



Brain Boosting Foods: 50 Ways to Improve Your Memory, Unclutter Your Mind, and Get your Brain Working at its Highest Capacity by Eating Right

Janet Maccaro PhD CNC

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Is memory loss an unavoidable part of aging? Nutritionist Maccaro says no---and teaches you to boost your brainpower naturally! Discover how you can think more clearly, "unclutter your mind," and slow your brain's aging process by eating the right foods and safely consuming nutrients such as vitamin E, amino acids, and huperzine A.

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