

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

Genius Foods: Become Smarter, Happier, and More Productive ...
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 Genius Foods - 6 Superfoods For Brain Health [INFOGRAPHIC]
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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

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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

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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.

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