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Eating Your Way To A Stronger Memory

Ron White

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Eating Your Way To A Stronger Memory Ron White
2 Time USA Memory Champion, Ron White shares the foods he ate as he trained for the USA Memory Championship.

Not only did he develop a powerful memory and set national memory records. He also became a 2 time USA Memory Champion and a side benefit is he lost 20lbs!

In this book he shares:

Why brain foods add so much value to your mind
The top 17 fruits and berries for your brain and how to easily find them and get them in your diet
Why leafy greens are so great for your brain
20 vegetables that will make a difference in how your brain memorizes, thinks and focuses
What roles do breads and grains play in memory? How to make the right choices with your grains and brains
Why those who adopt a vegan or vegetarian lifestyle are 6 times more likely to have brain shrinkage and what to do about it

This a book by someone who has achieved amazing things with memory and is serious about the role of diet and nutrition in memory.

Your diet plays a role in your memory and focus.

Don't believe it? Imagine if you ate junk food every day would it make sense that your brain doesn't function to it's maximum power?

The reverse is true as well. Eat healthy and power up your brain!

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Ciara Wolfe:

Are you kind of hectic person, only have 10 or 15 minute in your day time to upgrading your mind talent or thinking skill actually analytical thinking? Then you are experiencing problem with the book as compared to can satisfy your short period of time to read it because this time you only find publication that need more time to be study. Eating Your Way To A Stronger Memory can be your answer because it can be read by a person who have those short time problems.

Dale Burt:

Reading a book to get new life style in this season; every people loves to examine a book. When you go through a book you can get a wide range of benefit. When you read guides, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what forms of book that you have read. In order to get information about your review, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, these us novel, comics, as well as soon. The Eating Your Way To A Stronger Memory provide you with new experience in looking at a book.

Dianne Roy:

In this time globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher which print many kinds of book. Often the book that recommended for you is Eating Your Way To A Stronger Memory this publication consist a lot of the information of the condition of this world now. This book was represented just how can the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The particular writer made some exploration when he makes this book. That is why this book acceptable all of you.

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