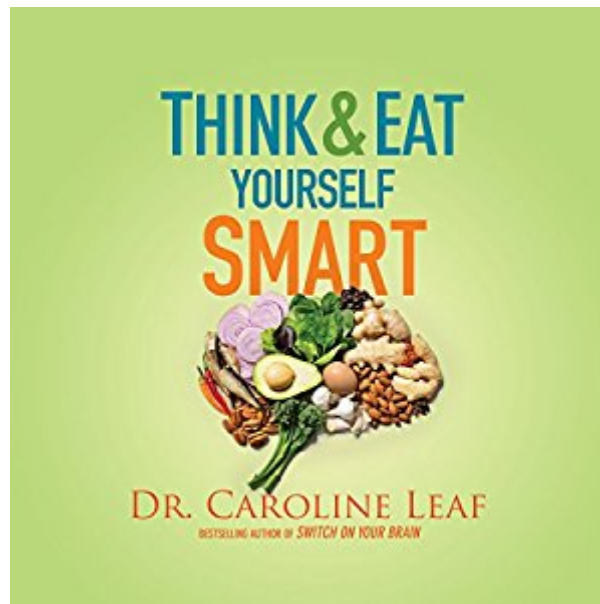


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# Think And Eat Yourself Smart: A Neuroscientific Approach To A Sharper Mind And Healthier Life



## Synopsis

Science is beginning to understand that our thinking has a deep and complicated relationship with our eating. Our thoughts before, during, and after eating profoundly impact our food choices, our digestive health, our brain health, and more. Yet most of us give very little thought to our food beyond taste and basic nutritional content. In this revolutionary book, Dr. Caroline Leaf packs an incredible amount of information that will change listeners' eating and thinking habits for the better. Rather than getting caught up in whether we should go raw or vegan, gluten-free or paleo, Leaf shows listeners that every individual is unique, has unique nutritional needs, and has the power to impact their own health through the right thinking. There's no one perfect solution. Rather, she shows us how to change the way we think about food and put ourselves on the path towards health. Anyone who is tired of traditional diet plans that don't work, who struggles with emotional eating, or who simply isn't satisfied with their level of health will find in this book the key to discovering how they can begin developing a healthier body, brain, and spirit.

## Book Information

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## Customer Reviews

I thought I was pretty informed regarding "food" in the U.S. Turns out I was sadly mistaken-I didn't know nearly as much as I thought I did. To be honest, this book will depress you before it empowers you. Tons of stats in here that are sobering and eye-opening. Just may cause you to toss and turn in bed for a bit. But you will be equipped with the means to evaluate what you are eating, why you are eating it, and learn to use your dollars differently when it comes to purchasing provisions. My main concern (and the reason for 4 stars) is that there are so many in our nation who don't have the

financial means of buying unadulterated food. As one who buys organic as much as possible (and it turns out the "organic" I buy actually isn't all that good either), I know it is more expensive. Meat can be twice to 3 times as much as conventional. My 25 year old son can't afford that-I can barely afford it! And I do buy local as much as possible. So this book could discourage some. I also personally disliked the feeling that I was sinning if I didn't buy organic via local farmers, etc. But I believe this book can start a movement that inspires creativity and community when it comes to where and how we get our food. This wealth of info is the catalyst to that movement, and it will send a message to our government that we refuse to allow them to control our food supply. Definitely worth a read!

Congratulations Dr. Leaf on an amazing book! There were so many compelling reasons in Part 1 to focus on local, sustainable, Real Foods! I've never heard it from the perspective of our responsibility to treat the planet and our food with Love. I really appreciate all the bio-chemical details you focused on in part 2. Helping us understand the actual reactions food has in our bodies really brings the issue to heart! Mostly, I love that you continue to drive home the fact that what is learned can be unlearned and everything is redeemable through Christ, even our poor decisions. I CHOOSE TO BE HEALTHY!

Since this book was written by Dr Caroline Leaf, I was expecting the main thrust to be practical thinking tips which help us adjust our diet and lifestyle for the better. She does provide some, but honestly not as much as I expected. In the bulk of the book, she describes with plenty of doom and gloom why we should want to avoid the MAD diet (an acronym for Modern American Diet) in the first place. Those of us who'd pick up a book with this title surely already know western diets leave a lot to be desired, so after a while it came across a bit too much like preaching to the converted. In Part One, Admit It, Dr Leaf outlines the deplorable state of the food industry and reveals the dominance of several synthetic 'look alike' foods. She explains some secret prolonging tactics which extend the shelf life of foods while destroying their nutritional value. She also delves into why modern farming practices aren't the way nature intended. They include farming only one single commodity, which plays havoc with the world's ecological balance. To wrap up this section's message, the western world's food system is devastatingly dodgy, and humans have been bad stewards who will surely be called to account on the day of reckoning. It's very convicting, and suggested to me that the global food industry is run by people who care more about dollars than health. Next, Dr Leaf examines specific food types, such as wheat, proteins, sugar and cholesterol. Scientifically minded people who like to know all the ins and outs about what they put into their mouths might appreciate the

amount of detail she goes into, but I found myself wanting to skip to the practical tips even more. That section was short when it came. Being the brain scientist that she is, Dr Leaf encourages us to change our mindsets where food is concerned. Instead of believing it should be cheap, fast and quickly prepared, we can train ourselves to enjoy the more leisurely process of preparing real food from scratch. That's probably the crux of her message, and there you have it. I found parts of the book a bit overwhelming, although it's clear that she tries hard not to be. Dr Leaf seems firmly in the 'Avoid MAD food like the plague' camp. She comes on a bit strong at times. For example, she gets gobsmacked when people head for the vending machines straight after listening to her lecture about the terrible products which come out of them. 'Processed' is a dirty word in her books. And she strongly advocates backyard vegetables patches, sticking to purely organic foods, avoiding supermarket fresh food sections, which are supplied from chill rooms, figuring out how your cows were treated before they became beef, and other 'guilt-trippy' sorts of things that have the potential to fill our days 24/7. I'm uneasy with all this advice because it stirs up memories of fanaticism from my past. Trying so hard to follow such a rigid protocol can take over your whole life. In my case, I ended up burnt-out with anorexia and nutrient deficiencies at different times, all in the name of trying to stay healthy. When I stopped treating chocolate bars and potato chips as the enemy and remembered that statistically, our modern life expectancy has risen in recent decades despite the MAD diet, I could feel it do me good. Dr Leaf's advice about 'real' food is definitely a sound gauge, but I think a more relaxed 80/20 sort of approach instead of going the whole hog sits better with me these days. Thanks to Net Galley and Baker Books for my review copy.

I really like this book, particularly since Dr. Leaf does a commendable job of providing scientific resources for much of her writing. The only reason I did not give it five stars was because I felt she fell short in two places. First, she seems to write off the use of nutritional supplements by citing recent lab tests of some brands showing they did not contain what the label said they should have. While this certainly calls into question the purchase of those brands, it does not by itself mean that taking supplements is without merit. It just means one should be sure to pick a brand that has a solid reputation. Second, I would have liked to have heard more about the gluten-free diet fad, which she sees as lacking a scientific basis for much of the population (other than celiacs). She suggests that much of the problem may be related to the over-processing of wheat into bleached flour, but there doesn't seem to be as much scientific backing for this idea. If she is correct, then many people (myself included) are eating gluten-free for no reason. I only wish she had provided more evidence for this supposition, as well as how to best incorporate wheat and other glutenous

grains into the diet to prevent the problems some associate with gluten.

Dr. Leaf has done it again! She uses not only Science but Biblical Truth to help us understand what we are doing and how God would have us 'Renew our Mind'. Thank you Dr. Leaf!

#think&eatyourselfsmart

This is a MUST READ for anyone who eats!! Not only does Dr. Leaf brilliantly educate the reader in the food-body-brain connection but she courageously exposes the food industry's methodology of dumbing down and poisoning the consumer. This book enlightens the reader, blowing away the veil of marketing and getting up close with the truth.

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