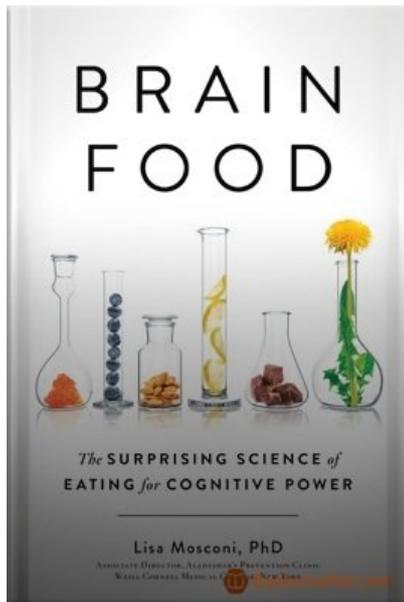


Brain Food

BRAIN FOOD EBOOK AUTHOR BY LISA MOSCONI PHD



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\$13.99 on iTunes



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Release on: 2018-03-06

ID Number: Br-26B90B7606 - Lang: English - US

Format: PDF, ePub, Kindle, Audiobook

Size: 2.01 MB

Genre: Neuroscience

Summary

How to eat for maximum brain power and health from an expert in both neuroscience and nutrition.

Like our bodies, our brains have very specific food requirements. And in this eye-opening book from an author who is both a neuroscientist and a certified integrative nutritionist, we learn what should be on our menu.

Dr. Lisa Mosconi, whose research spans an extraordinary range of specialties including brain science, the microbiome, and nutritional genomics, notes that the dietary needs of the brain are substantially different from those of the other organs, yet few of us have any idea what they might be. Her innovative approach to cognitive health incorporates concepts that most doctors have yet to learn. Busting through advice based on pseudoscience, Dr. Mosconi provides recommendations for a complete food plan, while calling out noteworthy surprises, including why that paleo diet you are following may not be ideal, why avoiding gluten may be a terrible mistake, and how simply getting enough water can dramatically improve alertness.

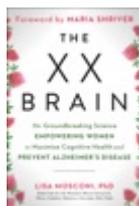
Including comprehensive lists of what to eat and what to avoid, a detailed quiz that will tell you where you are on the brain health spectrum, and 24 mouth-watering brain-boosting recipes that grow out of Dr. Mosconi's own childhood in Italy, *Brain Food* gives us the ultimate plan for a healthy brain. *Brain Food* will appeal to anyone looking to improve memory, prevent cognitive decline, eliminate brain fog, lift depression, or just sharpen their edge.

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Others book from Lisa Mosconi PhD

THE XX BRAIN



"In *The XX Brain*, Lisa meticulously guides us in the ways we can both nourish and protect ourselves, body and mind, to ensure our brains remain resilient throughout our lives."
--from the foreword by Maria Shriver

The first book to address cognitive enhancement and Alzheimer's prevention specifically in women--and to frame brain health as an essential component of Women's Health.

In this revolutionary book, Dr. ...

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