

## Brain Food The Surprising Science Of Eating For Cognitive Power

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A healthy diet has to include a lot of prebiotics food (good for microbiome). They include onions, asparagus, artichokes, garlic, bananas. These foods are rich in carbohydrates called oligosaccharides. The latter lower cholesterol, prevent cancer, and detoxify your body. Probiotics (foods that include live good bacteria) are also key.

Brain Food: The Surprising Science of Eating for Cognitive ...

Brain Food: The Surprising Science of Eating for Cognitive Power by Lisa Mosconi. 3.88 · Rating details · 915 ratings · 130 reviews 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.

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"Brain Food: The Surprising Science of Eating for Cognitive Power" [is] a guide to the latest research on the links between nutrition and brain health. " — Los Angeles Times " By drawing on more than fifteen years of scientific research and experience, Dr. Mosconi provides expert advice to prevent medical decline and sharpen memory.

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But while we often talk about diets affecting our fitness, we don't talk about how what we eat and drink affects the health of the hungriest organ in the body - our brain. Brain Food makes clear the connection between nutrition and our brain's health, focusing attention on how crucial dietary recommendations are - three eggs, for example, provide the daily amount of brain

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Brain Food — Lisa Mosconi, PhD

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In her new book, Brain Food: The Surprising Science of Eating for Cognitive Power (Avery/ Penguin Random House), Dr. Lisa Mosconi, PhD, INHC, Associate Director of the Alzheimer ' s Prevention Clinic...

The Top 5 Brain-Boosting Foods You Should Be Eating

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The Weill Cornell's Women Brain Initiative is focused on discovering sex-based molecular targets and precision therapies to prevent, delay, and treat Alzheimer ' s disease. Author, Brain Food and The XX Brain I wrote Brain Food and The XX Brain to bring 15+ years of research out of the lab and into everyone's lives.

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