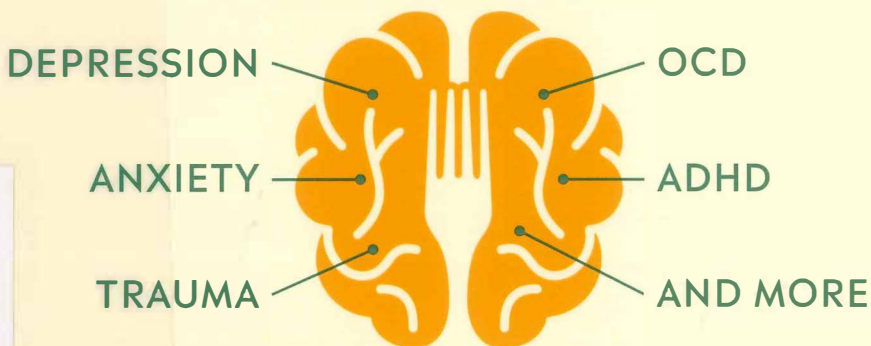


“This book provides everything you need to craft a nutritional programme focused on optimising brain health and performance.”

David Perlmutter, MD, author of *Grain Brain* and *Brain Wash*

THE FOOD MOOD CONNECTION

AN INDISPENSABLE GUIDE
TO THE SURPRISING FOODS
THAT FIGHT:



UMA NAIDOO, MD

Nutritional Psychiatrist at Harvard Medical School

616.492286
012.498348
j22399057

THE FOOD MOOD CONNECTION

AN INDISPENSABLE GUIDE TO THE
SURPRISING FOODS THAT FIGHT
DEPRESSION, ANXIETY, PTSD,
OCD, ADHD AND MORE



UMA NAIDOO, MD



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