



Brain Fuel: Empower and Increase Brain Function with These Delicious Dishes (Paperback)

By William Hardwick

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Smart People Know it s Important to Eat Healthy Every cell of our body needs good nutrition to stay healthy. More and more studies are being revealed about ways to protect the health of the brain. Face it, this is the main organ that tells the rest of your body what to do, right? So we need our brains to stay healthy. Nutritional studies have revealed that the health of our body and especially our brains, need healthy fats like avocados, and omega 3 s in nuts and seeds, green foods like spinach; basically a healthy diet with real food and less sugar. An easy way to add more brain food to your diet is with nutrient rich smoothies. Inside you will find my all time healthy brain food smoothie favorites with nutritional information . ENJOY!!

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Extremely helpful for all class of individuals. Better than never, though I am quite late in start reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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