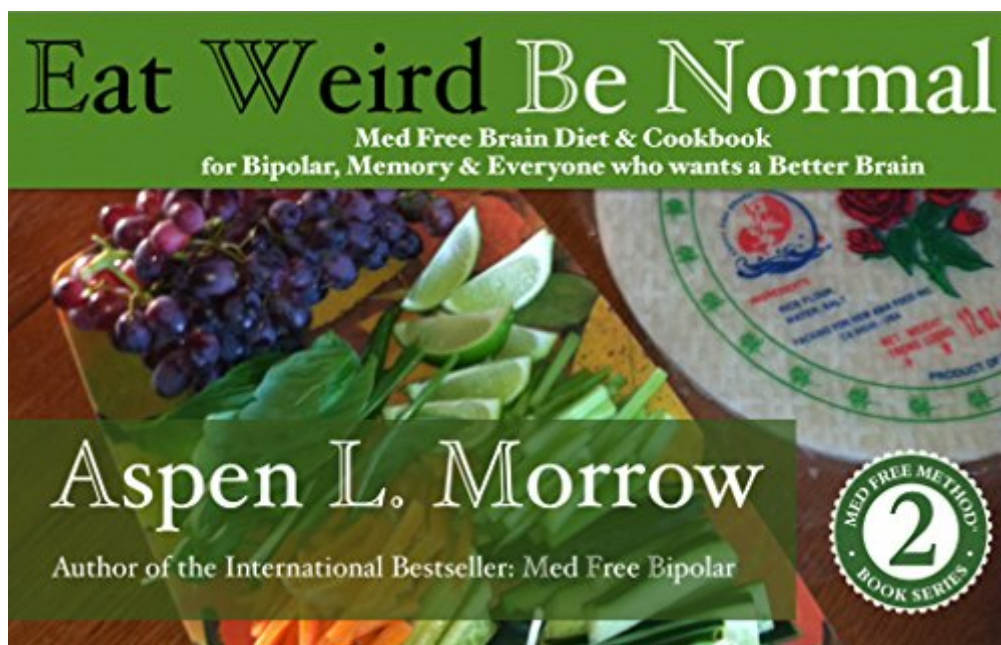




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Eat Weird. Be Normal.: Med Free Brain Diet & Cookbook For Bipolar, Memory & Everyone Who Wants A Better Brain (Med Free Method Book Series 2)



Synopsis

The Japanese live longer and are healthier than most people groups, yet their secret to healthy living may surprise you. Their dirty little secret is that they smoke, avoid exercise, and drink a litany of alcohol. It is their diet that accidentally sets them apart however; but in traditional Japanese paradox-style, they like fried foods and even deep fry their vegetables. This book teaches the surprising secrets of their extraordinary health and how you can have your cake and eat it too. Mixing the traditions of Nourishing Traditions, paleo, The Maker's Diet, anti-inflammatory diets, gluten-free and the GAPS diet, this cookbook and meal plan is designed to help a litany of disorders from brain disorders like bipolar and rage to autoimmune and heart conditions, but in a way that won't leave you deprived of all your favorite eating habits.

Book Information

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Customer Reviews

I bought the book just from the title & proved that I am one of the Eat Weird ones. Aspen's advice parallels my own eating wisdom over the past years of struggling through menopause-related depression. I wish I'd had this focused guide with menus & ideas & practical solutions much earlier, and it will undoubtedly be a gift for others struggling to maintain a healthy brain and nervous system.

Perhaps one day it will be normal to eat weird, as we learn that treating our bodies well is the only way to live a thriving, on-purpose life.

I loved this book's quick run-down of the different nutrients needed for brain health, and where to get them; a lot of good information about fats, soaking grains and how the food you eat affects your mental health! I enjoyed Aspen's other book, and this one also provided a lot of great information and insight into natural health and how to obtain it.

I'm learning more and more through Aspen Morrow's book "Eat Weird. Be Normal...Med Free Brain Diet. Through Aspen's own journey, she has discovered ways for people with mental health issues, memory challenges and bipolar disorders to improve their situation. Her cook book and food choice suggestions are invaluable for not only those with existing problems, but for everyone who wants to maintain a healthy brain.

Very informative. Great suggestions. Very helpful and encouraging to those willing and wanting to make good healthy changes in their lives, both physically and mentally.

will be reading soon, and know that I will love it. I liked her other books.

Good solid information about eating and habits that everyone should know. Recipes are also very good. Not just a recipe book but a lifestyle book.

This book is full of great information regarding getting to a healthy state overall. I would highly recommend!

The formatting of this book on my Kindle Paperwhite is so horrid you cannot follow many of the recipes, and even where it is just text, whole sections are missing and you go from one line in one section to somewhere in the next. I paid 2.99 and it is a total waste of money. I liked her first book very much, maybe I'd like this one too but the production quality destroys the content. I am really disappointed in .

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Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain)

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