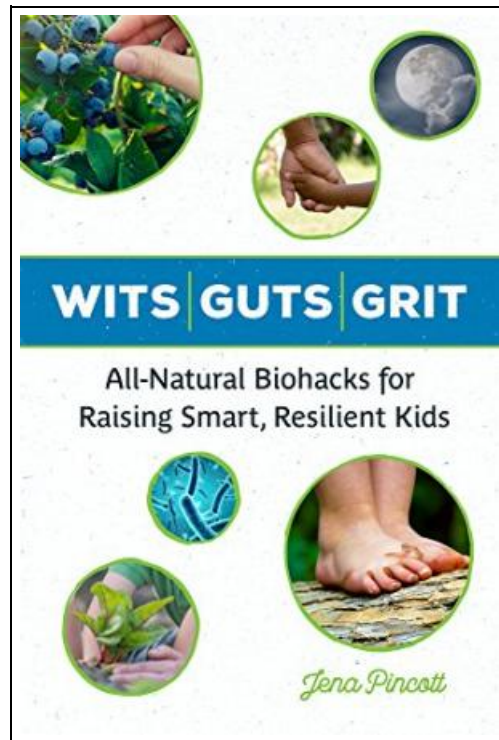


## Wits Guts Grit: All-Natural Biohacks for Raising Smart, Resilient Kids (Paperback)



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*(Dr. Porter Mitchell)*

## WITS GUTS GRIT: ALL-NATURAL BIOHACKS FOR RAISING SMART, RESILIENT KIDS (PAPERBACK)



To download **Wits Guts Grit: All-Natural Biohacks for Raising Smart, Resilient Kids (Paperback)** eBook, remember to follow the web link below and download the file or gain access to other information which are have conjunction with WITS GUTS GRIT: ALL-NATURAL BIOHACKS FOR RAISING SMART, RESILIENT KIDS (PAPERBACK) ebook.

Chicago Review Press, 2018. Paperback. Condition: New. Language: English . Brand New Book. Wits Guts Grit is inspired by the many questions acclaimed science writer and mother Jena Pincott explored about the natural forces that shape children s minds and health. What if we identify the microbes that support stress resilience and find ways to expose our kids to them? What if we reintroduce the mineral magnesium, deficient in almost every child s diet? Would it reduce anxiety and increase bounce back, as the science now suggests? What if memory and learning could improve measurably after eating certain foods--such as blueberries--high in plant chemicals called flavonols, or after certain forms of exercise? These and many more questions led Pincott to simple, all-natural biohacks --experiments inspired by current research and theory--complete with instructions on how to undertake them to help your own children strengthen their wits, guts, and grit. Explaining the science and her own experimentation with her two gung-ho daughters in a lively, accessible way, Pincott shows parents how the underlying ingredients of the traits we all want for our kids--resilience, focus, perseverance, working memory, and more--may be all around us in the natural world, ready to be harnessed.



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