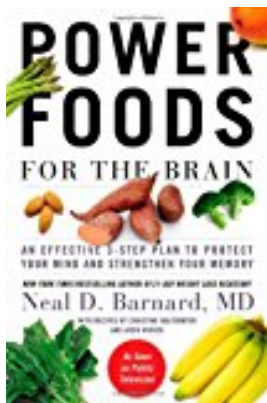


[PDF] Power Foods For The Brain: An Effective 3-Step Plan To Protect Your Mind And Strengthen Your Memory

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Description:

Review "This is a book everyone should read from a doctor whose advice I trust. *Power Foods for The Brain* will help you maximize your brain power and prevent problems down the road concerning memory loss. Buy it now before you forget to." --**Ellen DeGeneres**

"Dr. Barnard has written a timely and critically important book on a topic that will be of concern to many people." --**T Colin Campbell, PhD**, Professor Emeritus, Cornell University, and coauthor, *The China Study*

"Simple changes to your diet and exercise can help you be at your best when you're young and help prevent memory problems when you're older. *Power Foods for the Brain* shows you how, step by step. This is an immensely practical and important book." --**Dean Ornish, MD**, Founder & President of the Preventive Medicine Research Institute and Clinical Professor of Medicine at University of California, San Francisco

"This is a game changer for anyone concerned with memory or cognition. The great news is that Dr. Barnard has, once again, given us the keys to prevention and profound healing, and those keys are easily accessible." --**Kathy Freston**

"... simple, effective strategies for preventing dementias-not with drugs, but with great-tasting food and healthy lifestyle choices. Finally, a low-cost, (and delicious) doctor's prescription you will enjoy filling-and one you'll be able to remember to refill, year after year! Given the tsunami of dementias bearing down upon our society, *Power Foods for the Brain* is, potentially, one of the most important books of the decade." --**Michael Klaper, MD**, Director, Institute of Nutrition Education and Research, Manhattan Beach, CA

"Enhance your intellect with food. Dr. Barnard's simple dietary prescription also prevents strokes, Alzheimer's disease, and other causes of loss of mental function. The recipes are easy and delicious." --**John McDougall, MD**, author and founder of the McDougall Program

"Dr. Neal Barnard is one of the most responsible and authoritative voices in American medicine today" --**Andrew Weil, MD**

About the Author Neal Barnard, MD is a clinical researcher, author, and health advocate. He is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences and president of the nonprofit Physician's Committee for Responsible Medicine. He has been the principal investigator or coinvestigator on several clinical trials investigating the effects of diet on health. He is the author of several books and a frequent lecturer.

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