

Food Habits And Brain Food: Improve Your Diet, Food Habits and Memory. Pave Your Way to Success! ' Bonus Free Gift: This book also comes with a fantastic step by step way to build new memory habits so you can make your first steps towards improving your diet and feeding your genius. It's available to the first 100 people only, so dont forget to grab it now! Have you ever considered the importance of your memory health? Why does this matter? Without memory you have no identity. You simply cease to be yourself. Sounds like heavy stuff right! Get Food Habits And Brain Food now! With this book you can uncover your bad food habits and learn to appreciate the importance of diet on your memory and life experience. You can make dynamic changes by trying these great healthy recipes that steer your diet and your success. Do you have that guilty internal dialogue? Something like - that's probably not a good idea... - Do yourself a favour and have a good look at some key aspects of your life. How much do you sleep? What do you eat? Do you exercise regularly? Or do you not? Yep that's how its going to be, good or bad, it's your choice to make a conscious decision to control your routines. Identify your bad habits and find a replacement to satisfy that missing crutch. Make sure they are good ones! Do you feel that lazy body funk? - Make sure that you don't regret your lifestyle choices in a few years. It's challenging for us to make conscious change, and naturally modern humans are lazy. Prehistoric man had to hunt and migrate in accordance with the seasons. He had to make conscious decisions to ensure his survival. It's all a part of nature and by definition when we are safe and secure, we can relax and take the eye off the ball. We can allow ourselves to become oblivious to the effects of the food we eat. Food is complex -We live in a society of processed and complex food that is designed to taste and smell good. Yes it's designed by clever people who want you to feel a short term ecstasy from sugars and carbs. Our senses are overwhelmed; we like the texture, the flavours, the smells of good food, right? Our body tries its best to manage the spike in blood sugar caused by complex processed foods. Over time your body struggles to keep up. You're not aware of it but its like revving the engine of your car without ever checking the oils. Eventually it wears out. Eat Great Brain Food Check out the range of brain healthy foods and yummy recipes to help you make your first steps towards changing your diet habits and feed your body and master your memory. Click the orange Buy Now Button on your screen now! Free Gift:Dont forget to download your Free Gift, just my way of saying thank you.

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