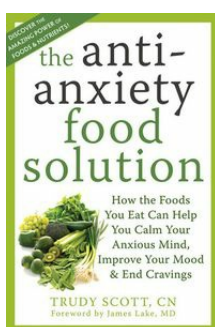


THE ANTIANXIETY FOOD SOLUTION: HOW THE FOODS YOU EAT CAN HELP YOU CALM YOUR ANXIOUS MIND, IMPROVE YOUR MOOD, AND END CRAVINGS

It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts,...



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The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings

Author	Trudy Scott
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Reader's Opinions

"A diet based on real, whole food truly does serve as the foundation for ending anxiety, providing key nutrients that are essential for the body's production of neurotransmitters and hormones."The starting base of this book is eating a healthy, whole foods diet. The author gives four suggested options: gluten free; gluten free & dairy...

A lot of information...basically eat organic , grass fed meat and take appropriate supplements..the self quizzes are helpful