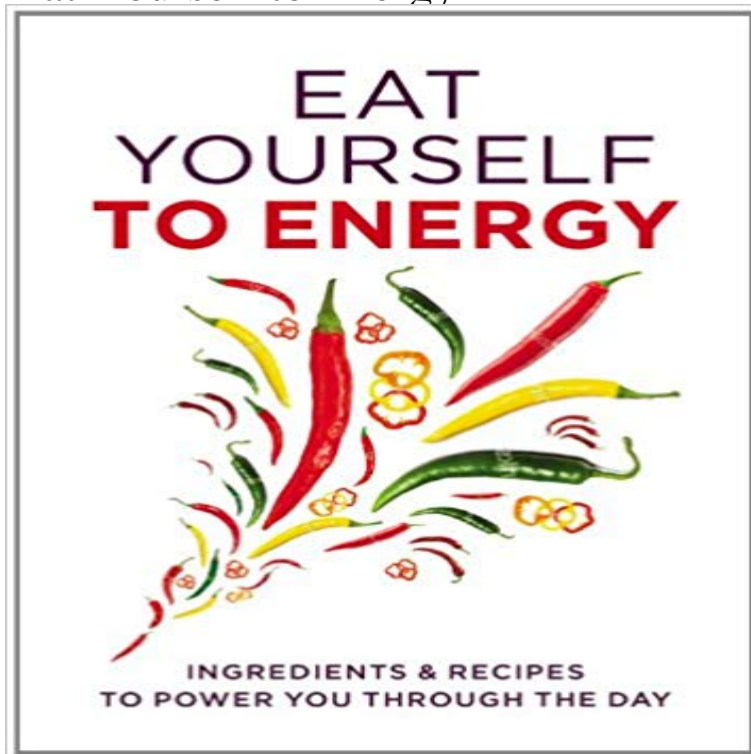


## Eat Yourself to Energy



An accessible new series which shows how to harness the power of food to improve well-being and deal with common health concerns. The first part of each book looks at key ingredients and their impact on immediate mood and long-term health. A Problem Solver then approaches the subject from the point of view of the most common everyday ailments, listing the key foods and recipes with which to target the problem. Meal planners make it easy to put into effect, with seven days of three meals and three snacks a day. Experience better health and well-being instantly as well as improving your health over the long term. Did you know that dark chocolate and mangoes reduce levels of stress hormones in our bodies? Or that salmon and ginger will relieve headaches and aches and pains? And that Brazil nuts improve concentration and balance moods. This handy guide will help you to eat foods to release energy consistently throughout the day, making you feel full of vitality and raring to go!

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