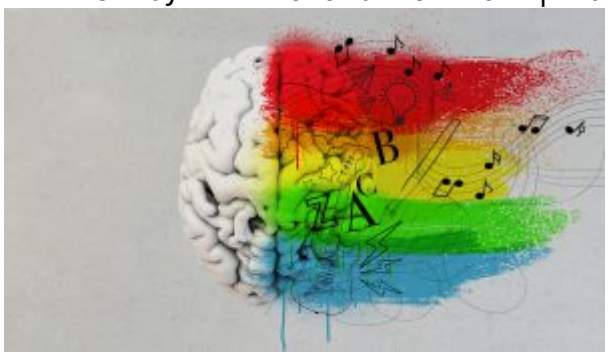
# Brain Boost: Music, Neurofeedback, and Other Natural Strategies to Enhance Brain Health

written by Dr. Ronald Hoffman | August 26, 2025



Discover how music, nutrition, and neurofeedback can revolutionize your brain’s performance. Dr. Leigh Richardson, author of “Turn Your Brain On, Get Your Game On,” reveals natural ways to enhance brain function at any age.