



Change Your Brain, Change Your Body Cookbook (2 CD Set)

By Tana Amen, Daniel G. Amen

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Change Your Brain, Change Your Body Cookbook (2 CD Set) By Tana Amen, Daniel G. Amen

CD 1 - Change Your Brain, Change Your Body Cookbook: Cook Right to Live Longer, Look Younger, Be Thinner and Decrease Your Risk of Obesity, Depression, Alzheimer's Disease, Heart Disease, Cancer and Diabetes

In this special cookbook, health specialist and nurse Tana Amen shows you how to eat right to think right. Based on the 7 rules of brain healthy eating, developed by Dr. Amen, Mrs. Amen shares wonderful recipes that she uses at home to take care of the Amen Family.

You will find over 60 brain healthy recipes, including tasty recipes for breakfast, lunch, dinner, snack time and desserts. Some of Dr. Amen's favorite recipes include:

- Spaghetti squash pasta with tomato and mushroom sauce
- Sweet potato soup
- Vegetable soup
- Salmon curry chowder soup
- Southwestern tacos
- Ahi tuna with avocado sauce
- Pomegranate walnut salad
- Turkey chili

CD 2 - Eat Right to Think Right

In this entertaining and fun CD husband and wife team Dr. Daniel Amen and health specialist and nurse Tana Amen explore how to immediately change your diet to make it brain healthy. They share with you how to implement these strategies at home with your children.

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