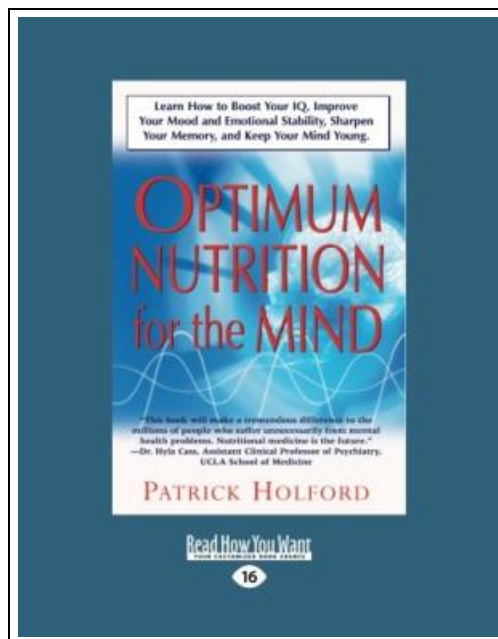


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Reviews

Thorough information! Its this kind of good read. Yes, it is perform, continue to an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Loyal Grady)

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ReadHowYouWant.com Ltd, Canada, 2011. Paperback. Condition: New. Large type / large print edition. Language: English . Brand New Book ***** Print on Demand *****.How we think and feel is directly affected by what we take into our bodies. Eating the right food has been proven to boost IQ, improve mood and emotional stability, sharpen the memory, and keep the mind young. Similarly, the harmful things we take into our bodies, or anti-nutrients - including oxidants, alcohol, sugar, and stimulants - negatively impact mental health. These are the main issues world-renowned author Patrick Holford discusses in his New Optimum Nutrition for the Mind. The book is broken into eight parts. Part 1 provides food for thought - what are the best foods to eat and which nutrients are most beneficial? Part 2 discusses how to protect the brain from becoming polluted and how to identify and avoid brain allergies. Part 3 teaches readers how to boost their intelligence, enhance their memory, beat the blues, solve sleep problems, and more. Part 4 turns to mental illness, Part 5 to depression and schizophrenia, and Parts 6 and 7 to mental health in the young and old, respectively. These parts include information on identifying and understanding specific problems and how to treat them naturally and effectively. Part 8 provides a complete action plan for regaining and maintaining good mental health. The book closes with a helpful resources section that provides readers with useful addresses and a comprehensive product and supplement directory. From boosting one s memory, solving depression, and beating addictions to overcoming eating disorders, preventing age-related memory decline, and balancing out mood swings, New Optimum Nutrition for the Mind covers a wide range of important topics and should be of interest to anyone who wants to think and feel great.



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