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ISBN	0-19-939329-X 0-19-939328-1
Edizione	[Second edition.]
Descrizione fisica	1 online resource (249 p.)
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Soggetti	Psychopharmacology Neuropsychology Neurochemistry
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Food, drugs, and you -- Neurobiology of feeding -- Memories, magic, & a major addiction -- Euphoria, depression, & madness -- Your brain's anchor to reality -- Marijuana in the brain -- Simple molecules that turn you on and off -- Remnants of an ancient past -- Sleeping versus waking -- Brain enhancement and other magical beliefs.
Sommario/riassunto	In Your Brain on Food, Dr. Gary Wenk expands his discussion of the effects of specific foods on the brain in a completely updated second edition. From investigations into the benefits and risks of supplements, to the action of gluten in the brain and marijuana's potential for pain relief, Dr. Wenk draws on the latest science to answer a range of fascinating questions such as: -Is your aluminum cookware hurting you? -Can tryptophan supplements improve your mood? -How do fruits and vegetables protect us from aging? -Why does eating chocolate make you feel so angry? -Does our brain want us to be