



Power Foods Cookbook: Power Food Recipes for a Healthy Brain and Body

Healdsburg Press

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Power foods are natural super foods that are proven to promote healthy brain function, help with weight loss, and fight disease. Rich in Omega-3s, Vitamin E, and other nutrients, power foods can protect your brain against depression, dementia, ADD and ADHD, and can fight everything from stress to heart disease. Power Foods Cookbook will show you how to increase your intake of power foods and change your diet in ways that can significantly improve your brain function and prolong your life.

Use Power Foods Cookbook to help your brain and body flourish with:

- 50 delicious power foods recipes covering every meal of the day
- Detailed information on the scientifically proven benefits of power foods
- 7-day meal plan and advice on transitioning to a diet rich in power foods
- Specific power foods recipes to heal and protect your brain
- Detailed information on which foods to avoid and which to enjoy

Eating the right foods is important for your mental health as well as your physical health. Power Foods Cookbook is the smart way to keep your brain and body healthy with power foods.

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