

Download The Brain Diet How To Unwind Your Mind

Derek Stook's book, *The Brain Diet: How to Unwind Your Mind*, seeks to remedy this. Using light hearted, simple, and direct language, the author breaks down the issues into the easy to understand physical and emotional components that are triggering these problems. Derek Stook's book, *The Brain Diet: How to Unwind Your Mind*, seeks to remedy this. Using light hearted, simple, and direct language, the author breaks down the issues into the easy to understand physical and emotional components that are triggering these problems. The MIND Diet: Dinner Meal Plan For a dementia-fighting dinner, cook up some quinoa and turn it into a stir-fry, sautéing vegetables, leafy greens and beans in olive oil . Schwartz says those leafy greens are packed with vitamins, antioxidants and minerals that benefit the brain. 10 Foods to Eat on the MIND Diet. Here are the 10 foods the MIND diet encourages: Green, leafy vegetables: Aim for six or more servings per week. This includes kale, spinach, cooked greens and salads. All other vegetables: Try to eat another vegetable in addition to the green leafy vegetables at least once a day.