

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

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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.

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.

### Genius Foods: Become Smarter, Happier, And More Productive ...

Become Smarter, Happier, and More Productive While Protecting Your Brain for Life Max Lugavere with Paul Grewal Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life (2018) by Max Lugavere with Paul Grewal is a self-help book that teaches readers how to maximize brain health. 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. show more

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 can help you reset your mental agility, cope with stress, battle brain fog, and even smack back dementia. What are you waiting for?" (Mehmet Oz, MD, Professor, Columbia University) "Genius Foods breaks down and connects cutting-edge topics like dementia prevention and gut health with humor, optimism, and ample enthusiasm. Max Lugavere excels at making the complex subject of nutrition one that anyone can follow and apply in their own lives." (Maria Shriver, award-winning ...

### Genius Foods | Max Lugavere

#### Genius Foods by Max Lugavere - Blinkist

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Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life (Genius Living) Paperback - 27 Feb. 2020 by Max Lugavere (Author)

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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" That Make You Smarter and Happier

#### Genius Foods by Max Lugavere with Paul Grewal - Insights ...

Genius Foods-Become Smarter, Happier. Categories: Books, Nutrition Tags: genius foods, nutrition. Description Reviews (0) Discover the critical link between your brain and the food you eat and change the way your brain ages, in this ...

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