



## Feed Your Brain First (Paperback)

By MD Mph Ron Fessenden

Xulon Press, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. REDUCE STRESS \* CONTROL BLOOD SUGAR \* IMPROVE SLEEP EAT MORE HONEY! Since ancient times, honey has been known for its many healthful benefits, but what many don't know is that honey is the GOLD-STANDARD of carbohydrates, producing more liver glycogen for brain fuel than any other food. In Feed Your Brain First you will discover: - A sensible, easy to follow diet strategy that focuses on fueling the human brain as the first nutritional priority - The best foods for a hungry brain - How to keep the brain fuel reserve topped off throughout the day and at night - Why diets based on the glycemic index or GI are shortsighted and ignore the critical fuel requirements of the brain - Recipes and menus that maximize the amount of liver glycogen - the brain fuel reserve - from every meal and snack Follow the suggestions in Feed Your Brain First to reduce your risks for the conditions and diseases associated with the metabolic syndrome - obesity, diabetes, heart disease, high blood pressure. Read the stories of real people who discovered that...



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