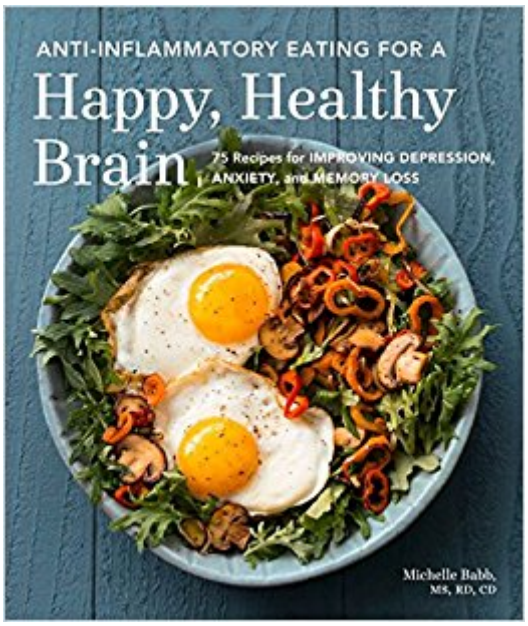
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Anti-Inflammatory Eating For A Happy, Healthy Brain: 75 Recipes For Alleviating Depression, Anxiety, And Memory Loss



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Synopsis

New from the author of Anti-inflammatory Eating Made Easy, this cookbook shows how to use diet to improve your state of mind. The latest research shows the connection between a healthy gut and a healthy mind. Inflammation markers are frequently found in the blood of people with anxiety and depression, proving a food-mood connection. In this book nutritionist Michelle Babb shows how reducing that inflammation and balancing the flora in the gut results in a healthy mind. Based on the success of her clients, Babb first explains the science behind this eating plan, then delivers 75 tasty recipes that range from simple to easy gourmet that will satisfy your taste buds, your microbiome, and your mood.

Book Information

Paperback: 192 pages

Publisher: Sasquatch Books; 1 edition (October 25, 2016)

Language: English

ISBN-10: 1632170558

ISBN-13: 978-1632170552

Product Dimensions: 6.8 x 0.6 x 8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 17 customer reviews

Best Sellers Rank: #51,340 in Books (See Top 100 in Books) #74 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #75 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #572 inÃ Â Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Ã¢â ¬Å“So rich and delicious it will make your stomach and your brain happy.Ã¢â ¬Â•Ã¢â ¬â •425 MagazineÃ¢â ¬Å“Clean, green, and versatile as heck.Ã¢â ¬Â• Ã¢â ¬â •Extra Crispy Ã¢â ¬Å“Michelle BabbÃ¢â ¬â„¢s new book!Ã¢â ¬Â• Ã¢â ¬â •West Seattle Blog Ã Â Ã¢â ¬Å“The easiest way to sneak moreÃ Â anti-inflammatory foodsÃ Â into yourÃ Â diet.Ã¢â ¬Â• Ã¢â ¬â •Prevention Ã Â Ã¢â ¬Å“Easy anti-inflammatory foods.Ã¢â ¬Â• Ã¢â ¬â •Q13 Fox Ã Â Ã¢â ¬Å“Recipes to delight vegans, vegetarians, and omnivores alike!Ã¢â ¬Â• Ã¢â ¬â •Feed FeedÃ Â Ã¢â ¬Å“[Recipes] that not only satisfy the taste buds but your microbiome and your mood too. Oh, and did we mention they’re also super easy?Ã¢â ¬Â• Ã¢â ¬â •MyDomaineÃ¢â ¬Å“The little things we can do to take our mental health into our own hands.Ã¢â ¬Â• Ã¢â ¬â •Real and VibrantÃ¢â ¬Å“How to use diet to improve your state of mind.Ã¢â ¬Â• Ã¢â ¬â •Addicted to

SavingÃ Â Ã Â Ã Â "Discuss[es] health and sustainability issues."Ã¢â ¬â •The StrangerÃ¢â ¬Å“I love the way MichelleÃ¢â ¬â„¢s unique, holistic perspective using nutritional therapies, and yet an anti-diet approach, empowers us to heal ourselves naturally. SheÃ¢â ¬â„¢s a woman after my own heart.Ã¢â ¬Â•Ã¢â ¬â •Root & Revel

Based in Seattle, Michelle Babb, MS, RD, CD, is a registered dietitian with a masterÃ¢â ¬â„¢s degree in nutrition from Bastyr University. Her expertise in functional medicine helps her to empower clients to heal themselves by changing their relationship with food.

I am a big fan of Michelle Babb's first cookbook. You really can't go wrong with any of her recipes. But this cookbook seemed to lose the balance between taste and nutrition that her first one held so well. Many of these recipes are bland or downright disgusting (breakfast scramble, for example). I will keep exploring it, but definitely hope that she's able to return to the magic of the first book.

Excellent book, full of health recipes, easy to follow instructions. Tasty

So well laid out and makes so much sense. Great recipes so far. Excited to make this my way of eating.

Great recipes that are successful every time. This cook book has helped me improve my health and learn some tasty new meals to make.

Love her books

This is the easiest to use, visually pleasing, healthy recipe book. I swore I'd never buy another cookbook but I'm glad I made an exception to my rule.

Let me say up front that I can neither attest, nor deny, that these recipes have put out the flames in my body/brain or anything of that nature. However, there are some damned good recipes in here and the ingredients are ones I'm always being told to eat. This is a cookbook that can make KALE taste good. There should be some kind of award for that.I didn't find much of use in the first section of the cookbook (the part about the credo behind the recipes) nor did I find much about the meal planning helpful, however, every recipe I've cooked is great. I'm not wild about he dessert section,

but I like my desserts to be BAD and there is no problem finding that in modern American life. The main dishes, however, are just awesome. I loved the white fish tikki massala and also the halibut with pesto. I really, really like the quick 'bowl' recipes.These are thoughtful, healthy recipes and every one of them has a little twist that makes them different from the run-of-the-mill.A minor picky complaint is that I wish the book was spiral bound.

Just about all modern maladies are tied to inflammation. Michelle Babb has created a wonderful little cookbook with the usual gorgeous photos of food but these dishes are based on wholesome ingredients, not food porn. Get away from comfort food based on nostalgia and focus instead on foods correlated with reducing depression and fatigue.Although I have been vaguely familiar with the American diet as a source of inflation, the gut brain connection and the many benefits of a healthy diet, Babb brings these concepts home in a non-preachy cookbook. Instead of mind-altering drugs that can be a little to powerful and harsh, maybe its time to try mind-altering foods.I'd like to see expanded tables describing the mind-altering components many more food -- missing here are some of my favorites like blueberries, wild rice and persimmons, but I guess that would be a different book.Plenty of food for thought.

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