



# The Everything Guide to the MIND Diet: Optimize Brain Health and Prevent Disease with Nutrient-dense Foods

*Christy Ellingsworth, Murdoc Khaleghi M.D.*

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**The breakthrough diet that feeds your body--and your brain!**

Studies show that the MIND diet (short for "Mediterranean-DASH Intervention for Neurodegenerative Delay") can boost memory, cognition, and overall brain health. In fact, studies have shown that those who adhere to the MIND diet, a hybrid of the Mediterranean and DASH diets, lowered their risk of Alzheimer's by 53 percent!

On this healthy eating plan, you focus on ten brain-healthy food groups while limiting unhealthy foods, including red meats, cheeses, and fried foods. You can even indulge in a glass of wine! *The Everything Guide to the MIND Diet* guides you through the plan, with shopping lists, meal plans, and 200 delicious recipes that won't leave you feeling deprived. So what are you waiting for? Open this easy-to-use guide to find all the tools you need for health, wellness, and longevity!

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