Jennings, MD

---

Dr. Timothy R. Jennings Speaks About

*The Aging Brain*

Praise for *The Aging Brain*

"Tim's book is filled with great advice and excellent science on aging! It's well worth following and applying these principles so as to age the way we are supposed to."

- Dr. Caroline Leaf, cognitive neuroscientist, communication pathologist, and author

"Guided by his strong faith and extensive scientific knowledge, Dr. Jennings has provided a well-researched and commonsense book aimed at helping one understand the complexities of dementia, while offering recommendations for maintaining healthy brain function into our later years."

- Rodney A. Poling, MD, DFAPA, medical director, Behavioral Healthcare Center, Columbia, Tennessee; board-certified geriatric psychiatrist

"Memory concerns and age-related cognitive losses are some of the most significant issues we face as we age. Those who desire improved brain and general health should read Dr. Timothy Jennings's book *The Aging Brain*. In addition to providing a comprehensive review of normal brain aging, Dr. Jennings translates data from recent scientific studies into practical strategies for improving memory and other cognitive skills. By following the suggested lifestyle changes one may prevent the occurrence of Alzheimer's disease."

- Allan A. Anderson, MD, medical director, Bratton Memory Clinic, Easton, Maryland; assistant professor, Johns Hopkins School of Medicine; former president, The American Association for Geriatric Psychiatry

"Brain-health research is exploding, and it's important to each and every one of us. From childhood development to late-life challenges such as dementia, brain function is at the center of everything. Few life issues are as painful as watching someone you love deteriorate mentally. Dr. Jennings helps us understand the aging brain, offering timely wisdom, practical insight, guidance, and wise counsel. This book is a wonderful addition to your personal and professional library and ministry resources."

- Dr. Tim Clinton, president, American Association of Christian Counselors

"Your brain may age, but it does not have to get old. Dr. Jennings clearly describes how to practically manage the medical and lifestyle variables that can positively impact brain health and the process of aging. Age is a number, but getting old is a lifestyle."

- Michael Lyles, psychiatrist, author, and speaker

"I read everything Dr. Jennings writes; he is on the leading edge of what we need to know for long-term brain vibrancy and health. Read these pages; you will be personally helped. I was."

- Dr. Gregg Jantz
About the Author

Timothy R. Jennings, MD has been in private practice as a psychiatrist and certified master psychopharmacologist since 1997. Board certified in psychiatry by the American Board of Psychiatry and Neurology, he is a specialist in transcranial magnetic stimulation, a drug-free treatment for depression. Dr. Jennings is a Distinguished Fellow of the American Psychiatric Association, Fellow of the Southern Psychiatric Association, and past president of both the Tennessee and Southern Psychiatric Associations. He is a highly sought after lecturer and international speaker, and the author of The God-Shaped Brain and The God-Shaped Heart. He lives in Chattanooga, Tennessee.

Suggested Interview Questions

1. Modern science has helped us to live longer, but how can it help us age better?

2. You use a term called design law? What is this and what does it do to help in making healthy life choices?

3. How does our life experience change how our body and minds respond? What things can we do to help our minds?

4. What are telomeres? What role do they play in our aging? How does food come into play?

5. In what ways does our weight influence how we age and how our bodies respond?

6. Besides physical exercise, mental stimulation, stress management, and lifestyle — what vitamins and supplements should we consider taking to age well?

7. We know exercise helps our bodies, but how does it help our brain health?

8. You call dementia a pathological state — what do you mean by this, as many might be confused by what dementia is and how one has it?

9. Can you define the terms - Alzheimer’s, dementia, and Alzheimer’s dementia – for us?

10. How is dementia connected to our genetic makeup?

11. Explain overstimulating the brain's reward circuits.

12. There is a dispute between alcohol being healthy or unhealthy, can you offer a scientific explanation to which is accurate?