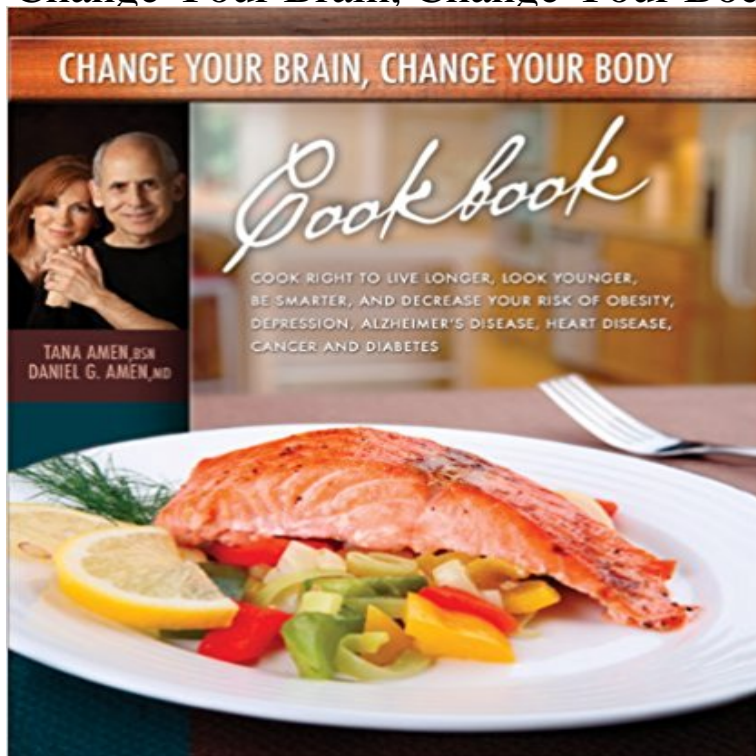


Change Your Brain, Change Your Body Cookbook



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 these tasty recipes filled with brain healthy herbs and spices and they are geared to help you lose weight and boost brain function and overall health at the same time. 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, Shrimp Stir fry, Veggie burgers, Pomegranate walnut salad, Veggie wraps with hummus or avocados and Turkey chili. CD 2 -- Eat Right to Think Right with Tana Amen, BSN and Daniel G. Amen, MD. 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.

Change Your Brain, Change Your Body - Change Your Brain, Change Your Body Cookbook: Eat Right to Live Longer, Look Younger, Be Thinner, and Decrease Your Risk of Obesity, Depression, **Change Your Brain, Change Your Body Cookbook** **Reading Length** Buy a cheap copy of Change Your Brain, Change Your Body Cookbook by Daniel G. Amen. . Free shipping over \$10. **Change Your Brain, Change Your Body Cookbook** - : Change Your Brain, Change Your Body Cookbook (9781886554276) by Daniel G. Amen and a great selection of similar New, Used and **The Brain Warriors Way Cookbook: Over 100 Recipes to Ignite Your** CD 1 -- Change Your Brain, Change Your Body Cookbook: Cook Right to Live Longer, Look Younger, Be Thinner and Decrease Your Risk of Obesity, **Change Your Brain, Change Your Body Cookbook by Daniel G** - Buy Change Your Brain, Change Your Body Cookbook: Eat Right to Live Longer, Look Younger, Be Thinner, and Decrease Your Risk of Obesity, **Change Your Brain, Change Your Body Cookbook by Tana Amen** Buy Change Your Brain, Change Your Body Cookbook: Eat Right to Live Longer, Look Younger, Be Thinner, and Decrease Your Risk of Obesity, Depression, **Buy Change Your Brain, Change Your Body Cookbook: Eat Right to** Change Your Brain, Change Your Body Daily Journal [Daniel G. Amen, M.D.] on **The Brain Warriors Way Cookbook: Over 100 Recipes to Ignite Your Energy** **Change Your Brain,**

Change Your Body Cookbook Reading Length Change Your Brain, Change Your Body Cookbook has 22 ratings and 4 reviews. Diane said: This book didnt do much for me. The premise is that the book is g **Change Your Brain**

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