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Autore	Babb Michelle
Titolo	Anti-Inflammatory Eating for a Happy, Healthy Brain : 75 Recipes for Alleviating Depression, Anxiety, and Memory Loss
Pubbl/distr/stampa	Seattle : , : Sasquatch Books, , 2016 ©2016
ISBN	9781632170569 1632170566
Descrizione fisica	1 online resource (115 pages)
Classificazione	CKB039000SEL020000HEA017000
Altri autori (Persone)	BlandJeffrey
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Soggetti	Inflammation Diet therapy
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di contenuto	Title Page -- Copyright -- Dedication -- Contents -- Recipe List -- Foreword by Jeffrey Bland, PhD -- Introduction -- Your Brain on Food -- Getting Started—How to Use This Book -- Eye-Openers -- Mood-Boosting Snacks -- Mind-Altering Main Dishes -- Well-Adjusted Accompaniments -- Gut-Harmonizing Helpers -- Tantalizing Treats -- Acknowledgments -- Bibliography -- Index -- About the Author
Sommario/riassunto	"Research is showing the connection of inflammation markers in the blood of people with anxiety and depression--there really exists a food-mood connection. Reduce that inflammation, tone up the biome of the gut, and the result is a healthy mind. Nutritionist Michelle Babb (Anti-Inflammatory Eating Made Easy) has been helping clients with this plan and has seen dramatic results. In this book, 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!"--

2. Record Nr.	UNIORUON00211853
Autore	OSMONT, Annik
Titolo	La Banque mondiale et les villes : Du développement à l'ajustement / Annik Osmont
Pubbl/distr/stampa	Paris, : Editions Karthala, 1995. 309 p. ; 24 cm.
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