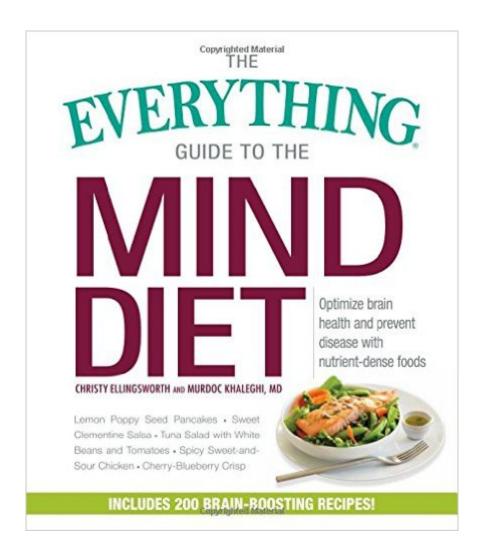
The book was found

The Everything Guide To The MIND Diet: Optimize Brain Health And Prevent Disease With Nutrient-dense Foods





Synopsis

The breakthrough diet that feeds your body--and your brain! Studies show that the MIND diet (short for "Mediterranean-DASH Intervention for Neurodegenerative Delay") can boost memory, cognition, and overall brain health. In fact, studies have shown that those who adhere to the MIND diet, a hybrid of the Mediterranean and DASH diets, lowered their risk of Alzheimer's by 53 percent! On this healthy eating plan, you focus on ten brain-healthy food groups while limiting unhealthy foods, including red meats, cheeses, and fried foods. You can even indulge in a glass of wine! The Everything Guide to the MIND Diet guides you through the plan, with shopping lists, meal plans, and 200 delicious recipes that won't leave you feeling deprived. So what are you waiting for? Open this easy-to-use guide to find all the tools you need for health, wellness, and longevity!

Book Information

Series: Everythingà ®

Paperback: 304 pages

Publisher: Adams Media (October 7, 2016)

Language: English

ISBN-10: 1440597995

ISBN-13: 978-1440597992

Product Dimensions: 8 x 1.2 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Best Sellers Rank: #35,481 in Books (See Top 100 in Books) #47 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #71 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #118 in Books > Medical Books > Medicine > Internal Medicine > Neurology

Download to continue reading...

The Everything Guide to the MIND Diet: Optimize Brain Health and Prevent Disease with Nutrient-dense Foods The Independent Farmstead: Growing Soil, Biodiversity, and Nutrient-Dense Food with Grassfed Animals and Intensive Pasture Management Year-Round Indoor Salad Gardening: How to Grow Nutrient-Dense, Soil-Sprouted Greens in Less Than 10 days Nutrient Requirements of Dogs (Nutrient Requirements of Domestic Animals) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) Foods to Fight Cancer: Essential foods to

help prevent cancer Eat to Live Cookbook: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health Key Takeaways, Analysis & Review | How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, by Michael Greger, M.D. with Gene Stone How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life Foods that Fight Fibromyalgia: Nutrient-Packed Meals That Increase Energy, Ease Pain, and Move You Towards Recovery 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best Modern Nutrition in Health and Disease (Modern Nutrition in Health & Disease (Shils)) Health Promotion and Disease Prevention in Clinical Practice (Health Promotion & Disease Prevention in Clin Practice) The married woman's private medical companion: Embracing the treatment of menstruation ... pregnancy ... discovery to prevent pregnancy ... to prevent miscarriage or abortion The Complete Guide to Drying Foods at Home: Everything You Need to Know about Preparing, Storing, and Consuming Dried Foods (Back to Basics)

<u>Dmca</u>