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EAT YOURSELF SMART: INGREDIENTS RECIPES TO BOOST YOUR BRAIN POWER



Hamlyn (UK), United States, 2016. Paperback. Book Condition: New. 208 x 147 mm. Language: English . Brand New Book. Stimulate your little grey cells with these delicious brain-booster foods. If you have trouble concentrating, coming up with ideas or thinking clearly, eating more of the brain-activity-enhancing foods in this book can help. Featured in this book are the key foods that have been proven to benefit brain functions: beetroot, brown rice, coffee, kidney beans, pecans and strawberries among other tasty...

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- Authored by Gill Paul
- Released at 2016



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