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Genius Foods is the result of pure genius, in the form of Max Lugavere! In one wonderfully readable book, Max has distilled usually hard-to-grasp scientific principles into a useable guide to everyday food and lifestyle choices that make maximizing your brain health (not to mention the rest of your body) an enjoyable and easy-to-accomplish daily feat.

Genius Foods | Max Lugavere

Food: What the Heck Should I Eat? - Library Edition, Includes a PDF of Supplemental Materials [Mark Hyman] on Amazon.com. *FREE* shipping on qualifying offers. #1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat Did you know that oatmeal actually isn't a healthy way to start the day?

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