

Dr. Majid Fotuhi is a pioneering neurologist, neuroscientist, bestselling author, and professor with more than thirty-five years of experience in brain health, memory, neuroplasticity, and the prevention of Alzheimer's disease. His work bridges research, clinical innovation, and public education.

He earned his PhD in neuroscience from Johns Hopkins University, completed medical training at Harvard Medical School, and returned to Johns Hopkins for his neurology residency. He currently serves as an adjunct professor at Johns Hopkins University.

His research has appeared in peer-reviewed journals, been presented at major conferences, and cited widely by scientists worldwide.

Dr. Fotuhi has created a twelve-week program that has helped thousands of patients with memory loss, brain fog, cognitive impairment, and early Alzheimer's disease. His research, books, and interviews have been featured in CNN, NBC News, the Today Show, ABC News, The New York Times, The Washington Post, and The Times (London).