

What Doctors and Nutritionists Are Saying About Brighter Mind®

"This program of diet modification and nutrient supplementation has proven to be powerfully effective for calming the mind and for enhancing brain function in children as well as adults. I recommend the information in this book to anyone desiring to learn more about improving their mental state through diet and nutrition."

W. Lee Cowden, M.D., FACC

Cardiologist, Internist, Nutritionist, Author

"Dr. Kyl Smith has mapped the route to optimal brain performance with "Brighter Mind." Dr. Smith's ideas have become a success story in my medical practice on a daily basis. You have in your hands the answer to your own personal quest for maximum mental and emotional health. Professionals would do well to use this 4-step plan with every patient. Every man, woman and child can use these straightforward solutions to avoid brain disease and improve their brain's health even in the presence of AD/HD, autism, degenerative illness or normal aging. Put this book to the test, your efforts will be brilliantly rewarded."

James J. Mahoney, D.O.

America's Natural Health Coach

Osteopathic Physician, Author, Inventor

"It's been a long time since I found a book so compelling that I kept "finding time" in my packed schedule to read another section, pausing in my reading to reflect and integrate the array of informative nuggets that provide the structure of this book. The Four-Step Program is the roadmap we all need to achieve our fullest potential - and the best part is that the program is so clearly presented and so well-organized, that everyone can "get on board" – Brighter Mind leaves no mind behind. I will ensure that this illuminating guidebook to brain (and mental) health is required reading for all of my students, patients, friends and family, who I will be encouraging to seek the light to a Brighter Mind."

Michael J. Glade, Ph.D., F.A.C.N., C.N.S.

Scientist, Author, Nutritionist

"In Brighter Mind, Dr. Kyl Smith presents an excellent, well documented program for improved mental performance. In the current planetary atmosphere of emotional and chemical stress, all of us can benefit from this comprehensive and rational approach. I will use it to upgrade my own aging brain!"

Parris Kidd, Ph.D., F.A.C.N., C.N.S.

Author of: PS, Nature's Brain Booster and GPC; Mind Body Power for Active Living and Healthy Aging

"A compelling expose of the problems with our food supply, Dr Kyl's brilliant book "Brighter Mind" presents irrefutable evidence of the need to supplement our diets with quality nutrients. The four-step program to nourish, support, improve and protect is absolutely vital for anyone wishing to optimize not only mental function but also overall health. You'll find excellent charts on what to eat and what to avoid. Never have I seen a book so well referenced."

Dr. Carlos M. Gonzalez, D.C.

Inventor and Author

"Whether or not you are the parent of an autistic child, an adolescent with aggressive behaviors told by his doctors to just keep taking his medications, or an adult with increasing episodes of forgetfulness, the reality remains the same. These individuals confront the daily terror of staring into the abyss of conventional medical treatments that have little if any likelihood of a solution to the disorders they are living with.

The work of Dr. Kyl Smith, entitled "Brighter Mind" however can change all of that despair to vision of hope.

"Brighter Mind" is a textbook for prevention or correction of Neurologic Disorders that have confounded conventional medical doctors until now. Dr. Smith's solutions, which he provides ample scientific study to back up, are nutrition based and can be done on your own without the need of a doctors assistance, A "Brighter Mind" will brighten your outlook for both you and the rest of your family. "

Dennis J. Courtney, M.D.

Director – Courtney Medical Group

Host of the Radio Talk Show "AM Impact On Your Health"