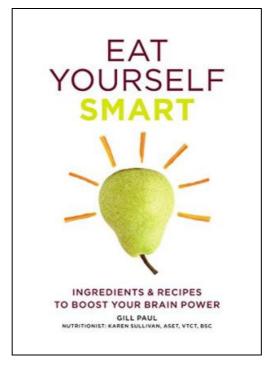
# Eat Yourself Smart: Ingredients Recipes to Boost Your Brain Power



Filesize: 6.72 MB

# Reviews

An exceptional ebook along with the typeface applied was intriguing to read. It is definitely simplistic but unexpected situations within the fifty percent of the publication. You are going to like just how the writer publish this pdf. (Adeline O'Kon)

## EAT YOURSELF SMART: INGREDIENTS RECIPES TO BOOST YOUR BRAIN POWER



Hamlyn (UK), United States, 2016. Paperback. Book Condition: New. 208 x 147 mm. Language: English. Brand New Book. Stimulate your little grey cells with these delicious brain-booster foods. If you have trouble concentrating, coming up with ideas or thinking clearly, eating more of the brain-activity-enhancing foods in this book can help. Featured in this book are the key foods that have been proven to benefit brain functions: beetroot, brown rice, coffee, kidney beans, pecans and strawberries among other tasty ingredients. A clever problem-solver helps you choose the ingredients that bring benefits ranging from mental alertness, longer attention span and restful sleep to prevention of dementia. With over 60 easy-to-follow, quick-to-prepare, completely delicious recipes, and weekly meal planners, Eat Yourself Smart is the perfect way to cook yourself clever and achieve optimum health. Gill Paul is a non-fiction author and novelist. She studied Medicine at Glasgow University before deciding that a doctor s life was not for her. In non-fiction she specializes in Health and is the author of a number of titles including Food Hospital (tie-in to a major Channel 4 series), published by Penguin, and Perfect Detox.



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