

Genius Foods Become Smarter Happier And More Productive While Protecting Your Brain For Life

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~~GENIUS FOODS - The New Book by Max Lugavere~~ *The 10 Genius Foods for a Healthier, Happier Brain with Max Lugavere* Interview: Max Lugavere (USA) on Smarter, Happier and More Productive While Protecting Your Brain Dr. Gundry interviews Max Lugavere about "Genius Foods" *Protect Your Brain For Life with Max Lugavere* *Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life food*

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"Genius Foods can help you reset your mental agility, cope with stress, battle brain fog, and even smack back dementia. What are you waiting for?" (Mehmet Oz, MD, Professor, Columbia University)

"Genius Foods breaks down and connects cutting-edge topics like dementia prevention and gut health with humor, optimism, and ample enthusiasm. Max Lugavere excels at making the complex subject of nutrition one that anyone can follow and apply in their own lives." (Maria Shriver, award-winning ...)

Genius Foods: Become Smarter, Happier, and More Productive ...

Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life (Genius Living) Paperback – 27 Feb. 2020 by Max Lugavere (Author)

Genius Foods: Become Smarter, Happier, and More Productive ...

Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life by. Max Lugavere (Goodreads Author), Paul Grewal. 4.25 · Rating details · 2,880 ratings · 245 reviews

Genius Foods: Become Smarter, Happier, and More Productive ...

The second key to Genius Foods is fiber from vegetables, which is linked to better cognition, sleep, and a longer life. In fact, fiber consumption determines healthy aging more than any other variable including sugar consumption!

Genius Foods: Become Smarter, Happier, and More Productive ...

4 "Genius Foods" That Make You Smarter, Happier, and More Productive Brain Food: The Genius Foods Diet. Lugavere believes that protecting and improving the cognitive function of the brain... Dark Leafy Greens. Benefits: If you only incorporate one "genius food" into your diet from this book, ...

"Genius Foods" That Make You Smarter and Happier

Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life (Genius Living)

Genius Foods: Become Smarter, Happier, and More Productive ...

Plants have carbs and protein but rarely fat. Meat has protein and fat, but no carbs. If you go against nature by combining them, you will get fat and reduce brain health. The second key to Genius Foods is fiber from vegetables, which is linked to better cognition, sleep, and a longer life.

Genius Foods: Become Smarter, Happier, and More Productive ...

Genius food #1: Dark Chocolate. Decadently rich in cocoa flavanols (a type of polyphenol), dark chocolate has been shown to reverse signs of cognitive aging and improve blood flow to the brain. Not only that, it will instantly boost your mood and increase the neurotransmitter, serotonin.

Genius Foods – 6 Superfoods For Brain Health [INFOGRAPHIC]

This item: Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life by Max Lugavere Hardcover CDN\$27.44. In Stock. Ships from and sold by Amazon.ca. The Genius Life: Heal Your Mind, Strengthen Your Body, and Become Extraordinary by Max Lugavere Hardcover CDN\$33.73. In Stock.

Genius Foods: Become Smarter, Happier, and More Productive ...

At first I figured it would be another 'eggs, walnuts, and fish make you smarter' type of book, but instead, Genius Foods took a deep, deep dive into specific genes that affect intelligence and how to pair them with food, mouthwatering recipes for everything from liver to avocado-salmon bowls, and some very good, step-by-step tips for optimizing your personal environment to enhance cognition. It is a must read, with many pages folded over in my own copy.

Genius Foods | Max Lugavere

Genius Foods-Become Smarter, Happier. Categories: Books, Nutrition Tags: genius foods, nutrition. Description Reviews (0) Discover the critical link between your brain and the food you eat and change the way your brain ages, in this ...

Genius Foods-Become Smarter, Happier - knowledgeisle

Now, in Genius Foods, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood.

Genius Foods: Become Smarter, Happier, and More Productive ...

Genius Foods: Become Smarter, Happier, And More Productive, While Protecting Your Brain Health For Life Hardcover – 19 March 2018 by Max Lugavere (Author), Paul Grewal (Contributor) 4.7 out of 5 stars 647 ratings See all formats and editions

Genius Foods: Become Smarter, Happier, And More Productive ...

Genius Foods (2018) makes a simple but compelling point: what we eat today is starving our brains. Drawing on the most up-to-date scientific research, it connects the dots and shows just how our diets can affect our cognitive health.

Genius Foods by Max Lugavere - Blinkist

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Genius Foods, Become Smarter, Happier, And More Productive ...

Become Smarter, Happier, and More Productive While Protecting Your Brain for Life Max Lugavere with Paul Grewal Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life (2018) by Max Lugavere with Paul Grewal is a self-help book that teaches readers how to maximize brain health.

Genius Foods by Max Lugavere with Paul Grewal - Insights ...

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Genius Foods : Become Smarter, Happier, and More ...

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