

# DAVID TOMEN

## BIOGRAPHY

David Tomen's journey with nootropic supplements began when he was diagnosed with Adult ADD. After years of buying self-help books, being passed over for promotions, and even suffering depression over his inability to focus, Ritalin helped turn his life and career around. But a few short years later found David in the ER with a laundry list of symptoms. Neurologists tested him for early onset Alzheimer's which came back negative. Not only was David struggling with focus again but now he was suffering from complete memory loss, chronic fatigue, depression, and his business and marriage were in deep trouble. Fighting for his life, David again turned to nootropic supplements. With a methodically researched regimen of supplements and lifestyle changes, he was able to not only recover but to get his brain working better than ever before.

After experiencing firsthand what nootropic supplements were capable of, David founded NootropicsExpert.com and wrote two books; *Secrets of the Optimized Brain* and *Head First*. All with the intent of helping others to achieve the same transformational success that he had. Through his website, YouTube channel, and books, David presents cutting-edge neuroscience in a digestible, and engaging way that cuts through the marketing and scientific jargon that so often surrounds the supplement industry.

## SUGGESTED TOPICS

- **BIOHACKING/NEUROHACKING**
- **AVOIDING AGE-RELATED MEMORY LOSS, BRAIN FOG, & FATIGUE**
- **TREATING PTSD WITH NOOTROPIC SUPPLEMENTS**
- **HOW TO TREAT ADD, ADHD, ANXIETY, & DEPRESSION WITHOUT PRESCRIPTION DRUGS**



## SUGGESTED QUESTIONS

- What sorts of issues can nootropics help with? How do nootropics work?
- With all of the products out there, how does someone select nootropics that are right for them?
- Will nootropics work for absolutely anybody? How can nootropic supplements improve my performance?
- Why did nootropics help you manage your Adult ADD where Ritalin failed?
- Why do 50% of people experience cognitive decline as they age and how can they prevent it?
- What is the difference between natural and synthetic nootropics?
- What is a nootropics stack and how does someone go about building one?

## CONNECT WITH DAVID TOMEN

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