



**Dr Rock returns to ITV This Morning Show  
to talk about habit hacks that can boost brain health  
and help reduce the risk of dementia**

Julia chatted with Holly & Phil again, this time explaining why, in many instances, brain degeneration and dementia is actually preventable.

Watch the interview at the link below to hear about the simple habit hacks that can result in big benefits.

<https://vimeo.com/807504386>