



Nutrition for Brain Health and Cognitive Performance

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Public awareness of the role diet plays in brain function has been steadily increasing. This has led to significant development of new products, dietary supplements, functional foods, nutraceuticals and public health recommendations for maintaining brain function. **Nutrition for Brain Health and Cognitive Performance** presents a detailed and innovative scientific summary of nutrition–cognition research to provide valuable information regarding nutrition and lifestyle choices for cognitive health. Internationally recognised scholars along with the next generation of researchers have contributed chapters that present a valuable resource for health professionals, teachers, researchers and the general public.

The book critically reviews the evidence surrounding the impact of dietary patterns and nutrition on brain function and cognitive performance. It covers diverse topics such as:

- Innovative new technologies that assess brain function
- Tools for measuring mood and its relation to nutrition
- How a diet rich in fruits and vegetables coupled with low consumption of meats can prevent cognitive decline in ageing adults
- Effects of glucose, omega 3s, vitamins and minerals, nutraceuticals and flavonoids on cognitive performance
- Cognitive benefits of herbal extracts such as ginseng, ginkgo biloba and green tea
- Use of technology such as neuroimaging and noninvasive brain stimulation (NBS) to capture nutrition effects on cognition and brain function

Presenting state-of-the-art scientific evidence, challenges, and potential applications within this exciting field, the book promotes and extends the research, teaches the process of research in this area, and promotes a collaborative understanding of the field between industry and academia. It gives you a balance of rigorous scientific information and analysis on the impact of dietary patterns, nutritional components and research processes to support brain health and performance claims and knowledge.

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Marvin Murphy:

The reason? Because this Nutrition for Brain Health and Cognitive Performance is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will zap you with the secret the item inside. Reading this book beside it was fantastic author who all write the book in such amazing way makes the content on the inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I were you I will go to the book store hurriedly.

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