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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.

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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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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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