

[PDF] The Healthy Mind Cookbook: Big-Flavor Recipes To Enhance Brain Function, Mood, Memory, And Mental Clarity

Rebecca Katz, Mat Edelson - pdf download free book



Books Details:

Title: The Healthy Mind Cookbook: Bi
Author: Rebecca Katz, Mat Edelson
Released: 2015-02-10
Language:
Pages: 256
ISBN: 1607742977
ISBN13: 9781607742975
ASIN: 1607742977

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Description:

A collection of more than 120 recipes formulated to optimize brain health, boost memory, improve mood, sharpen the central nervous system, and more.

Feed your mind.

Depression, ADHD, memory loss, agitation: These may seem like inevitable byproducts of modern lives spent multitasking, not getting enough sleep, and operating on digital overload. But while much of the brain's work still remains a mystery, a growing body of scientific evidence suggests that the food you eat directly affects how well your brain functions. Brain health also plays a significant role in staving off diabetes, heart disease, and Alzheimer's disease.

In *The Healthy Mind Cookbook*, Rebecca Katz has harnessed the latest research on the brain to identify the foods that can improve the brain's ability to control cognition, emotion, and physical function—all of which dictate memory and mood. She then translates the very best of brain science into the kitchen, using delicious nutrient-dense foods as a tool for promoting a healthy mind from childhood through the golden years.

With a culinary pharmacy listing the benefits of key ingredients, complete nutritional details for each dish, and flavor-packed recipes for every meal of the day, including Avocado and Citrus Salad, Sweet Potato Hash, Turkish Lamb Sliders, and Chocolate Cherry Walnut Truffles, *The Healthy Mind Cookbook* will help lift the fog of everyday life so you can reach your full physical and mental potential.

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