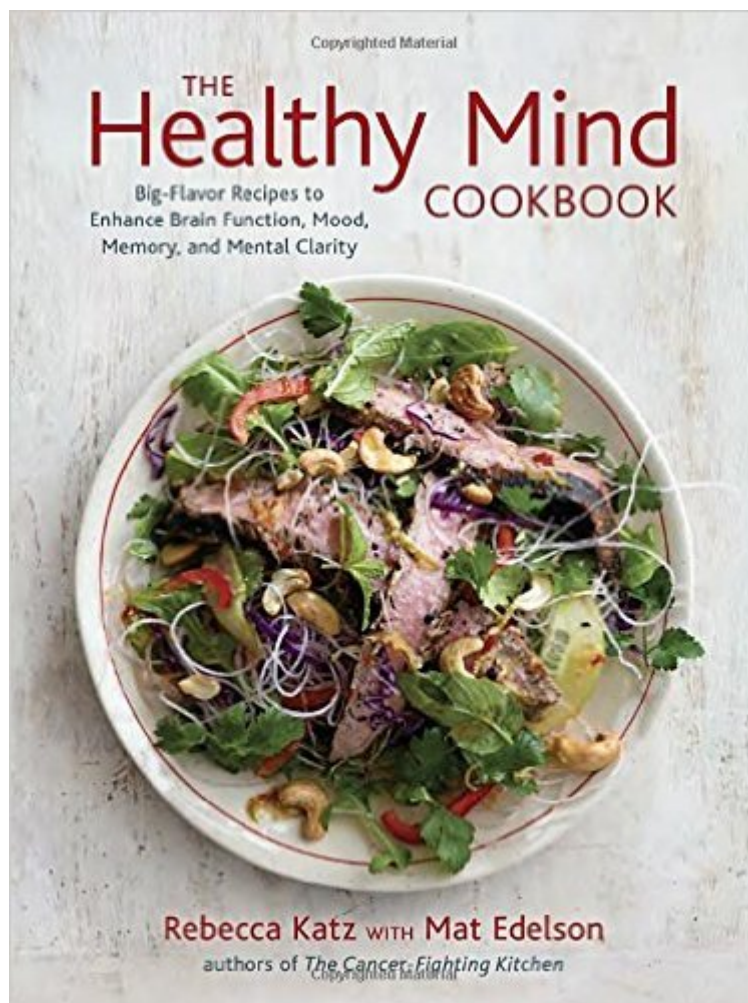




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The Healthy Mind Cookbook: Big-Flavor Recipes To Enhance Brain Function, Mood, Memory, And Mental Clarity



Synopsis

A collection of more than 120 recipes formulated to optimize brain health, boost memory, improve mood, sharpen the central nervous system, and more. Depression, ADHD, memory loss, agitation: These may seem like inevitable byproducts of modern lives spent multitasking, not getting enough sleep, and operating on digital overload. But while much of the brain's work still remains a mystery, a growing body of scientific evidence suggests that the food you eat directly affects how well your brain functions. Brain health also plays a significant role in staving off diabetes, heart disease, and Alzheimer's disease. In *The Healthy Mind Cookbook*, Rebecca Katz has harnessed the latest research on the brain to identify the foods that can improve the brain's ability to control cognition, emotion, and physical function—all of which dictate memory and mood. She then translates the very best of brain science into the kitchen, using delicious nutrient-dense foods as a tool for promoting a healthy mind from childhood through the golden years. With a culinary pharmacy listing the benefits of key ingredients, complete nutritional details for each dish, and flavor-packed recipes for every meal of the day, including Avocado and Citrus Salad, Sweet Potato Hash, Turkish Lamb Sliders, and Chocolate Cherry Walnut Truffles, *The Healthy Mind Cookbook* will help lift the fog of everyday life so you can reach your full physical and mental potential.

Book Information

Hardcover: 256 pages

Publisher: Ten Speed Press; 1 edition (February 10, 2015)

Language: English

ISBN-10: 1607742977

ISBN-13: 978-1607742975

Product Dimensions: 7.8 x 0.9 x 10.3 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 184 customer reviews

Best Sellers Rank: #15,685 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System #44 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

Customer Reviews

Rebecca Katz . . . has now focused her science-based culinary skills on optimizing brain function and mental wellness. Her recipes in *The Healthy Mind Cookbook* are easy, yummy, and

consistent with cutting-edge research on the influence of dietary choices on the brain and mind. •

• "Andrew Weil, MD, founder and program director of the Arizona Center for Integrative Medicine and author of Spontaneous Happiness • Buy this book to make your brain healthier and happier" gorgeous, informative, and smart, Rebecca Katz delivers another gem! • "Drew Ramsey, MD, assistant clinical professor of psychiatry at Columbia University and author of The Happiness Diet and 50 Shades of Kale • This is a beautiful and informed book that shows us how food not only brings utter delight to the table, but also keeps our minds and bodies truly nourished. • "Jennifer McGruther, author of The Nourished Kitchen" Rebecca Katz brings joy and good humor to healthy eating with recipes that are gorgeous, creative, and accessible. The Healthy Mind Cookbook provides a delightful link between the foods that we know are good for us and the wisdom behind it." • "Kimberley Hasselbrink, photographer and author of Vibrant Food

REBECCA KATZ, MS, is an accomplished chef and national speaker who has worked with the country's top wellness professionals and taught patients and doctors at leading cancer centers about the powerful role of food in cancer care. She is the former senior chef and nutrition educator at Commonwealth's Cancer Help Program, executive chef emeritus for the renowned Food as Medicine professional training in medical nutrition therapy, and co-founder of Healing Kitchens, a company that helps people translate nutrition and culinary science to the everyday plate through online and live courses, including The Cancer-Fighting Kitchen Course. She also consults for Dr. Andrew Weil's Arizona Center for Integrative Medicine premiere nutrition conference for health professionals, and is the author of Clean Soups, The Healthy Mind Cookbook, The Longevity Kitchen, and One Bite at a Time. She has been featured in the Washington Post, The Atlantic, on Oprah.com, and on National Public Radio, among other national media. She lives in the San Francisco Bay Area with her husband and two loyal kitchen dogs, Lola and Blossom. Visit rebeccakatz.com for more information. MAT EDELSON is an award-winning science, health, and sports writer. He is the former anchor/director of the Johns Hopkins Health Newsfeed, a nationally syndicated daily radio program. He lives in Washington, DC.

The recipes in this book taste absolutely amazing. The beet lentil salad is to die for as is the roasted broccoli. There are a lot of innovative ways to prepare foods that make meat the side show and healthy vegetables the center of attention in this book. One disappointment is the recipes are often confusing as the instructions can be unclear. For example in one dressing there is a teaspoon of

lemon rind, but the directions list it as being added in two different spots--should I split the amount or add it one time and not the other? There are a surprising number of incidences like this in the book that ought to be corrected if they do a second edition. Nevertheless, if you've got the time to spend an extra half hour or so on dinner, the results from these recipes are well worth the investment. And that's not even adding that the recipes in here are supposed to be good for your brain. This book is so spectacular that I give this cookbook 5 stars without reservation and with a mouth that is watering just to think about some of the food I've eaten from this book!

Rebecca gives great information about mind-healthy foods which also turn out to be heart-healthy foods! After my husband's triple-bypass heart surgery, I began looking at dietary changes he needed to adopt (me, too), and this book's recipes have given us some great choices of very low fat and low sodium healthy food that is interestingly seasoned and packed with flavor. The ingredients and recipes are simple enough for this I-don't-really-like-to-cook person. And, I'm actually enjoying the process of making these healthy and delicious recipes.

If you want a healthy cookbook, this is it. There are so many delicious recipes. Some look very complicated but a lot of the ingredients are spices and herbs which are so healthy. My son wanted to make the lamb chops in the book. I don't like lamb and I don't cook it. But I went to the store and bought the ingredients and we made it anyway. It was excellent! The author gives some science on the foods and how they effect the body. I like the way she writes. She is witty and smart. I think you will like this cookbook!

Been using this cookbook religiously since a recent brain injury, and I credit it with much of my recovery. The recipes in here are so delicious, the whole family is happy to eat any meal that comes out of this book!

Rebecca Katz has outdone herself this time! The Healthy Mind is full of pages of recipes, including soups, desserts, main dishes and snacks that are accessible, doable, and delicious. (Not at all like the many cookbooks on my shelves that I turn to for one or two recipes.) All you need is a piece of salmon or cod and a bunch of kale, or some carrots. Bring them home, pull out the book and you are set to go. No planning ahead required as the other ingredients are already in the pantry. Did I mention that the recipes are not time consuming? I made the simple scampi last night and it was delicious!

Very pleased & impressed with this book. It is more than just a cookbook; it is filled with so much helpful nutritional information. It's also a great reference guide for healthy ingredients.

So far we've made three recipes, and they are all rock stars: the curried shrimp, the turkey meatloaf*, and the Italian bean salad. We can't wait to make every single recipe. The flavors explode, and it's all healthy, and there is no feeling whatsoever of giving up anything.*I was skeptical about the meatloaf, but it was fantastic.

So far everything I have tried has been delicious. The recipes really do have big flavors. There are a lot of photos, only wish each recipe had a photo.

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