



Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health

By Samantha Heller

Johns Hopkins University Press. Paperback. Book Condition: new. BRAND NEW, Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health, Samantha Heller, A healthy body makes for a healthy brain, and this fun, creative guide is designed to help readers have both—they can be smarter, stronger, happier, and more energetic by changing a few dietary habits. Nutritionist and frequent morning talk show guest Samantha Heller has created a life raft in a sea of confusing and contradictory nutrition and diet information. Heller's Nutrition Prescription plan considers each person's habits, budget, and food preferences when making lifestyle recommendations. Raised on white rice and beans? Switch to brown rice instead. Can't afford fresh Atlantic salmon? Canned salmon will do just as well. Fresh vegetables unavailable at the neighborhood bodega? Frozen are just as nutritious. Heller's unique, user-friendly approach is based on the most current scientific and medical research, while her food lists, meal plans, substitutions, and recipes are easy to follow. Heller links the benefits of good nutrition to healthy brain functioning, explaining how readers can improve memory, focus, mood, mental clarity, heart health, psychological well-being, and energy levels—all through a healthy diet and regular exercise. Get...



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