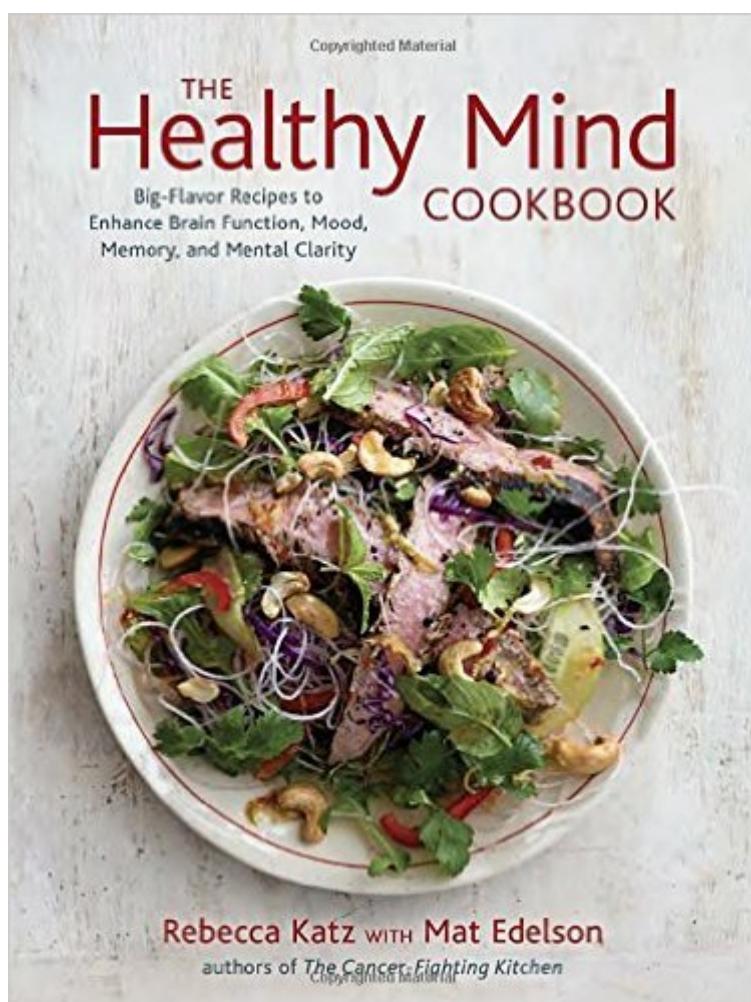


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# The Healthy Mind Cookbook: Big-Flavor Recipes To Enhance Brain Function, Mood, Memory, And Mental Clarity



## Synopsis

A collection of more than 120 recipes formulated to optimize brain health, boost memory, improve mood, sharpen the central nervous system, and more. Feed your mind. Depression, ADHD, memory loss, agitation: These may seem like inevitable byproducts of modern lives spent multitasking, not getting enough sleep, and operating on digital overload. But while much of the brain's work still remains a mystery, a growing body of scientific evidence suggests that the food you eat directly affects how well your brain functions. Brain health also plays a significant role in staving off diabetes, heart disease, and Alzheimer's disease. In *The Healthy Mind Cookbook*, Rebecca Katz has harnessed the latest research on the brain to identify the foods that can improve the brain's ability to control cognition, emotion, and physical function—all of which dictate memory and mood. She then translates the very best of brain science into the kitchen, using delicious nutrient-dense foods as a tool for promoting a healthy mind from childhood through the golden years. With a culinary pharmacy listing the benefits of key ingredients, complete nutritional details for each dish, and flavor-packed recipes for every meal of the day, including Avocado and Citrus Salad, Sweet Potato Hash, Turkish Lamb Sliders, and Chocolate Cherry Walnut Truffles, *The Healthy Mind Cookbook* will help lift the fog of everyday life so you can reach your full physical and mental potential.

## Book Information

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## Customer Reviews

Title: The Healthy Mind Cookbook  
Author: Rebecca Katz with Mat Edelson  
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It's a delight to find out that

foods you always thought were delicious also turn out to be power-packed with brain-healthy nutrients,â • Rebecca Katz with Mat Edelson write in her book, "The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity." At two hundred and fifty-six pages, this hardbound targets those looking for food recipes geared toward maintaining better brain function. After acknowledgments and an introduction, there are ten chapters, ending with resources, a bibliography, and index. Full-color, full-page photographs of roughly a third of the finished concoctions grace the pages.Chef, speaker, and author Katz has written several food-related books promoting wellness and lives in California. This is the fourth book Katz has co-authored with Edelson, an award winning science, health, and sports writer currently living in Maryland.The first three chapters concentrate on brain science and its relationship with food, the culinary pharmacy, and harboring four flavors for tasteful results. The following seven chapters contain over one hundred and twenty recipes involving soups, vegetables, meat and seafood, anytime foods, dollops, tonics and elixirs, and sweet bites.By focusing on olive oil, lemon juice, sea salt, and maple syrup, chefs can produce brain-enhancing meal combinations. Promoting over eighty ingredients such as allspice, cardamom, chickpeas, eggs, green tea, mushrooms, parsley, saffron, and pumpkin, sesame, and sunflower seeds, memory and brain function can improve.

The underlying motivation of this cookbook is an understanding of neurogenesis or brain plasticity. Please donâ ™t let me lose you. Itâ ™s a simple concept and more recent development that spits in the face of the old adage, â œYou canâ ™t teach an old dog new tricks.â • Actually, you can.The implications of this are huge. Itâ ™s why I can teach 60 year old veteran how to read in my classroom, and itâ ™s why you can actually pick up a language in your 40s. Simply put, this is why we need to continually take care of your mind as you grow older.You are not destined to the same mental illness of your mother or father, even if your genetics suggest you are predisposed to it. And itâ ™s in this vein that Rebecca Katz researched the best foods for your brain. She pieces together her collection of delicious recipes in the cookbook, The Healthy Mind: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity.And while I care about your mind, I really care about my own brain and the cognitive function of my husband and the development of my toddler. Since high school, Iâ ™ve recognized how our food choices affect mental clarity and focus, and even athletic performance.Because of that, this cookbook was a must read for me, and I want to give you a snapshot of the wealth of information provided.The specific everyday brain maladies the author battles with food are things like depression, ADHD, forgetfulness, agitation, brain fog, and fatigue, among others. What I appreciate most is the list of ingredients and their

healing properties.

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The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Healthy Bread Cookbook: The Top 50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily bread, zucchini bread, monkey bread ... bread maker) (Top 50 Healthy Recipes) The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Anatomy & Physiology: The Unity of Form and Function:

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