

Food For Thought: A Beginner's Guide to Better Mental Health Through Nutrition

Robert T Sarnes

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Food For Thought: A Beginner's Guide to Better Mental **Health Through Nutrition**

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Food For Thought: A Beginner's Guide to Better Mental Health Through Nutrition Robert T Sarnes Most of us realize how proper nutrition affects the overall health of our bodies, but what about our minds? How does what we eat influence our mental state? In this book, we begin to understand this relationship by looking at the link between nutrients and the health of our brain and nervous system.



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