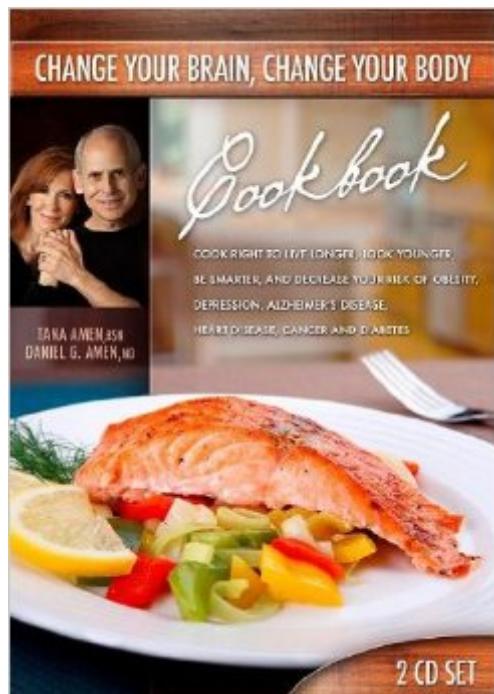


The book was found

Change Your Brain, Change Your Body Cookbook (2 CD Set)



Synopsis

CD 1 - Change Your Brain, Change Your Body Cookbook: Cook Right to Live Longer, Look Younger, Be Thinner and Decrease Your Risk of Obesity, Depression, Alzheimer's Disease, Heart Disease, Cancer and Diabetes

In this special cookbook, health specialist and nurse Tana Amen shows you how to eat right to think right. Based on the 7 rules of brain healthy eating, developed by Dr. Amen, Mrs. Amen shares wonderful recipes that she uses at home to take care of the Amen Family. You will find over 60 brain healthy recipes, including tasty recipes for breakfast, lunch, dinner, snack time and desserts. Some of Dr. Amen's favorite recipes include:- Spaghetti squash pasta with tomato and mushroom sauce- Sweet potato soup- Vegetable soup- Salmon curry chowder soup- Southwestern tacos- Ahi tuna with avocado sauce- Pomegranate walnut salad- Turkey chili

CD 2 - Eat Right to Think Right

In this entertaining and fun CD husband and wife team Dr. Daniel Amen and health specialist and nurse Tana Amen explore how to immediately change your diet to make it brain healthy. They share with you how to implement these strategies at home with your children.

Book Information

Audio CD

Publisher: Mindworks Press (2010)

Language: English

ISBN-10: 1886554250

ISBN-13: 978-1886554252

Product Dimensions: 7.5 x 5.3 x 1.6 inches

Shipping Weight: 1.6 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (95 customer reviews)

Best Sellers Rank: #460,678 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Nutrition > Fiber #232 in Books > Books on CD > Health, Mind & Body > General #9522 in Books > Health, Fitness & Dieting > Mental Health

Customer Reviews

I perused Change Your Brain, Change Your Body Cookbook at my local bn and found it to be really pretty but not up to what I was hoping for. It lists 50 brain boosters such as salmon and almonds and then has recipes that include those brain boosters with notations on the recipe as to how many brain boosters it has. these 50 superfoods are also listed on his website which you could look at for free and then apply this to any old cookbook. I much prefer the The Younger (Thinner) You Diet:

How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease that breaks it down to which neurotransmitters are being supported in each recipe as well as list of spices, herbs, foods, ingredients so that you can customize your own meals; in that book each menu is notated with whether it boosts GABA, dopamine, serotonin, or acetylcholine. This information helps you to boost the aspects of your brain that you want boosted and not possibly cause more of an imbalance to your neurotransmitter ratio levels by further stimulating those that are already too high in relation to the others. Change Your Brain, Change Your Body Cookbook is also one of the thinnest cookbooks I've held in years. However, Amen's cookbook is prettier with beautiful photos; I will pass on it though as I already know what is in this cookbook; if you want a basic beginning superfood cookbook, though, you might really enjoy this one. Ms.

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