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Brain Food: The Surprising Science of Eating for Cognitive Power

By Lisa Mosconi Phd

Avery. Hardcover. Condition: New. 368 pages. Dimensions: 9.0in. x 6.0in. x 0.9in. How to eat for maximum brain power and health from an expert in both neuroscience and nutrition. Like our bodies, our brains have very specific food requirements. And in this eye-opening book from an author who is both a neuroscientist and a certified integrative nutritionist, we learn what should be on our menu. Born of research from an extraordinary range of specialties including brain science, the microbiome, and nutritional genomics, Dr. Lisa Mosconi notes that the dietary needs of the brain are substantially different from those of the other organs, yet few of us have any idea what they might be. Her innovative approach to cognitive health incorporates concepts that most doctors have yet to learn. Busting through advice based on pseudoscience, Dr. Mosconi provides recommendations for a complete food plan, while calling out noteworthy surprises, including why that paleo diet you are following may not be ideal, why avoiding gluten may be a terrible mistake, and how simply getting enough water can dramatically improve alertness. Including comprehensive lists of what to eat and what to avoid, a detailed quiz that will tell you where you are on the...



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