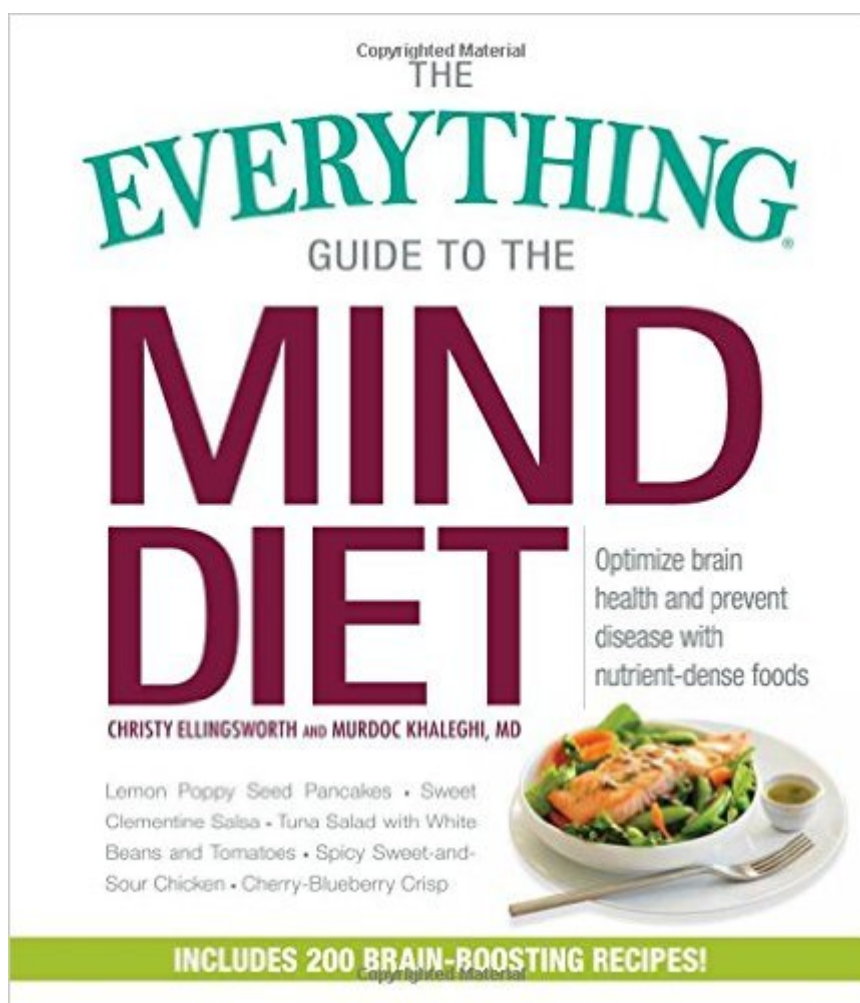


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# The Everything Guide To The MIND Diet: Optimize Brain Health And Prevent Disease With Nutrient-dense Foods



## Synopsis

The breakthrough diet that feeds your body--and your brain! Studies show that the MIND diet (short for "Mediterranean-DASH Intervention for Neurodegenerative Delay") can boost memory, cognition, and overall brain health. In fact, studies have shown that those who adhere to the MIND diet, a hybrid of the Mediterranean and DASH diets, lowered their risk of Alzheimer's by 53 percent! On this healthy eating plan, you focus on ten brain-healthy food groups while limiting unhealthy foods, including red meats, cheeses, and fried foods. You can even indulge in a glass of wine! The Everything Guide to the MIND Diet guides you through the plan, with shopping lists, meal plans, and 200 delicious recipes that won't leave you feeling deprived. So what are you waiting for? Open this easy-to-use guide to find all the tools you need for health, wellness, and longevity!

## Book Information

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