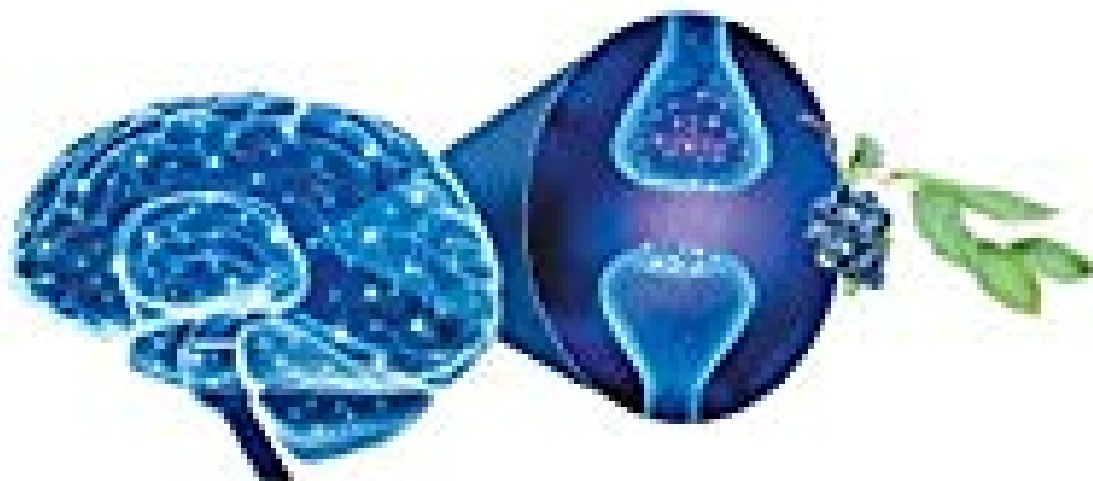


THE
EMPOWERED
MIND DIET EQUATION



Get To The Best Version Of Yourself
Via Diet & Mind



By

RIKA MANSINGH, RD

Rika Mansingh

The Empowered Mind Diet Equation: Get To The Best Version Of Yourself Via Diet & Mind



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Want to feel empowered to become the very best version of yourself? Congratulations on getting here. This book will provide you with well-organized, simple, concise, apparent and impactful information, that will equip you with knowledge and tools to improve your energy, increase your focus and storage, improve sleep and improve your pleasure and well-becoming by conquering your brain and diet plan. Let your journey to wellness start by exploring the powerful link between diet and the mind. Everything you eat can directly impact your brain and how you feel. This reserve aims to accomplish exactly that. If you read one book about diet and the brain make it this one. An instant easy read that may empower you to; The human brain can change. Based on scientific literature, materials is presented in a way that is basic, easy to understand and practical to check out. We all wish to learn in the quickest method possible This book may be used as an innovative and effective guide to help you gain beneficial insights to your mind and diet, to attain a healthier, revitalized, happier you, by changing your thoughts, changing your diet and changing the human brain because YES! Eat well, Think Well, Feel Well and Rewire the human brain.



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