

The background of the entire image is a close-up photograph of a woven basket filled with ripe blueberries. Some green leaves are visible on the left side, and a cinnamon stick is partially visible in the upper right corner.

THE
SMART
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Low-Carb Cooking

With Over 150 Succulent Recipes

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Lose Weight
with this *Insulin-Smart*
*Anti-Aging Lifestyle**

by Mia Simms

Smart Guide To Low Carb Anti Aging Cooking

Sebastian Brünink



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memory improve your focus boost your energy make you feel happier and help you loive longer We ve all heard you are what you eat and science now has the receipts on how profoundly foods affect the human brain From an evolutionary standpoint our brains were formed to thrive on certain nutrients and our current diet is often deficient in many of them East Yourself Smater offers readers a guide to eating in a way that boosts their cognitive function improves their mood and lowers their risk of developing dementia or other degenerative neurological conditions We start with a detailed explanation of exactly how hungry the brain is the answer very and how nutrients do their job to not only feed it well but repair brain cell membranes enable synapses to communicate and prompt chemical cascades that keep memory centers functioning at top efficiency Next we present a comprehensive diet plan of the very best brain foods from fruits and vegetables to nuts seeds healthy fats and proteins along with explanations of what makes them brain superfoods along with an out list of foods that actively damage brain cells BONUS Includes 20 pages of delicious brain boosting recipes to get started on a new smarter eating program

Nutrition for the Middle Aged and Elderly Nancy E. Bernhardt,Artur M. Kasko,2008 The ageing process changes

body composition and thus nutritional status changes as one gets older At the same time the body becomes more susceptible to diseases and diet becomes an even more significant or at least visibly significant than in earlier years Moreover there is frequently socio economic downward drifting in this age group making nutritious foods more difficult to afford This book presents the latest research in this vital field

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