

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

Summary & Analysis : Genius Foods By Max Lugavere & Paul Grewal : Become Smarter, Happier, and More Productive While Protecting Your Brain for Life

The Better Period Food Solution

Food Shelf Life Stability

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Become Smarter, Happier, and More Productive While Protecting Your Brain for Life By Max Lugavere & Paul Grewal M.D

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Become Smarter, Happier, and More Productive While Protecting Your Brain for Life | A Guide to the Book by Max Lugavere

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Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-Clean

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

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## AUGUST HAYDEN

**Summary & Analysis : Genius Foods By Max Lugavere & Paul Grewal : Become Smarter, Happier, and More Productive While Protecting Your Brain for Life** Little, Brown

Book Summary Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life Max Lugavere, a former media guru, tells the reader about his pursuit of brain building foods. Starting in 2010, he and his family members noticed changes in his mother's behavior, both physically and mentally. After a scary moment when she couldn't remember what year it was, Max took his mother to a neurologist. The diagnosis was grim: Alzheimer's disease. Quick Read Publishing has created a quick overview summary and Review companion book for your reading pleasure. Designed to enhance your reading experience. What does this Summary Include? Each Part wise Chapter of the original book Chapter by Chapter Summaries About the Author List of Characters Underlining Themes of the book Key Point from Max Lugavere & Paul

Grewal's book Discussion Questions about the Plot Background information about Food Can Fix It Background information about Max Lugavere & Paul Grewal We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites. Read this summary book to save time , to learn more read "Genius Foods"

[The Better Period Food Solution](#) HarperCollins

Genius FoodsBecome Smarter, Happier, and More Productive While Protecting Your Brain for LifeHarper Wave

*Food Shelf Life Stability* Simon and Schuster

In her surprising, entertaining and persuasive new book, award-winning author and psychologist Susan Pinker shows how face-to-face contact is crucial for learning, happiness, resilience and longevity. From birth to death, human beings are hard-wired to connect to other human beings. Face-to-face contact matters: tight bonds of friendship and love heal us, help children learn, extend our lives and make us happy. Looser in-person bonds matter, too, combining with our close relationships to form a personal "village" around us, one that exerts unique effects. And not just

any social networks will do: we need the real, face-to-face, in-the-flesh encounters that tie human families, groups of friends and communities together. Marrying the findings of the new field of social neuroscience together with gripping human stories, Susan Pinker explores the impact of face-to-face contact from cradle to grave, from city to Sardinian mountain village, from classroom to workplace, from love to marriage to divorce. Her results are enlightening and enlivening, and they challenge our assumptions. Most of us have left the literal village behind, and don't want to give up our new technologies to go back there. But, as Pinker writes so compellingly, we need close social bonds and uninterrupted face-time with our friends and families in order to thrive--even to survive. Creating our own "village effect" can make us happier. It can also save our lives. *Become Smarter, Happier, and More Productive While Protecting Your Brain for Life - a Guide to the Book by Max Lugavere* MIT Press

PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/2EVVJ9p> Health and science journalist Max Lugavere examines how diet and lifestyle can affect aging and health, particularly brain health. He presents clear, actionable steps for eating well, living well, and aging

well. This ZIP Reads summary provides key takeaways and analysis from Lugavere's bestselling book, *Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*. Lugavere's exhaustive research details the harmful effects of many foods previously thought to be harmless. Take control of your life and improve your brain health with his comprehensive list of genius foods! Click "Buy Now with 1-Click" to own your copy today! What does this ZIP Reads Summary Include? Synopsis of the original book The ten genius foods and their benefits The harmful foods you didn't know you were eating How to improve your energy levels and overall brain health Key takeaways & analysis from each chapter Editorial reivew Background on the author About the Original Book:In *Genius Foods*, health and science journalist Max Lugavere examines how diet and lifestyle can affect aging and health, particularly brain health. He combines a wide range of information on diet, exercise and lifestyle into a highly readable and actionable package. *Genius Foods* delivers clear recommendations on how you can change your diet and lifestyle to age well and optimize your brain health. Whether you are struggling with a chronic illness, have a family history of dementia or age-related ailments, or just want more energy, mental clarity and a sense of wellbeing--this book can help you help yourself. **DISCLAIMER:** This book is intended as a companion to, not a replacement for, *Awaken the Giant Within*. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Please follow this link: <https://amzn.to/2EVVJ9p> to purchase a copy of the original book. We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites. *How Face-to-face Contact Can Make Us Healthier and Happier* Simon and Schuster Summary Max Lugavere & Dr. Paul Grewal's *Genius Foods Become Smarter, Happier, and More Productive While Protecting Your Brain for Life* Max Lugavere, a former media guru, tells the reader about his pursuit of brain building foods. Starting in 2010,he and his family members noticed changes in his mother's behavior, both physically and mentally. After a scary moment when she couldn't remember what year it was, Max took his mother to a neurologist. The diagnosis was grim: Alzheimer's disease. Max spent days and weeks frantically researching Alzheimer's and its treatments - only to find that there were no real treatments at all, just medications and therapies that helped patients deal with the symptoms. After three years of endless research, Max decided to use his media credentials to interview the top scientists in the field of neuro-research in hopes of finding answers. What he learned about nutrition and the brain was astonishing. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including The nutrients that can boost your memory and improve mental clarity (and where to find them); The foods and tactics that can energize and rejuvenate your brain, no matter your age; A brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and The foods that can improve your happiness, both now and for the long term. For Summary of *Genius Foods Become Smarter* click on BUY BUTTON..... tag:genius foods,genius foods by max lugavere,max lugavere,max lugavere genius foods,genius foods cookbook,genius foods max lugavere,genius foods paperback,genius foods become smarter, happier,genius foods book, genius foods lugavere

#### **Summary & Analysis of *Genius Foods*** Penguin

The scientifically-proven practical plan to help reverse Alzheimer's and prevent cognitive decline from the international bestselling author of *The End of Alzheimer's*. Following his ground-breaking book that transformed how we think about Alzheimer's and its treatment, world-renowned neurology expert Dale Bredeesen provides an unprecedented hands-on guide to achieving complete brain health. In *The End of Alzheimer's Programme*, he lays out step-by-step his highly sought after, scientifically-proven method that you can follow with a healthcare professional to stop Alzheimer's in its tracks. Alzheimer's Disease is a protective response to an array of factors that directly affect the brain, such as inflammation, genetic inheritance, nutrients and hormones. In this book, Bredeesen will show you which of these factors you need to address to enhance your cognitive abilities by laying out a personalised lifestyle plan. Covering sleep, exercise, diet, brain training and more, Bredeesen will show you how to retain, regain and maximise cognitive function for any ability and for any age with extraordinary results. Based on cutting-edge research and full of inspiring success stories from Bredeesen's patients, this book is a must-read for anyone looking to enhance their brainpower and is a vital guide for carers and healthcare professionals.

*Crisis in the Red Zone* Penguin

Summary Max Lugavere & Dr. Paul Grewal's *Genius Foods Become Smarter, Happier, and More*

*Productive While Protecting Your Brain for Life* Max Lugavere, a former media guru, tells the reader about his pursuit of brain building foods. Starting in 2010, he and his family members noticed changes in his mother's behavior, both physically and mentally. After a scary moment when she couldn't remember what year it was, Max took his mother to a neurologist. The diagnosis was grim: Alzheimer's disease. The nutrients that can boost your memory and improve mental clarity (and where to find them); The foods and tactics that can energize and rejuvenate your brain, no matter your age; A brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and The foods that can improve your happiness, both now and for the long term. For Summary of *Genius Foods Become Smarter* click on BUY BUTTON.....

#### **Deep Nutrition** Independently Published

#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

[Why Health Care Has Failed You and How You Can Become Smarter Than Your Doctor](#) St. Martin's Griffin

A holistic health counselor and co-star of the award-winning documentary *Super Size Me* explores women's cravings—for food, sleep, sex, movement, companionship, inspiration—and teaches them to listen to their bodies for a healthier, fuller life. "Desire is the basis for new conception, new growth, new life. We're born with it. And often talked out of it. When you tap it, you have access to your inner guidance. Women, Food, and Desire will show you how. Sweet." (Dr. Christiane Northrup, author of New York Times bestsellers *Women's Bodies*, *Women's Wisdom* and *The Wisdom Of Menopause*) Transformational health expert Alexandra Jamieson is a woman on a mission. Having overcome her own food addictions and the weight and health problems these habits caused, she learned something life-altering: when we listen to our cravings, they will lead us onto the path of deep healing. Since her own personal breakthrough more than a decade ago, Alexandra has dedicated her life to helping other women learn to listen to the wisdom of their cravings and make food their greatest ally as they step into their lives with authentic passion. With love, deep compassion, and fearless honesty, she calls upon all of us to boldly use food as a tool to cleanse ourselves of the nutritional, emotional, physical, and mental blocks that limit our ability to live full, meaningful, and joyful lives. In this book she'll show us how our cravings are the gatekeepers of our deepest longings and desires; how transforming habits set us free; and how detoxing unclutters our bodies and minds so we may engage in our lives with more power and authenticity. She also helps us embrace our sexual selves, trust our instincts, and form a nurturing community that is essential for a vital, healthy, hot life.

**Genius Foods** *Genius Foods Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*

NEW YORK TIMES BESTSELLER • An urgent wake-up call about the future of emerging viruses and a gripping account of the doctors and scientists fighting to protect us, told through the story of the deadly 2013-2014 Ebola epidemic "Crisis in the Red Zone reads like a thriller. That the story it tells is all true makes it all more terrifying."—Elizabeth Kolbert, Pulitzer Prize-winning author of *The Sixth Extinction* From the #1 bestselling author of *The Hot Zone*, now a National Geographic

original miniseries . . . This time, Ebola started with a two-year-old child who likely had contact with a wild creature and whose entire family quickly fell ill and died. The ensuing global drama activated health professionals in North America, Europe, and Africa in a desperate race against time to contain the viral wildfire. By the end—as the virus mutated into its deadliest form, and spread farther and faster than ever before—30,000 people would be infected, and the dead would be spread across eight countries on three continents. In this taut and suspenseful medical drama, Richard Preston deeply chronicles the pandemic, in which we saw for the first time the specter of Ebola jumping continents, crossing the Atlantic, and infecting people in America. Rich in characters and conflict—physical, emotional, and ethical—*Crisis in the Red Zone* is an immersion in one of the great public health calamities of our time. Preston writes of doctors and nurses in the field putting their own lives on the line, of government bureaucrats and NGO administrators moving, often fitfully, to try to contain the outbreak, and of pharmaceutical companies racing to develop drugs to combat the virus. He also explores the charged ethical dilemma over who should and did receive the rare doses of an experimental treatment when they became available at the peak of the disaster. *Crisis in the Red Zone* makes clear that the outbreak of 2013-2014 is a harbinger of further, more severe outbreaks, and of emerging viruses heretofore unimagined—in any country, on any continent. In our ever more interconnected world, with roads and towns cut deep into the jungles of equatorial Africa, viruses both familiar and undiscovered are being unleashed into more densely populated areas than ever before. The more we discover about the virosphere, the more we realize its deadly potential. *Crisis in the Red Zone* is an exquisitely timely book, a stark warning of viral outbreaks to come.

[Eat Smarter](#) Little, Brown Spark

Summary and Analysis of Max Lugavere & Dr. Paul Grewal's *Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*. **IMPORTANT NOTE TO READERS:** This is a companion book based on *Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*, and is not the original book by Max Lugavere & Dr. Paul Grewal. We strongly encourage you to purchase the original book at this link: <https://amzn.to/2qtOqk2>

Have you ever wondered why we Americans feel sluggish or foggy a lot of the time? How about why Americans struggle so much with obesity? What have we done to our diets that is sabotaging a chance at healthy living? Max Lugavere presents compelling evidence that our modern diets have bombarded our brains with sugars and unhealthy processed junk. This has led to more diagnoses of depression, bipolar disorder, anxiety, Alzheimer's, and dementia. In the body, these poisons have led to physical ailments such as diabetes, auto-immune disorders, obesity, heart disease, asthma, and other chronic conditions. Lugavere's research, with the help of Dr. Paul Grewal, breaks down how bodies of ancient humans were sustained, how diets changed over the centuries, and how what we eat now is not at all how our human ancestors ate. In this detailed summary and analysis of Max Lugavere & Dr. Paul Grewal's *Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life*, you'll learn exciting facts like: 1. Which foods are considered GENIUS FOODS and why? 2. What we should all avoid maintaining the best health possible. 3. Why controlling our insulin levels are imperative to a healthy lifestyle. 4. Why a healthy cardiovascular system is essential for a healthy brain. 5. How to use ketones that your body produces to your advantage. **AND MUCH MORE!** Buy your copy today, and learn all about being healthy in this day and age.

[Too Marvelous for Words](#) Little, Brown Spark

The first book by the creator of COURSERA®'s most popular online course in 2015, "A Life of Happiness and Fulfillment" Could the same traits that drive your career success also be keeping you from being happier? Fifteen years after getting his MBA, Raj Raghunathan spent some time with his old classmates. He noticed that though they'd all done well, there didn't appear to be much correlation between their academic success and career success. What Raj found even more curious was the even smaller correlation between career success and what he calls life success. The greater the career success, the more unhappy, out of shape, harried and distracted his friends were. If intelligence helps with decision-making, smart people should naturally make better life choices. So why are so many of the smartest, brightest, most successful people profoundly unhappy? Raj set out to find an answer to this problem, and extensively researched happiness not just of students and business people, but also stay-at-home-parents, lawyers, and artists, among others. *If You're So Smart, Why Aren't You Happy?* takes readers on a fun and meaningful tour of the best research available on how some of the very determinants of success may also come to deflate happiness. Raghunathan explores the seven most common inclinations that successful

people need to overcome, and the seven habits they should adopt instead. Among his surprising findings... ·The correlation between wealth and happiness is much smaller than you'd expect it to be ·Generosity is not only a key to happiness, but a determining factor of long term success ·Appreciating uncertainty, rather than seeking full control of outcomes, is necessary for happiness If You're So Smart, Why Aren't You Happy? will give you a powerful new perspective on your work, personal goals and relationships, whether you're already successful or just starting out.

*The Happiness Diet* Harper Wave

Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want to make your brain work for you is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain Lock* wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

*Summary of Genius Foods* Rodale Books

How to fix the Modern American Diet and reclaim our minds and waistlines "An insightful, eye opening adventure into diet and nutrition. Concise and witty, this book kept me engaged from cover to cover. A must-have for anyone serious about getting happy and healthy naturally."—Andrew Morton, MD, Board-certified Family Physician; Former Medical Corps, US Navy and Army Infantry Medic, Desert Storm For the first time in history, too much food is making us sick. The Modern American Diet (MAD) is expanding our waistlines while starving and shrinking our brains. Rates of obesity and depression have recently doubled, and though these epidemics are closely linked, few experts are connecting the dots for the average American. Using data from the rapidly changing fields of neuroscience and nutrition, *The Happiness Diet* shows that over the past several generations, small, seemingly insignificant changes to our diet have stripped it of nutrients—like magnesium, vitamin B12, iron, and vitamin D, as well as some very special fats—that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American's diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we've all been led so far astray, *The Happiness Diet* empowers the reader to steer clear of this MAD way of life with simple, straightforward solutions, including: • A list of foods to swear off • Shopping tips and kitchen organization tricks • A compact healthy cookbook full of brain-building recipes • Practical advice, meal plans, and more! Graham and Ramsey guide you through these steps and then remake your

diet by doubling down on feel-good foods—even the all-American burger. Praise for *The Happiness Diet* "Finally, a rock-solid, reliable, informative, and entertaining book on how to eat your way to health and happiness. Run—don't walk—to read and adopt *The Happiness Diet*. This is the only diet book I've encountered that I can actually recommend to patients without reservation."—Bonnie Maslin, PhD, Psychologist and author of *Picking Your Battles* "A lively, thorough, and iron-clad case for real food. You will never eat an egg-white omelet or soy protein shake again."—Nina Planck, author of *Real Food* and *Real Food for Mother and Baby* "The book includes food lists, shopping tips, brain-building recipes, smart slimming strategies, and other useful tools to lose weight and keep the blues at bay."—AM New York

**Food** Simon and Schuster

Food Shelf Life Stability provides a unique approach to understanding this critical subject by examining physical, chemical, and biochemical factors affecting food quality. The first section emphasizes the effects that water activity, glass transition, and plasticization have on temperature, water content, and time-dependant phenomena affecting

*Women, Food, and Desire* Blurb

Do you want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn about the diet that makes you smarter, happier, and more productive while protecting your brain for life. Ever wonder how some ninety-year-olds remain sharp as a tack? According to Max Lugavere, it likely deals with what they've been eating throughout their lifetime. No longer should we be eating for our bodies, instead, we should be eating for our minds as well. Through *Genius Foods*, you'll learn how our diet plays a significant role in our cognitive health and which foods we should eat to ensure we stay sharp forever. Lugavere reveals how the modern diet is directly linked with neurodegenerative disorders including Alzheimer's, Parkinson's, and ALS. Now, you can incorporate foods into your diet that will make you both happier and smarter. Through scientific research and data, Lugavere debunks popular misconceptions about our diet including why cholesterol isn't bad for you but is essential for brain health. You'll also learn the truth about carbohydrates and how the dietary trend of intermittent fasting improves cognitive function.

**Depraved Heart** QuickRead.com

The bestselling author of *Grain Brain* uncovers the powerful role of gut bacteria in determining your brain's destiny. Debilitating brain disorders are on the rise from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome - the vast population of organisms that live in your body and outnumber your own cells ten to one. What's taking place in your intestines today is determining your risk for any number of brain-related conditions. In *BRAIN MAKER*, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, *BRAIN MAKER* opens the door to unprecedented brain health potential.

*Eat Your Way to a Lifetime of Healthier Cycles* Harper Collins

"Bloating. Heartburn. Weight gain. Frequent visits to the restroom. It's no surprise: bad gut health can have a big impact on your daily life. But what if there were quick and easy ways to improve

your digestive system so you could feel your best every day? In *Gut Health Hacks*, you'll find 200 practical tips and tricks to support good bacteria and achieve a balanced gut microbiome. From ways to hack your meals to simple lifestyle changes, you'll find tips and tricks like: consuming ginger has a calming sensation for your digestive tract and can relieve gas and bloating; sipping some ginger tea before bedtime can lead to a restful night's sleep; mental stress leads to digestive stress; and much more! From improved mental health to weight loss to resolved digestion issues, balanced gut health can make all the difference. Now you can start feeling your best today with a little help from *Gut Health Hacks*"--

**Dr. Gundry's Diet Evolution** Simon and Schuster

Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. 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. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With *Genius Foods*, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today—and decades into the future.

**Become Smarter, Happier, and More Productive While Protecting Your Brain for Life by Max Lugavere** Independently Published

Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast *The Model Health Show*. Food is complicated. It's a key controller of our state of health or disease. It's a social centerpiece for the most important moments of our lives. It's the building block that creates our brain, enabling us to have thought, feeling, and emotion. It's the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn't just food. It's the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming? In *Eat Smarter*, nutritionist, bestselling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly, he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. *Eat Smarter* will empower you and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself.

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