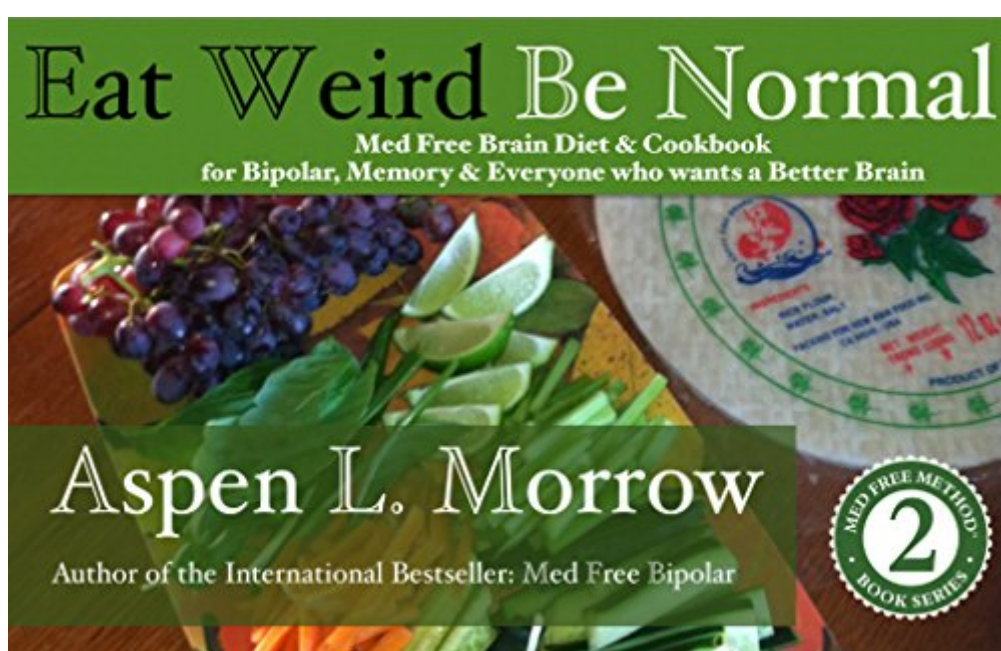


The book was found

Eat Weird. Be Normal.: Med Free Brain Diet & Cookbook For Bipolar, Memory & Everyone Who Wants A Better Brain (Med Free Method Book Series 2)



Synopsis

The Japanese live longer and are healthier than most people groups, yet their secret to healthy living may surprise you. Their dirty little secret is that they smoke, avoid exercise, and drink a litany of alcohol. It is their diet that accidentally sets them apart however; but in traditional Japanese paradox-style, they like fried foods and even deep fry their vegetables. This book teaches the surprising secrets of their extraordinary health and how you can have your cake and eat it too. Mixing the traditions of Nourishing Traditions, paleo, The Maker's Diet, anti-inflammatory diets, gluten-free and the GAPS diet, this cookbook and meal plan is designed to help a litany of disorders from brain disorders like bipolar and rage to autoimmune and heart conditions, but in a way that won't leave you deprived of all your favorite eating habits.

Book Information

File Size: 5772 KB

Print Length: 221 pages

Publisher: Pottenger Publishing; 1 edition (October 26, 2015)

Publication Date: October 26, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B012PB7L7Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #368,094 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Psychopharmacology #72 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

> Macrobiotics #97 inÂ Books > Health, Fitness & Dieting > Nutrition > Macrobiotics

Customer Reviews

I'm learning more and more through Aspen Morrow's book "Eat Weird. Be Normal...Med Free Brain Diet. Through Aspen's own journey, she has discovered ways for people with mental health issues, memory challenges and bipolar disorders to improve their situation. Her cook book and food choice suggestions are invaluable for not only those with existing problems, but for everyone who wants to

maintain a healthy brain.

I bought the book just from the title & proved that I am one of the Eat Weird ones. Aspen's advice parallels my own eating wisdom over the past years of struggling through menopause-related depression. I wish I'd had this focused guide with menus & ideas & practical solutions much earlier, and it will undoubtedly be a gift for others struggling to maintain a healthy brain and nervous system. Perhaps one day it will be normal to eat weird, as we learn that treating our bodies well is the only way to live a thriving, on-purpose life.

I loved this book's quick run-down of the different nutrients needed for brain health, and where to get them; a lot of good information about fats, soaking grains and how the food you eat affects your mental health! I enjoyed Aspen's other book, and this one also provided a lot of great information and insight into natural health and how to obtain it.

The formatting of this book on my Kindle Paperwhite is so horrid you cannot follow many of the recipes, and even where it is just text, whole sections are missing and you go from one line in one section to somewhere in the next. I paid 2.99 and it is a total waste of money. I liked her first book very much, maybe I'd like this one too but the production quality destroys the content. I am really disappointed in .

[Download to continue reading...](#)

Eat Weird. Be Normal.: Med Free Brain Diet & Cookbook for Bipolar, Memory & Everyone who wants a Better Brain (Med Free Method Book Series 2) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Med Free Bipolar: Thrive Naturally with the Med Free Method™ (The Ultimate Survival Guide to Fast Natural Cures Book 1) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase

3) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Free Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Medical Terminology Mastery: Proven Memory Techniques to Help Pre Med School & Nursing Course Students Learn How to Creatively Remember Medical Terms to ... Memory Now | Medical Students Book 1) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan)

[Dmca](#)