

The Brain Diet: The Connection Between Nutrition, Mental Health, and Intelligence, 2007, 307 pages, Alan C. Logan, 1581826001, 9781581826005, Cumberland House, 2007

In this second, expanded edition of the best-selling The Brain Diet, Dr. Alan C. Logan incorporates the latest research on the connection between nutrition, mental health, and intelligence. Most people today know that good nutrition and good health are related and that poor nutrition frequently leads to cardiovascular disease and cancer. Unfortunately, few people realize that it also is an underlying factor in other medical conditions, such as depression, anxiety, multiple sclerosis, Parkinson's and Alzheimer's diseases, migraine headaches, ADHD, and much more. This is startling when one realizes that researchers have found that today more than 50 percent of the vegetables in most people's diets consists of the trimmings on a hamburger and a side of fries. The Brain Diet explains the connection between diet and mental health, as well as its importance for realizing the full potential of our intelligence. It shows how poor nutrition hinders the development of our children's intelligence and how it adversely affects mental health and success. Despite being just 2 percent of total adult weight, the human brain demands an enormous amount of energy. An ample flow of blood is required for us to think, to reason, to create art and music, to develop technology, and to perform complex work. As The Brain Diet explains the science behind how our brains function, it also provides suggestions for a healthy diet. Included are the basics of a brain-healthy diet, brain-healthy recipes, helpful charts, and food supplements that enhance our mental function (and how those supplements work). This revolutionary new way of looking at mental health and intelligence gives new meaning to the adage "You are what you eat."

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NutriCures Foods and Supplements That Work with Your Body to Relieve Symptoms and Speed Healing, Alice Feinstein, Apr 10, 2010, Health & Fitness, . Discusses complete nutritional "prescriptions" for common health concerns including high cholesterol, diabetes, and thyroid problems..

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Free to be well using food and supplements to prevent illness, Usha Honeyman, Liza Baker, Mar 31, 2000, Health & Fitness, 202 pages. Free to Be Well will teach you how to eat and use nutritional supplements to improve the function of your body systems. This book explains how to easily avoid things that.

Feed Your Genes Right Eat to Turn Off Disease-Causing Genes and Slow Down Aging, Jack Challem, Jan 21, 2005, Health & Fitness, 256 pages. In Feed Your Genes Right, renowned nutrition expert Jack Challem translates the hugely exciting science of nutrigenomics--which explores the link between nutrition and our own.

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The Brainpower Plan 21 Days to Better Brain Health: Easyread Super Large 18pt Edition, Jordan K. Davis, M.D., Apr 24, 2009, Health & Fitness, 296 pages. The human brain consists of more than 100 billion nerve cells, which die off as people age. Until recently, it was believed that these cells did not regenerate, but recent.

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