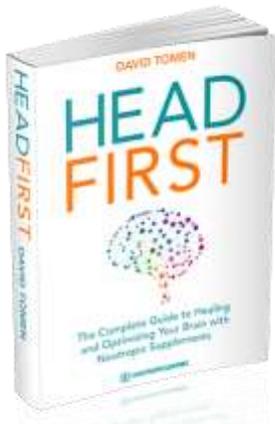


RESEARCH PROVEN BY INSTITUTIONS LIKE:



"Thank you for the excellent resource you have provided with your book "Head First". This is now my go to resource when investigating supplement regimes for my clients. I highly recommend "Head First". ~ Susan Birch

... Eliminate Anxiety, Brain Fog, Depression, Memory Loss or Fatigue ...



Dear fellow neurohacker,

This is the book I wished was available 5 years ago when two different neurologists tested me for *early-onset Alzheimer's*.

The tests showed it wasn't dementia of any kind. But these well-trained, well-intentioned doctors didn't know what to do. According to them, there was nothing wrong with me.

So I was on my own. I had to figure this out or I truly was not going to survive much longer.

My book **Head First** provides you with what I've discovered. This is the latest information on all the most popular nootropic supplements used today. The same dietary supplements I learned to use to heal my own brain.

It's in language that is easy to read and understand no matter who you are; layman or medical professional.

And it's supported by the latest neuroscience research available from leading research institutions and universities in the world.

My book is the most authoritative guide to nootropic supplements available anywhere. I know because I've looked and looked everywhere. This book is unique, and you can only get it here.

"You have written what I believe is the seminal guide for nootropics. I have gone through the same nightmare you went thru and I'm just now getting a handle on the nootropic solutions—thanks to your book. I think you have saved my life ..." ~ Eric Menke

A Reference and Repair Manual for Your Brain

In this book you'll get:

- Detailed reviews of all the most popular nootropic supplements used today
- Everything is supported by hundreds and hundreds of peer-reviewed clinical studies
- You learn which supplements to buy and which to avoid
- You get clear instructions on how to use each supplement including dosage recommendations (often different than what's on the bottle)
- Stay safe with possible side effects; avoid drug interactions
- Know how each supplement works in your brain and why
- A chapter on easy-to-understand neuroscience on how your brain works and why these nootropics work
- 2 chapters on recommended nootropic stacks for treating; *anxiety, ADHD, depression, learning and memory, mental fatigue* and more
- Discover the missing link in functional medicine if you are dealing with memory problems, brain fog, impaired thinking, mental fatigue, anxiety or depression

My book ***Head First*** is a comprehensive 600-pages including references.

This is an instant *digital download* – only formatted for and readable on your favorite reading device.

"Head First ... is an amazing manual. If like most people who are desirous of more mental clarity, better moods and overall optimal energy – you now have an experienced guide to – get you started." ~ P. Masters

This is Who I Am

For the last decade, author and world-traveler David Tomen has worked to deal with Adult ADD. And the brain fog, mental fatigue and memory loss that comes with hypothyroidism.

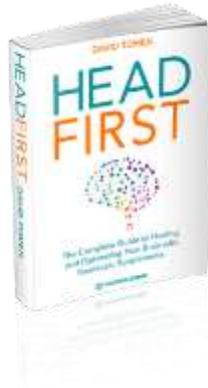
Through studying the clinical data and experimenting with dozens of nootropic supplements, *the author has successfully restored his own health*. With cognition, memory and mood better than before.

Through his writing and videos, the author is now empowering people to take control of their own cognitive health.

Fans of David's work and contribution to the neurohacking community are encouraging their doctors and psychiatrists to make **Head First** part of their library.

When you take care of your **Head First**, everything else falls into place. Your full potential is within reach at last. Today is the day to go **Head First!**

For as little as the cost of a one-month supply of a high-quality supplement, or pre-formulated nootropic stack, you get Head First today for only \$47.00. A *digital-only edition*, it is available for immediate download in PDF, .mobi and .epub formats.



Head First - The Complete Guide to Healing & Optimizing Your Brain with Nootropic Supplements

\$47.00 | Buy Now



"Head First ... is full of usefull information about brain supplements ... easy to understand, even for non-native English speakers. Thank you so much for writing this book. A "must read" for any medical professional." ~ Patricia Volkova

"I highly recommend this book to anyone who is researching their health issues and who wants to explore "nootropics". ~ Howard Honeycutt