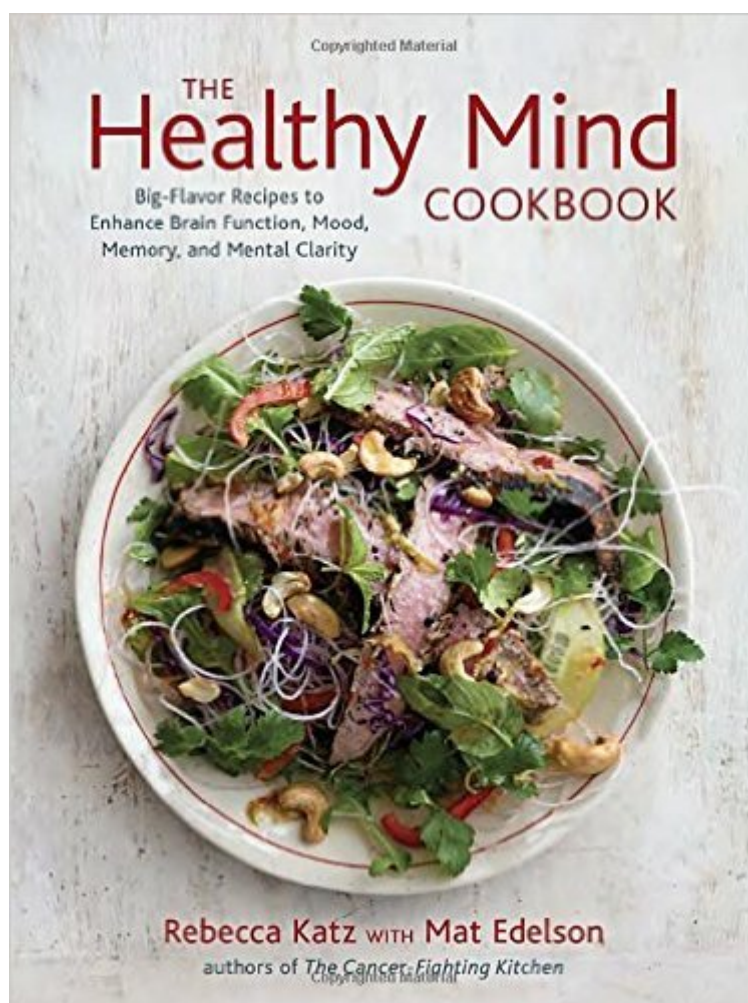


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# The Healthy Mind Cookbook: Big-Flavor Recipes To Enhance Brain Function, Mood, Memory, And Mental Clarity



## 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 Photographer: Maren Caruso Publisher: Ten Speed Press ISBN: 978-1-60774-297-5 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. • 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 don't let me lose you. It's a simple concept and more recent development that spits in the face of the old adage, "You can't teach an old dog new tricks." • Actually, you can. The implications of this are huge. It's why I can teach 60 year old veteran how to read in my classroom, and it'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 it'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, I'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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