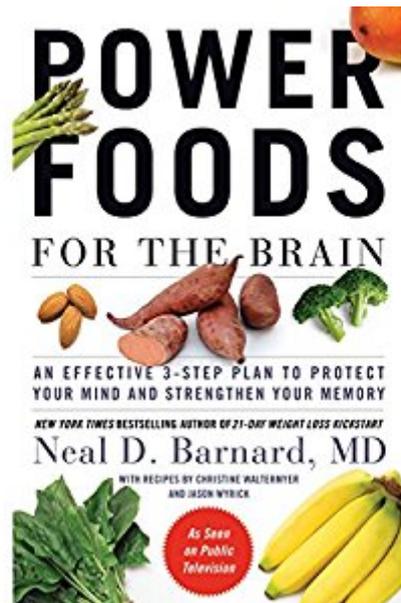


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# Power Foods For The Brain: An Effective 3-Step Plan To Protect Your Mind And Strengthen Your Memory



## Synopsis

Could that glass of milk affect your memory? Is that aluminum can increasing your risk for Alzheimer's disease? Can a banana be a brain booster? Everyone knows that good nutrition supports your heart and overall health, but did you know that certain foods can protect your brain and optimize its function? In *Power Foods for the Brain*, Dr. Neal Barnard reveals the surprising mealtime choices that can make a major difference in preserving and enhancing memory and brain health. Leading health expert Dr. Neal Barnard has gathered the most important research and studies from all over the world to create a program outlining the specific food choices that can boost brain health, reducing the risk of Alzheimer's disease, stroke, and other causes of memory loss. In addition, these power foods will help listeners tackle the minor malfunctions of their busy day-to-day lives, including low energy, poor sleep patterns, irritability, and memory lapses. The plan includes information on:

- The best foods to increase cognitive function and boost folate, vitamin B6, and vitamin B12
- The dangers dairy products and meats may have on memory
- The role alcohol plays in Alzheimer's risk
- The latest research on certain toxic metals, like aluminums found in cookware, soda cans, and common antacids

In addition to revealing the surprising role nutrition and the power foods play on preserving brain health, *Power Foods for the Brain* will also include 50-75 recipes to put them to work, as well as quick time-saving kitchen tips.

## Book Information

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## Customer Reviews

This is solid, usable, reasonable advice to achieve some important and specific goals, mainly maintaining your brain health as you age. This book discusses Alzheimer's, but also includes a

discussion of how to avoid or reverse general cognitive decline and function so you can boost your memory and recall in just a few weeks. The information in the book is science based, well presented, and a pleasant and easy read. Dr. Barnard has a wonderful sense of humor and is able to explain complex subjects clearly without talking down to his reader. My mother had a stroke a few years ago. When she was recovering, she said her greatest fear was not the possible loss of mobility or discomfort/pain, but the possibility that she might lose her ability to read and work with knitting patterns. Last year I discovered Dr Barnard's other work and my mother and I went on the diet he outlines in his book 21-Day Kickstart Weight Loss 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health. I wrote a review of that here: [http://www..com/review/R38EXNJ7X5IP63/ref=cm\\_srch\\_res\\_rtr\\_alt\\_1](http://www..com/review/R38EXNJ7X5IP63/ref=cm_srch_res_rtr_alt_1) That diet worked miracles for our health simply by changing our diet. This book will help us extend the benefits of that lifestyle to work miracles for our brain health by showing us what to eat and what to avoid. Dr. Barnard writes in Power Foods about where brain toxins are found in our diet (interestingly, some of the toxins aren't necessarily things to avoid, but things that are a problem if we ingest either too much or too little, or even the wrong form of, for example, some metals). Dr.

I am currently completing my Ph.D. in clinical neuropsychology. My primary research focus is exploring factors that contribute to age-related memory decline, including exercise and nutrition. I purchased this book with a healthy dose of skepticism, worried that it would be another fad diet with very little evidence to back it up. I was very surprised to find a well-researched book with powerful tips for protecting cognitive functioning and brain health. Anyone who has watched a loved one suffer from Alzheimer's disease or memory problems knows how wrenching cognitive decline can be for friends and family members. Although there are genetic factors that play into dementia risk, following a few key principles can actually change your brain neurochemistry and protect your mind. Dr. Barnard's three-step plan tackles the essential problems that lead to memory decline. First, he'll teach you which foods to eat and which to avoid. This advice will seem familiar (there's a strong focus on fruits, veggies, and healthy fats), but each food group has been shown to have protective effects on cognitive functioning. Step two: exercise your body and exercise your mind. This improves brain functioning and can even promote the growth of new neurons (something researchers didn't think was possible until several years ago). Step three: make some simple lifestyle changes to optimize your mental functioning. Things like changing your sleep habits and talking to your doctor about common medications can significantly reduce mental foginess and memory problems. As far as diet plans go, much of what Dr. Barnard espouses is similar to other

diet plans (eat lots of fruits and veggies, limit red meats, maximize vitamin intake, get enough exercise).

This book is the best I have ever read on the subject of eating right. I got the Kindle version so I also have the X-way function. This gives background information on parts of the book that many readers may not know and page numbers where the subject is in the book for easily review. What a great way to enhance such a great book!! I'm a senior citizen, 74, and have been slowly improving my food choices for more than twenty years. With all the fairly recent discoveries of the benefits of certain foods, and the harmfulness of others, I have still made some mistakes. And even while I really was benefiting from my improvements. I had reasoned, for example, that fish high in Omega 3's was something to eat a lot of - along with supplemental fish oil capsules. Result, I have to take a med to control high blood pressure. This is not a complaint. I'm otherwise in good health. I'd be already dead if I hadn't made the diet and exercise corrections that I did make. But, none the less, I should have known better. Long before retirement I worked in the laboratory of a 7th Day Adventist Hospital. They touted the benefits of a vegetarian diet. The Chief of Surgery was in his 80's. I was privileged to attend the weekly physicians meetings that provided a banquet of delicious vegetarian dishes. Many of these meetings involved differences in certain kinds of cancers between vegetarians and non-vegetarians. I also saw a report on television - American groups that lived longest - yes, 7th Day Adventists vegetarians. After reading Dr. Barnard's book, Power Foods . . . I think I'll make another try for perfection. I can't argue with his credentials, the facts he presents, or the clear and stepwise method. His 3-step plan seems simple enough and I think sufficient.

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