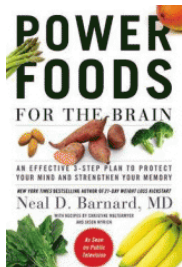


Brain Food

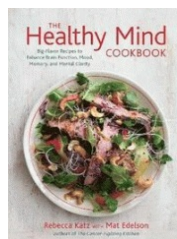
Since what we eat directly affects how well our brain functions, here is a list of books on food for the brain. Hopefully it will help us to increase our cognitive functions, decrease memory loss, and avoid Alzheimer's disease. But you know what, reading a book is the best brain food!!

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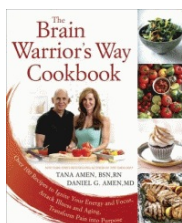
Power foods for the brain

Neal D. Barnard ; with recipes by Christine Waltermeyer and Jason Wyrick. --



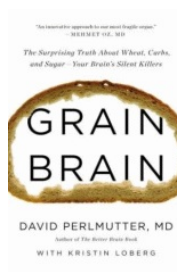
The healthy mind cookbook

Rebecca Katz with Mat Edelson ; photography by Maren Caruso.



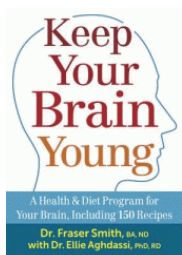
The brain warrior's way cookbook

Tana Amen, Daniel G. Amen.



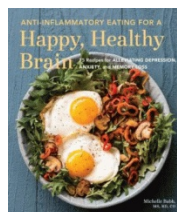
Grain brain

David Perlmutter with Kristin Loberg. --



Keep your brain young

Fraser Smith with Ellie Aghdassi. --



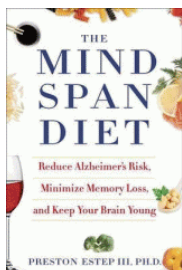
Anti-inflammatory eating for a happy, healthy brain

Michelle Babb, MS, RD CD ; foreword by Jeffrey Bland PhD ; photography by Hilary McMullen.

Brain Food

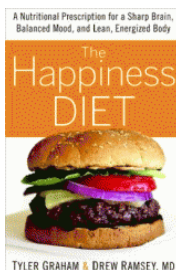
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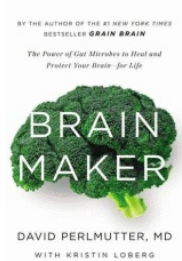
The mindspan diet

Preston Estep, III.



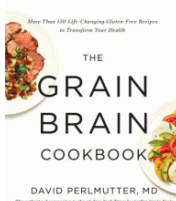
The happiness diet

Tyler Graham and Drew Ramsey. --



Brain maker

by David Perlmutter, MD, with Kristin Loberg.



The grain brain cookbook

David Perlmutter.