



Brain-Boosting Foods: 50 Ways to Improve Your Memory, Unclutter Your Mind, and Get Your Brain Working at Its Highest Capacity by Eating Right

By Janet Maccaro

Realms Fiction. Paperback / softback. Book Condition: new. BRAND NEW, Brain-Boosting Foods: 50 Ways to Improve Your Memory, Unclutter Your Mind, and Get Your Brain Working at Its Highest Capacity by Eating Right, Janet Maccaro, Proper nutrition can balance and repair brain chemistry-without drugs-and the results can be felt within minutes. Dr. Janet Maccaro explains the connection between your moods and specific foods and nutrients and gives a clear list of dos and don'ts. Learn how to use food, supplements, and other natural therapies to help relieve stress, anger, depression, and more. Stop letting out-of-control moods and emotions rob you of a happy, healthy life.



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