

# MORSELS FOR THE MIND BOOK GROUP

Date: May 16, 2016

Hostess: Julie Coup

Book Title: *The Brain Fog Fix: Reclaim Your Memory, Focus and Joy in Just Three Weeks*

Author: Dr. Mike Dow

## Book Synopsis:

*The Brain Fog fix* is a three week, step-by-step program designed to restore three of the brain's most essential hormones: serotonin, dopamine and cortisol. Each week focuses on a different element of life. Week One highlights improved mood, Week Two increased energy and Week Three enhanced spirit.

## Our Review:

Only a few of the Morsels actually read this book. Many initially attempted it, but were not drawn into the prescribed program. Those who did read it found much of the text to be fairly common knowledge, and some felt their daily practices mirrored Dr. Dow's instructions. A more extensive review required more individual input.

## Food Served:

A variety of book-recommended appetizers included Trader Joe's organic popcorn, mussels, carrots and peppers with hummus and raw mixed nuts. Two desserts, including Dr. Dow's favorite Quest chocolate peanut butter bars, were served. A parfait layered with organic Greek yogurt, a variety of fresh berries and granola comprised the additional dessert.

## Highlights of Discussion:

Again, discussion was limited due to minimal reading by the group. The sharing ventured more into the general good habits of appropriate diet coupled with exercises for both the mind and the body.

Attendance: Julie Coup, Nancy Dausman, Anne Hill, Mary Grant, Laura Lewakowski,  
Ginny Martin, Nancy McQuate and Sandy Oato, ,

Business/Suggestions: Our next meeting will be at Nancy Dausman's on June 20, 2016. The discussion will focus on *Everything I Never Told You* by Celeste Ng.