

# EAT YOURSELF SMART



INGREDIENTS & RECIPES  
TO BOOST YOUR BRAIN POWER

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# Resumo de Eat Yourself Smart: Ingredients & Recipes to Boost Your Brain Power

Stimulate your little grey cells with these delicious brain-booster foods. If you have trouble concentrating, coming up with ideas or thinking clearly, eating more of the brain-activity-enhancing foods in this book can help.

Featured in this book are the key foods that have been proven to benefit brain functions: beetroot, brown rice, coffee, kidney beans, pecans and strawberries among other tasty ingredients. A clever problem-solver helps you choose the ingredients that bring benefits ranging from mental alertness, longer attention span and restful sleep to prevention of dementia.

With over 60 easy-to-follow, quick-to-prepare, completely delicious recipes, and weekly meal planners, "Eat Yourself Smart" is the perfect way to cook yourself clever and achieve optimum health. Gill Paul is a non-fiction author and novelist.

She studied Medicine at Glasgow University before deciding that a doctor's life was not for her. In non-fiction she specializes in Health and is the author of a number of titles including "Food Hospital" (tie-in to a major Channel 4 series), published by Penguin, and "Perfect Detox."

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