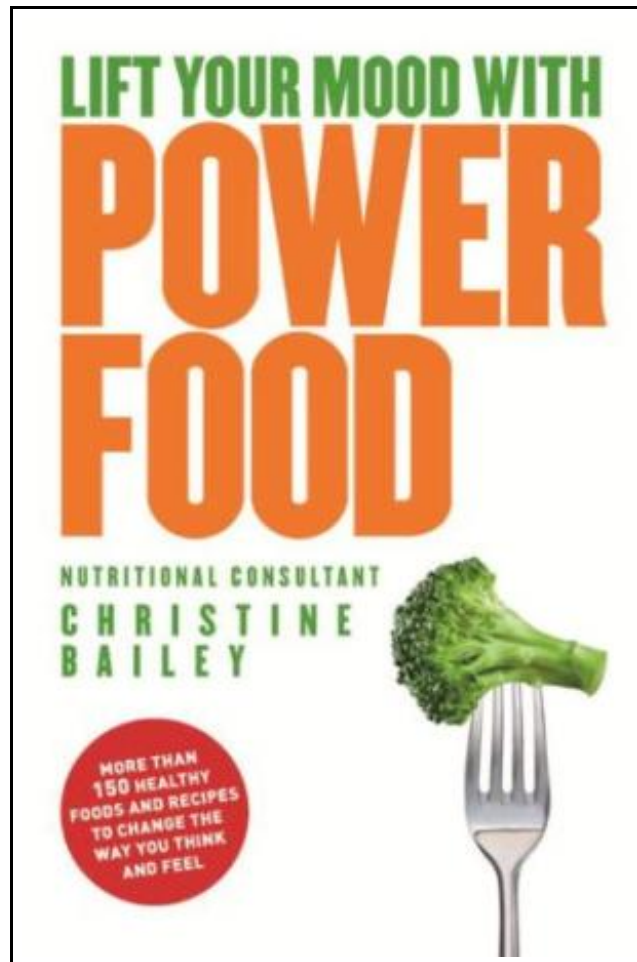


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DUNCAN BAIRD, United Kingdom, 2013. Paperback. Book Condition: New. 234 x 150 mm. Language: English . Brand New Book. In *Lift Your Mood*, you will discover how to treat stress, Seasonal Affective Disorder (SAD), insomnia, low energy, and Pre-Menstrual Syndrome (PMS) without medication, just with simple changes to your diet. With more than 80 delicious recipes, you can arm yourself with the nutrition you need to defeat these and a host of other conditions. Have you ever wondered how you can beat the energy slump in the middle of the day? Have you ever felt frustrated that you can't be more focused, or more constant in your moods? Use this ground-breaking book to find out how simple dietary adjustments can change the way you think and feel, and revitalize your approach to life. Nothing in this book demands dramatic changes to lifestyle. Instead, it shows that through better understanding of the connections between what we eat and how we feel, and through simple but highly effective modifications to our diet, we can follow eating patterns that have profound and long-lasting effects on our mind and mood. Featuring the most up-to-date nutritional science, each chapter of *Lift Your Mood* is carefully devised to combine comprehensive, accessible information with practical advice on which foods to eat for optimum health and vitality. In *Lift Your Mood*, Christine Bailey will show you: Why fluctuating blood-sugar levels give you dramatic mood-swings Why fat deficits can reduce your cognitive function, concentration and even lead to memory loss Why eating certain foods can make you anxious and tired You will also find detailed information on nutritional supplements to support your new diet, as well as helpful general advice on improving energy levels, mental fitness and mood through simple exercise and relaxation techniques. About the Nutritional Consultant..



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