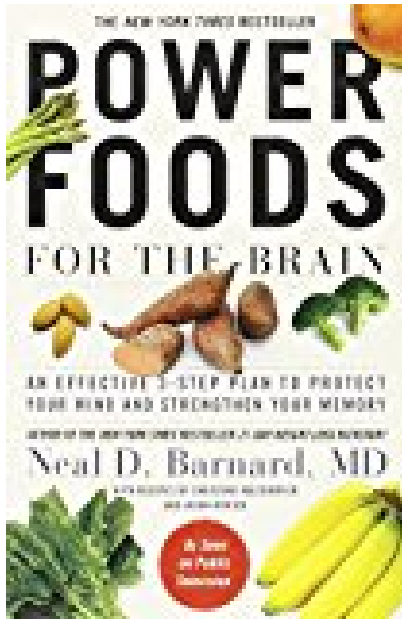


Power Foods for the Brain An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory



BOOK DETAILS

- Author : Neal D Barnard
- Pages : 320 Pages
- Publisher : Grand Central Life & Style
- Language : English
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BOOK SYNOPSIS

Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimers disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimers Disease. Now, New York Times bestselling author, clinical researcher and health advocate Dr. Neal Barnard has gathered the most up-to-date research and created a groundbreaking program that can strengthen your memory and protect your brains health. In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimers disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus. Youll discover: The best foods to increase cognitive function Dairy products and meats-the dangers they may pose to your memory The surprising roles alcohol and caffeine play in Alzheimers risk The latest research on toxic metals, like aluminum found in cookware, soda cans, and common antacids. Plus a detailed menu plan, recipes and time-saving kitchen tips

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