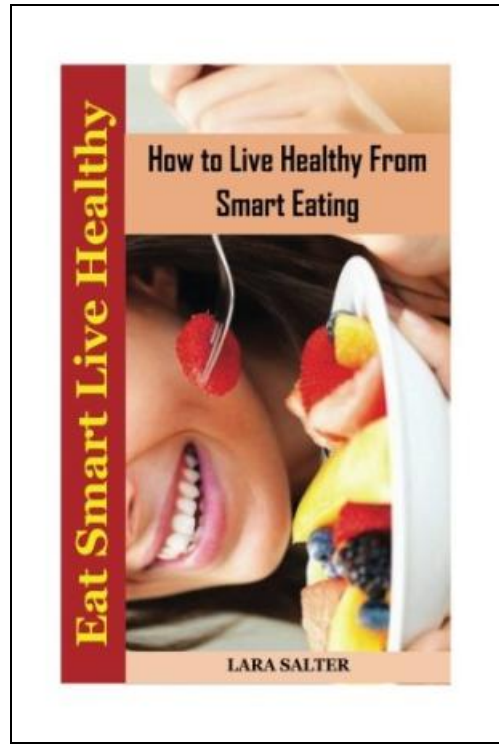


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(Prof. Elody D'Amore)




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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How to Eat Smart While the foods we eat have measurable effects on the body's performance, they may prove to have an even more critical influence on how the brain handles its tasks. You are, as the expression goes, what you eat. After all, the very tissues of your body, the fuels that power every cell, the hormones that keep you humming, all must ultimately be furnished by the foods you eat. No surprise, then, that over the past two decades, perhaps spurred most intensely by health concerns and the performance demands of elite athletes, a burgeoning body of literature has documented the intimate connections between food and health. At the same time, an interest in nutrition has moved from the fringes of cultural life squarely into the mainstream. But that turns out to be a very neck-down view of things. For while the foods we eat have measurable effects on the body's performance, they may prove to have an even more critical influence on how the brain handles its tasks. The brain is an extremely metabolically active organ, making it a very hungry one, and a picky eater at that. The idea that the right foods, or the natural neurochemicals they contain, can enhance mental capabilities-help you concentrate, tune sensorimotor skills, keep you motivated, magnify memory, speed reaction times, defuse stress, perhaps even prevent brain aging-is not idle speculation. Nutritional neuroscience, as it's called, is barely in its infancy. But it's already turning up some very heady findings. Among them: A diet that draws heavily on fatty foods and only lightly on fruits and vegetables isn't just bad for your heart and linked to certain cancers-it...

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