



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

Samantha Heller

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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 Smart will motivate and empower people of all ages to change their lives.

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Ena Clark:

This Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is usually information inside this book incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This kind of Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health without we understand teach the one who examining it become critical in thinking and analyzing. Don't possibly be worry Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health can bring when you are and not make your case space or bookshelves' become full because you can have it within your lovely laptop even telephone. This Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health having very good arrangement in word as well as layout, so you will not sense uninterested in reading.

Daniel Campbell:

Information is provisions for anyone to get better life, information today can get by anyone at everywhere. The information can be a information or any news even a huge concern. What people must be consider when those information which is inside former life are hard to be find than now is taking seriously which one works to believe or which one the actual resource are convinced. If you get the unstable resource then you get it as your main information we will see huge disadvantage for you. All those possibilities will not happen throughout you if you take Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health as your daily resource information.

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know that on this age, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore this Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health can make you truly feel more interested to read.

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