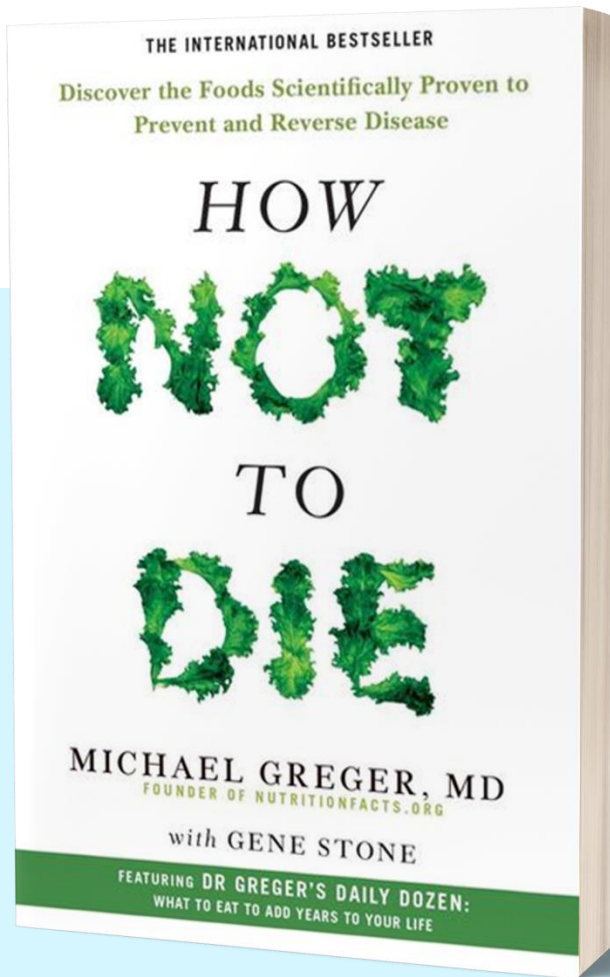




Book Recommendations

HEALTHY-LONGER

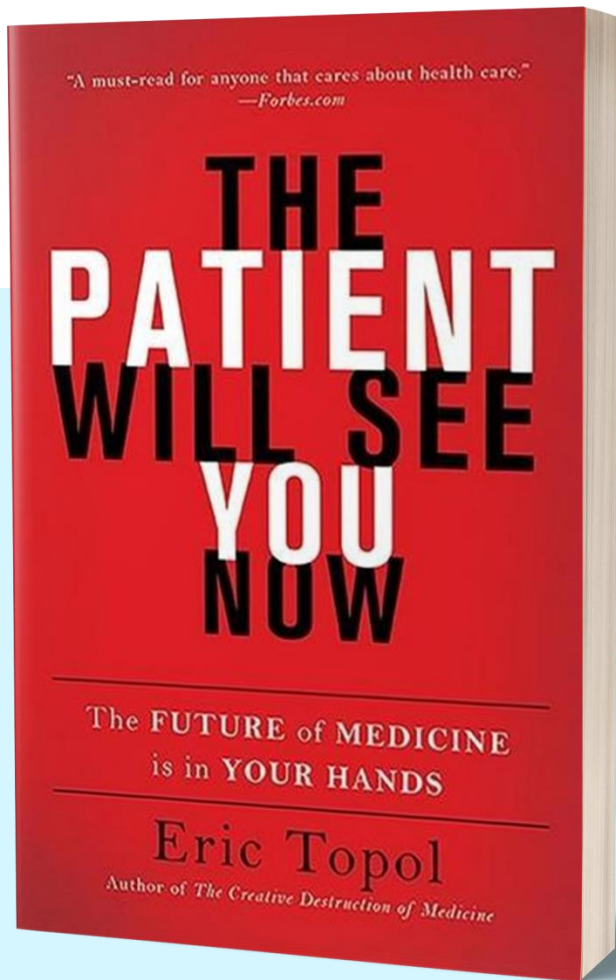


Why rely on drugs and surgery to cure you of life-threatening disease when the right decisions can prevent you from falling ill to begin with?

How Not To Die gives effective, scientifically-proven nutritional advice to prevent our biggest killers - including heart disease, breast cancer, prostate cancer, high blood pressure and diabetes - and reveals the astounding health benefits that simple dietary choices can provide.

Based on the latest scientific research, the internationally bestselling *How Not To Die* examines each of the most common diseases to reveal what, how and why different foods affect us, and how increasing our consumption of certain foods and avoiding others can dramatically reduce our risk of falling sick and even reverse the effects of disease. It also shares Dr Greger's 'Daily Dozen' - the twelve foods we should all eat every day to stay in the best of health.

With emphasis on individual family health history and acknowledging that everyone needs something different, Dr Michael Greger offers practical dietary advice to help you live longer, healthier lives.

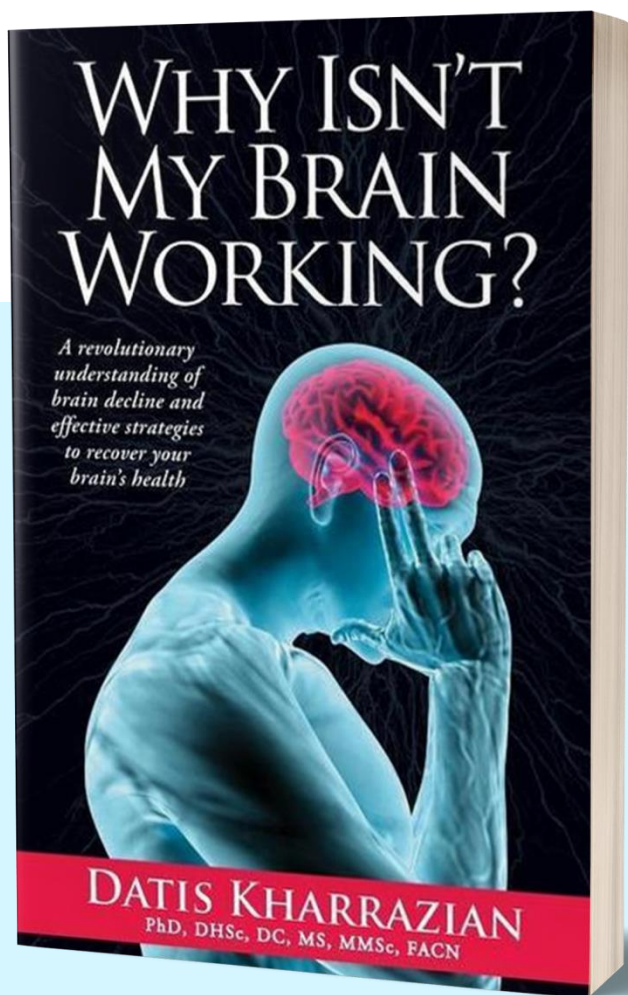


A trip to the doctor is almost a guarantee of misery. You'll make an appointment months in advance. You'll probably wait for several hours until you hear "the doctor will see you now"- but only for fifteen minutes! Then you'll wait even longer for lab tests, the results of which you'll likely never see, unless they indicate further (and more invasive) tests, most of which will probably prove unnecessary (much like physicals themselves). And your bill will be astronomical.

In The Patient Will See You Now, Eric Topol, one of the nation's top physicians, shows why medicine does not have to be that way. Instead, you could use your smartphone to get rapid test results from one drop of blood, monitor your vital signs both day and night, and use an artificially intelligent algorithm to receive a diagnosis without having to see a doctor, all at a small fraction of the cost imposed by our modern healthcare system.

The change is powered by what Topol calls medicine's "Gutenberg moment." Much as the printing press took learning out of the hands of a priestly class, the mobile internet is doing the same for medicine, giving us unprecedented control over our healthcare. With smartphones in hand, we are no longer beholden to an impersonal and paternalistic system in which "doctor knows best." Medicine has been digitized, Topol argues; now it will be democratized. Computers will replace physicians for many diagnostic tasks, citizen science will give rise to citizen medicine, and enormous data sets will give us new means to attack conditions that have long been incurable. Massive, open, online medicine, where diagnostics are done by Facebook-like comparisons of medical profiles, will enable real-time, real-world research on massive populations. There's no doubt the path forward will be complicated: the medical establishment will resist these changes, and digitized medicine inevitably raises serious issues surrounding privacy. Nevertheless, the result-better, cheaper, and more human health care-will be worth it.

Provocative and engrossing, *The Patient Will See You Now* is essential reading for anyone who thinks they deserve better health care. That is, for all of us.



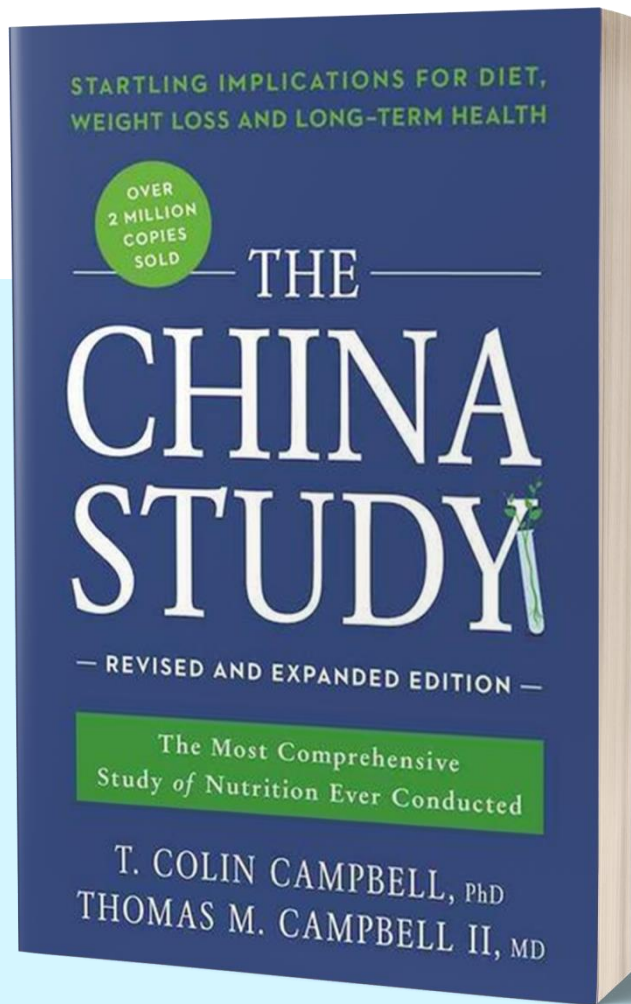
Losing your memory? Can't focus or concentrate? Do you have brain fog or tire easily? Have you lost your zest for life or motivation? Do people tell you this is all a normal part of aging? If so, your brain may be growing old too fast, or degenerating.

Modern diets, a stressful lifestyle, and environmental toxins all take their toll on the brain. This doesn't just happen to seniors-brain disorders and degeneration are on the rise for young and old alike. The good news is the brain is extremely adaptable and wants to get well. You simply have to know how to feed and care for your brain.

How do you know if your brain isn't working? See if some of these signs and symptoms of brain degeneration apply to you:

Memory loss • brain fog • depression • anxiety • difficulty learning • lack of motivation, drive, or passion • tire easily • poor focus and concentration • fatigue in response to certain chemicals or foods

Brain degeneration affects millions of Americans of all ages. The destruction sets in years or even decades before Alzheimer's, Parkinson's, multiple sclerosis, or other serious neurological diseases can be diagnosed. Learn how to spot brain degeneration and stop it before it's too late. *Why Isn't My Brain Working?* will teach you strategies to save and improve brain function. You will learn how simple diet and lifestyle changes and nutritional therapy can profoundly impact your brain health and thus the quality of your life. Don't waste another day wondering why your brain is not working. Learn what you can and should do about it. *Why Isn't My Brain Working?* harnesses cutting-edge scientific research for safe, simple, and truly effective solutions to declining brain function.



[Learn more...](#)

The science is clear. The results are unmistakable.

You can dramatically reduce your risk of cancer, heart disease, and diabetes just by changing your diet.

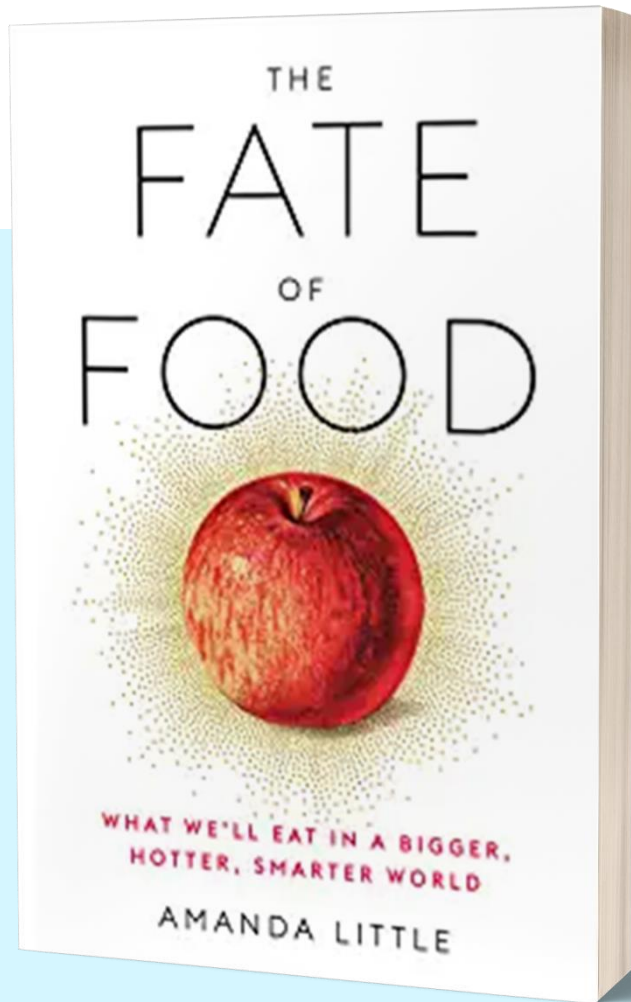
More than 30 years ago, nutrition researcher T. Colin Campbell and his team at Cornell, in partnership with teams in China and England, embarked upon the China Study, the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease. What they found when combined with findings in Colin's laboratory, opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods, plant-based diet.

In 2005, Colin and his son Tom, now a physician, shared those findings with the world in *The China Study*, hailed as one of the most important books about diet and health ever written.

Featuring brand new content, this heavily expanded edition of Colin and Tom's groundbreaking book includes the latest undeniable evidence of the power of a plant-based diet, plus updated information about the changing medical system and how patients stand to benefit from a surging interest in plant-based nutrition.

The China Study—Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation. The basic message is clear. The key to a long, healthy life lies in three things: breakfast, lunch, and dinner.

These findings from the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease are challenging much of American dietary dogma.” - The New York Times

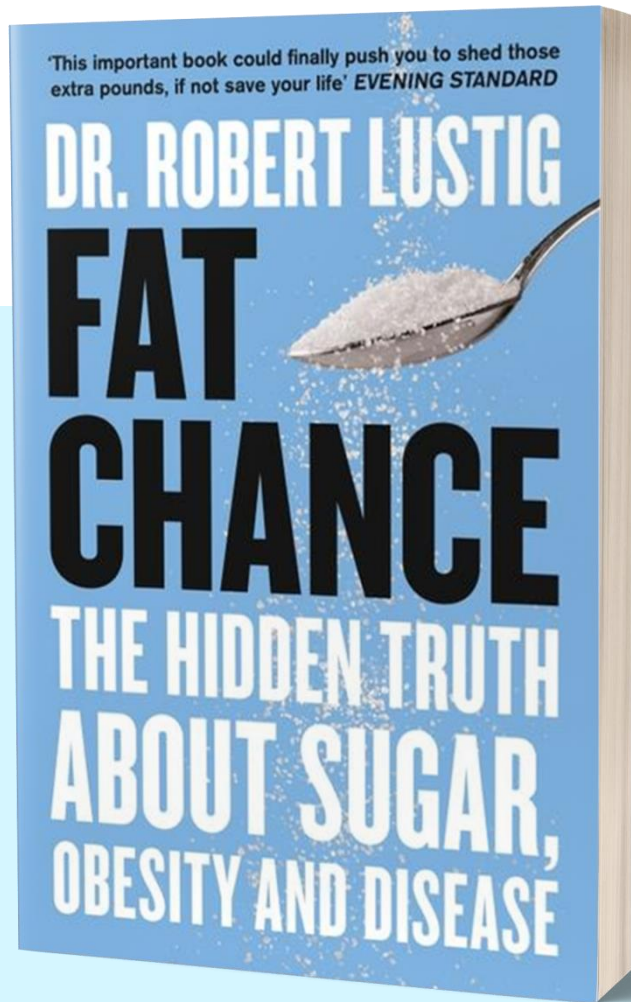


Climate models show that global crop production will decline every decade for the rest of this century due to drought, heat, and flooding. Water supplies are in jeopardy. Meanwhile, the world's population is expected to grow another 30 percent by midcentury. So how, really, will we feed nine billion people sustainably in the coming decades?

Amanda Little, Professorin an der Vanderbilt University und preisgekrönte Journalistin, reiste drei Jahre lang durch ein Dutzend Länder und ebenso viele US-Bundesstaaten, um Antworten auf diese Frage zu finden. Ihre Reise führte sie von einer Apfelplantage in Wisconsin zu einem ferngesteuerten Bio-Bauernhof in Shanghai, von norwegischen Fischfarmen zu den vom Hunger geplagten Regionen Äthiopiens.

Das Rennen um die Neuerfindung des globalen Lebensmittelsystems hat begonnen, und die Herausforderung ist zweifach: Wir müssen die bestehenden Probleme der industriellen Landwirtschaft lösen und uns gleichzeitig auf die kommenden Belastungen vorbereiten. In ihren Interviews und Abenteuern mit Landwirten, Wissenschaftlern, Aktivisten und Ingenieuren erzählt Little die faszinierende Geschichte menschlicher Innovation und erkundet neue und alte Ansätze der Lebensmittelproduktion. Dabei zeichnet sie das Wachstum einer Bewegung nach, die nachhaltige Ernährung im großen Stil neu definieren könnte. Sie trifft kleine Permakultur-Bauern und "Big Food"-Manager, Botaniker, die uralte Superfoods erforschen, und kenianische Bauern, die den ersten GVO-Mais des Landes anbauen. Sie reist an Orte, die für die Zukunft der Ernährung irrelevant erscheinen mögen, aber überraschenderweise eine entscheidende Rolle spielen - eine kalifornische Kläranlage, ein Forschungslabor der US-Armee und sogar das Innere einer Monsunwolke über Mumbai. Little stellt schwierige Fragen: Können GVO tatsächlich gut für die Umwelt - und für uns - sein? Stehen wir vor dem Ende von Tierfleisch? Was ist nötig, um schädliche Chemikalien aus der Landwirtschaft zu verbannen? Wie kann eine saubere, klimaresistente Lebensmittelversorgung für alle zugänglich gemacht werden?

Auf ihrer Reise findet Little ein tieferes Verständnis für die Bedrohungen des Klimawandels und begegnet einem Gefühl der Ehrfurcht und des Optimismus angesichts der Lektionen unserer Vergangenheit und der Reichweite des menschlichen Einfallsreichtums.



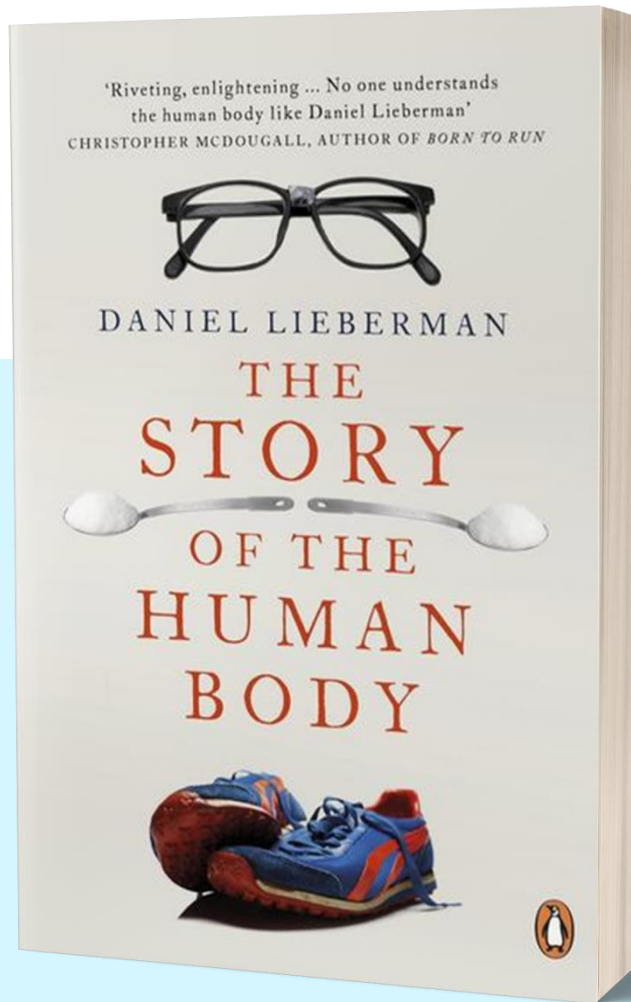
Sugar is toxic, addictive and everywhere. So, what chance do you have of living sugar-free?

With busy lives and little time left for cooking we find ourselves relying on a diet of processed food. But this is what's responsible for our chronically expanding waistlines, soaring levels of diabetes and a catalogue of diseases.

Dr Robert Lustig reveals the truth about our sugar-laden food:

- Why conventional low-fat weight loss advice won't work: not every calorie is the same, and skipping lunch doesn't mean it's ok to eat dessert
- Why too much sugar can cause serious illness even if you are not overweight
- How the food industry is filling our diets with hidden sugars – and which foods you must cut out to avoid them
- How governments are complacent about, and even complicit in, exacerbating our food debacle

He will radically change the way you see your food and give you more than a fat chance of a healthier, happier and smarter life!



In *The Story of the Human Body*, Daniel Lieberman, Professor of human evolutionary biology at Harvard, shows how we need to change our world to fit our hunter-gatherer bodies

This ground-breaking book of popular science explores how the way we use our bodies is all wrong. From an evolutionary perspective, if normal is defined as what most people have done for millions of years, then it's normal to walk and run 9 -15 kilometres a day to hunt and gather fresh food which is high in fibre, low in sugar, and barely processed. It's also normal to spend much of your time nursing, napping, making stone tools, and gossiping with a small band of people.

Our 21st-century lifestyles, argues Daniel Lieberman, are out of synch with our stone-age bodies. Never have we been so healthy and long-lived - but never, too, have we been so prone to a slew of problems that were, until recently, rare or unknown, from asthma, to diabetes, to - scariest of all - overpopulation.

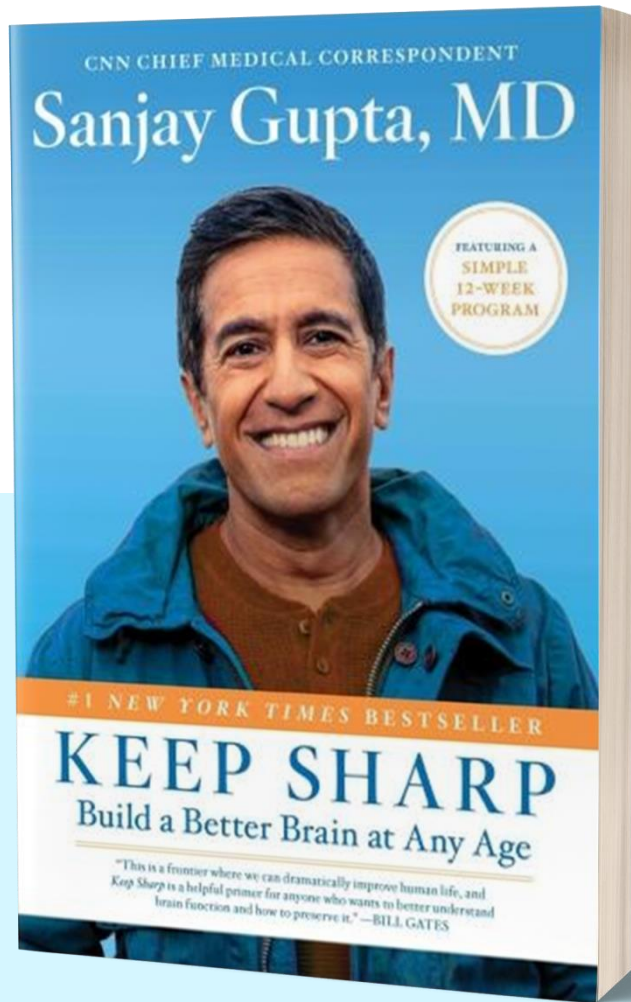
The Story of the Human Body asks how our bodies got to be the way they are and considers how that evolutionary history - both ancient and recent - can help us evaluate how we use our bodies. How is the present-day state of the human body related to the past? And what is the human body's future?

'Monumental. The Story of the Human Body, by one of our leading experts, takes us on an epic voyage'
- Neil Shubin, author of *Your Inner Fish*

'Riveting, enlightening, and more than a little frightening' - Christopher McDougall, author of *Born to Run*

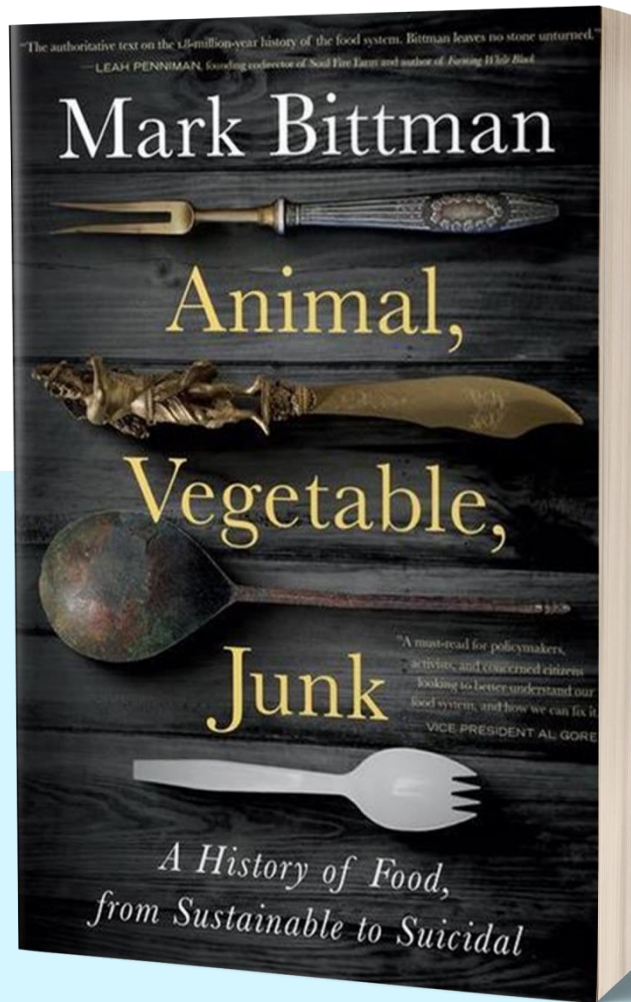
Daniel Lieberman is the Chair of the Department of Human Evolutionary Biology at Harvard and a leader in the field. He has written nearly 100 articles, many appearing in the journals *Nature* and *Science*, and his cover story on barefoot running in *Nature* was picked up by major media the world over. His research and discoveries have been highlighted in newspapers and magazines, including *The New York Times*, *Boston Globe*, *Discover*, and *National Geographic*.

Monumental. The Story of the Human Body, by one of our leading experts, takes us on an epic voyage that reveals how the past six million years shaped every part of us - our heads, limbs, and even our metabolism. Through Lieberman's eyes, evolutionary history not only comes alive, it also becomes the means to understand, and ultimately influence, our body's future Neil Shubin, author of *Your Inner Fish*



Dr. Sanjay Gupta is CNN's Emmy Award–winning chief medical correspondent and the host of the acclaimed podcast *Coronavirus: Fact vs Fiction*, America's go-to resource for expert advice on how to stay healthy and safe. The New York Times bestselling author of *Chasing Life*, *Cheating Death*, *Monday Mornings*, and *Keep Sharp*, Dr. Gupta lives in Atlanta, where he works as an associate professor of neurosurgery at the Emory University School of Medicine.

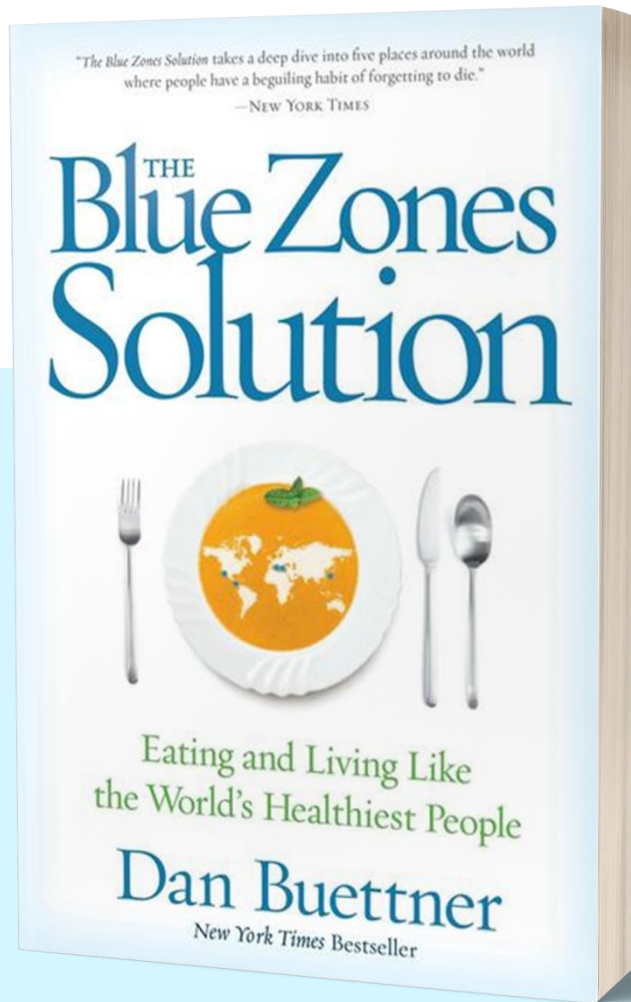
Keep Sharp debunks common myths about aging and mental decline, explores whether there's a "best" diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from "super-brained" people who are in their eighties and nineties with no signs of slowing down—and whether there are truly any benefits to drugs, supplements, and vitamins. Dr. Gupta also addresses brain disease, particularly Alzheimer's, answers all your questions about the signs and symptoms, and shows how to ward against it and stay healthy while caring for a partner in cognitive decline. He likewise provides you with a personalized twelve-week program featuring practical strategies to strengthen your brain every day.



Mark Bittman is the author of thirty acclaimed books, including *How to Cook Everything*. He was a *New York Times* columnist for more than two decades and has hosted four TV series, including the Emmy-winning *Years of Living Dangerously*. He is currently on faculty at Columbia University and editor-in-chief of *Heated*. He lives in Philipstown, New York.

"The climate crisis, COVID-19, and the recent reckoning with systemic and institutional racism have all revealed the many cracks in our global food system. In this thorough and revealing book, Mark Bittman discusses how we got to this point when reform is so essential, and presents the solutions to improve how we grow, distribute, and consume our food. A must read for policymakers, activists, and concerned citizens looking to better understand our food system, and how we can fix it."—

Vice President Al Gore



Bestselling author Dan Buettner reveals how to transform your health using smart nutrition, lifestyle, and fitness habits gleaned from longevity research on the diets, eating habits, and lifestyle practices of the communities he's identified as "Blue Zones"-those places with the world's longest-lived, and thus healthiest, people, including locations such as Okinawa, Japan; Sardinia, Italy; Costa Rica's Nicoya Peninsula; Ikaria, Greece; and Loma Linda, California.

With the audacious belief that the lifestyles of the world's Blue Zones could be adapted and replicated in towns across North America, Buettner launched the largest preventive health care project in the United States, The Blue Zones City Makeovers, which has impacted the health of millions of Americans since 2009. In *The Blue Zones Solution*, readers can be inspired by the specific stories of the people, foods, and routines of our healthy elders; understand the role community, family, and naturally healthy habits can play in improving our diet and health; and learn the exact foods—including the 50 superfoods of longevity and dozens of recipes adapted for Western tastes and markets—that offer delicious ways to eat your way to optimum health. Throughout the book are lifestyle recommendations, checklists, and stories to help you create your own personal Blue Zones solution. Readers will learn and apply the 80/20 rule, the plant slant diet, social aspects of eating that lead to weight loss and great health naturally, cultivating your "tribe" of friends and family, and your greater purpose as part of your daily routine.

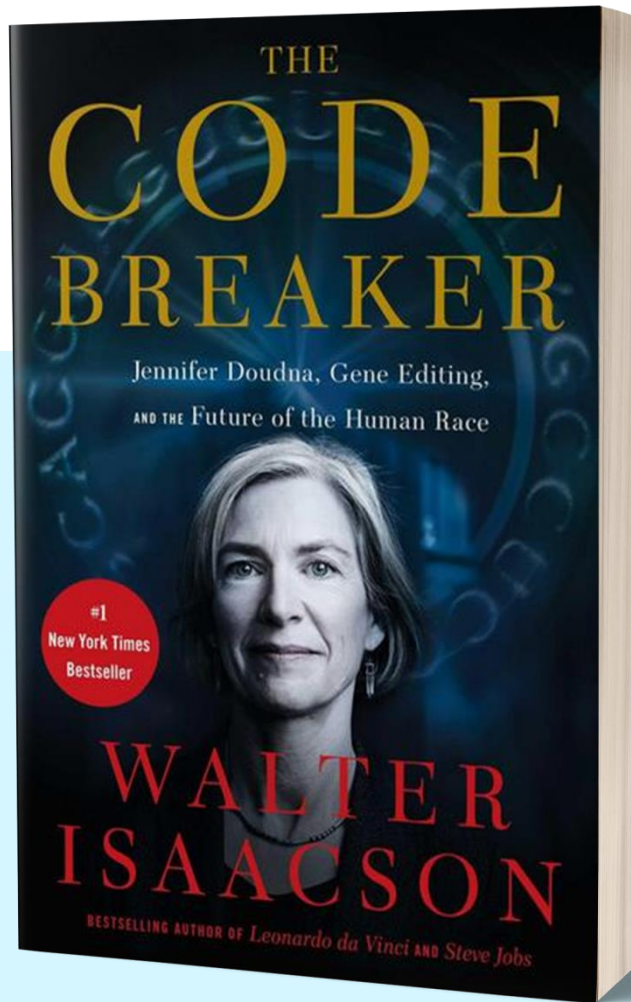
Filled with moving personal stories, delicious recipes, checklists, and useful tips that will transform any home into a miniature blue zone, *The Blue Zones Solution* is the ultimate blueprint for a healthy, happy life.



In China, for the first time, the people who weigh too much now outnumber those who weigh too little. In Mexico, the obesity rate has tripled in the past three decades. In the UK over 60 per cent of adults and 30 per cent of children are overweight, while the United States remains the most obese country in the world.

We are hooked on salt, sugar and fat. These three simple ingredients are used by the major food companies to achieve the greatest allure for the lowest possible cost. Here, Pulitzer Prize-winning investigative reporter Michael Moss exposes the practices of some of the most recognisable (and profitable) companies and brands of the last half century. He takes us inside the labs where food scientists use cutting-edge technology to calculate the 'bliss point' of sugary drinks. He unearths marketing campaigns designed – in a technique adapted from the tobacco industry – to redirect concerns about the health risks of their products and reveals how the makers of processed foods have chosen, time and again, to increase consumption and profits, while gambling with our health.

Are you ready for the truth about what's in your shopping basket?



In 2012, Nobel Prize winning scientist Jennifer Doudna hit upon an invention that will transform the future of the human race: an easy-to-use tool that can edit DNA. Known as CRISPR, it opened a brave new world of medical miracles and moral questions. It has already been deployed to cure deadly diseases, fight the coronavirus pandemic of 2020, and make inheritable changes in the genes of babies.

But what does that mean for humanity? Should we be hacking our own DNA to make us less susceptible to disease? Should we democratise the technology that would allow parents to enhance their kids?

After discovering this CRISPR, Doudna is now wrestling these even bigger issues. The Code Breaker is an examination of how life as we know it is about to change – and a brilliant portrayal of the woman leading the way.

'The Code Breaker's confident, cinematic style makes Crispr accessible like never before, taking readers on a journey that is exciting, as well as ethically treacherous.' The Financial Times

'The CRISPR history holds obvious appeal for Walter Isaacson, a biographer of Albert Einstein, Benjamin Franklin, Steve Jobs and Leonardo da Vinci. In "The Code Breaker" he reprises several of his previous themes — science, genius, experiment, code, thinking different — and devotes a full-length book to a female subject for the first time. Jennifer Doudna, a genuine heroine for our time, may be the code breaker of the book's title, but she is only part of Isaacson's story... The Code Breaker" is in some respects a journal of our 2020 plague year. By the final chapter, Isaacson has enrolled in a vaccine trial' - New York Times

'Nobody knows this stuff and these people, and explains them, quite like Isaacson. If you need to know about CRISPR — and you do — this is the place to start' - The Sunday Times



With the right diet to a healthy body - this goal is shared by many people. However, there is hardly a topic about which experts argue more passionately than about what is good for our bodies.

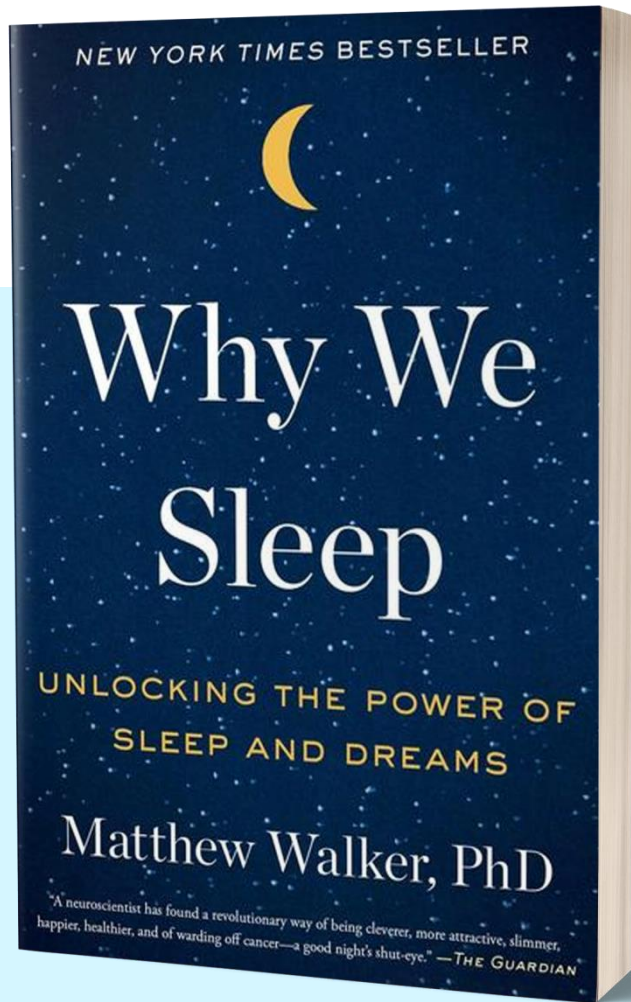
The leading nutrition experts Dr. med. Petra Bracht and Prof. Dr. Claus Leitzmann bring together their expertise from many decades of research and practice to finally bring light into the darkness. Which foods are really healthy? Which nutrients do we need and in what quantity? Which diets and trends do more harm than good? Should we really avoid gluten and lactose? Using the latest scientific findings and clear language, the nutritional physician and nutritionist expertly show how good nutrition succeeds and how it helps promote self-healing. The authors clear up with diets and product trends, which are sold to us daily as healthy, and explain, how we can prevent intolerances and diseases such as allergies, osteoporosis, cancer, dementia and many others. The great knowledge book about food and a plea for vegetarian and sustainable nutrition.



Schon jetzt gelangt Obst und Gemüse, welches nicht der industriellen Norm entspricht, gar nicht erst in den Handel oder wird sogar vernichtet. Modernes Designersaatgut, das unter Laborbedingungen erzeugt wird, ist bereits zum alarmierenden Normalfall in der Lebensmittelproduktion geworden – meist ohne das Wissen der Endkunden. Und ein weiterer Skandal bahnt sich nun an: Konzern-Lobbys würden am liebsten auch allen Kleinbauern nur noch teuer registriertes Saatgut erlauben. Der Verlust vieler Sorten und negative Folgen für die Nahrungssicherheit und -vielfalt wären das unweigerliche Ergebnis dieser angestrebten Monokultur in den Gemüsebeeten.

Der renommierte Agrarbiologe und Kritiker der Lebensmittelindustrie Clemens G. Arvay deckt diesen Wahnsinn mit Methode auf. Er zeigt, wer hier seine Interessen durchsetzen will und erklärt Verbrauchern, wie sie sich gegen die Saatgut-Diktatur wehren können.

„Wir verlieren nach und nach unser Menschenerbe: die Vielfalt unserer Samen! Wieso das so ist, erläutert Clemens Arvay in diesem Buch. Er erzählt spannend und verständlich von der historischen Entwicklung der Kulturpflanzen bis in die Gegenwart, in der Saatgutkonzerne mehr oder weniger bestimmen, was auf unseren Tellern landet.“
aus dem Vorwort von Sarah Wiener



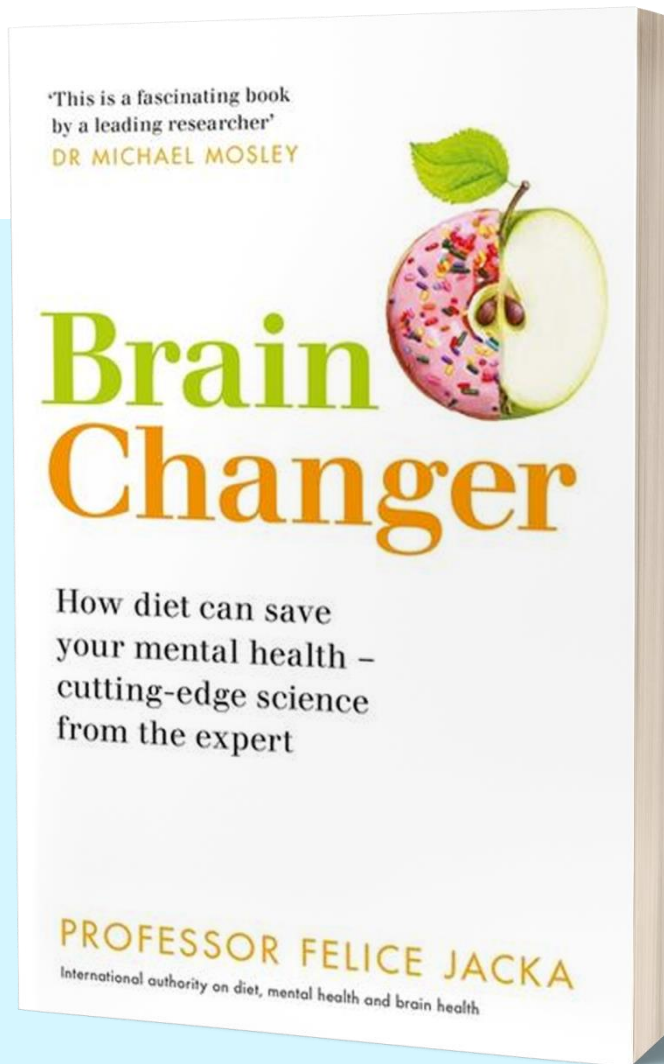
A New York Times bestseller and international sensation, this “stimulating and important book” (Financial Times) is a fascinating dive into the purpose and power of slumber.

“Why We Sleep is an important and fascinating book...Walker taught me a lot about this basic activity that every person on Earth needs. I suspect his book will do the same for you.” — Bill Gates

Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Until very recently, science had no answer to the question of why we sleep, or what good it served, or why we suffer such devastating health consequences when we don't sleep. Compared to the other basic drives in life—eating, drinking, and reproducing—the purpose of sleep remained elusive.

An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now, preeminent neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming. Within the brain, sleep enriches our ability to learn, memorize, and make logical decisions. It recalibrates our emotions, restocks our immune system, fine-tunes our metabolism, and regulates our appetite. Dreaming mollifies painful memories and creates a virtual reality space in which the brain melds past and present knowledge to inspire creativity.

Walker answers important questions about sleep: how do caffeine and alcohol affect sleep? What really happens during REM sleep? Why do our sleep patterns change across a lifetime? How do common sleep aids affect us and can they do long-term damage? Charting cutting-edge scientific breakthroughs, and synthesizing decades of research and clinical practice, Walker explains how we can harness sleep to improve learning, mood, and energy levels; regulate hormones; prevent cancer, Alzheimer's, and diabetes; slow the effects of aging; increase longevity; enhance the education and lifespan of our children, and boost the efficiency, success, and productivity of our businesses. Clear-eyed, fascinating, and accessible, *Why We Sleep* is a crucial and illuminating book.

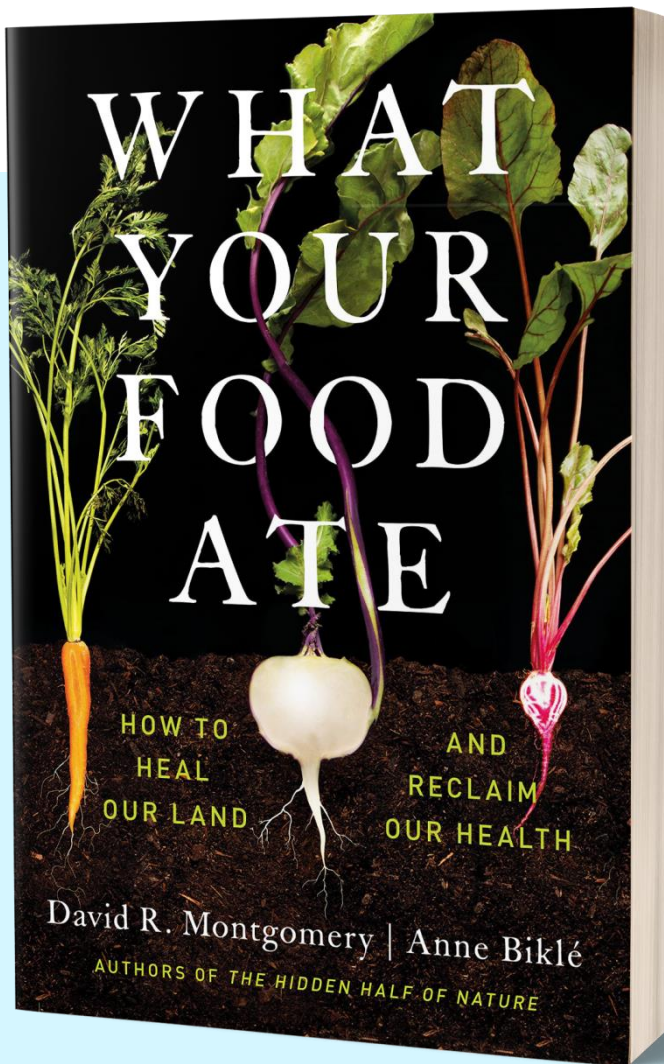


This is not a diet book to help you on the weight scales. This is a guide to good habits to save your brain and to optimise your mental health through what you eat at every stage of life.

Professor Felice Jacka is Director of the Food & Mood Centre at Deakin University. She is also founder and president of the International Society for Nutritional Psychiatry Research (ISNPR) and immediate past president of the Australian Alliance for the Prevention of Mental Disorders. She has been responsible for the development of a highly innovative field of research establishing diet and nutrition as of importance to common mental disorders. These include the first studies to document a role for diet in adolescent depression - the primary age of onset for common mental disorders - the first study to identify both maternal and early life nutrition as important predictors of children's mental health, and the first trial to show that dietary improvement can address depression. The results of the studies she has conducted have been highly influential, and she is widely recognized as international leader in the nascent but transformative field of Nutritional Psychiatry research.

Professor Jacka's current research focuses closely on the links between diet, gut health, and mental and brain health. This work is being carried out with the ultimate goal of developing new, evidence-based prevention and treatment strategies for mental disorders. Professor Jacka has published >160 peer-reviewed scientific papers, the majority in high-impact journals in the mental health field including the American Journal of Psychiatry, World Psychiatry, BMC Medicine and Lancet Psychiatry. She is listed in the top ten most highly-cited researchers in mood disorders in Australia (Scopus).

Personally, Felice has a passion for food and medicine, as well as knowledge translation. She has written a book for the lay public called 'Brain Changer' through Pan Macmillan press in Australia and is working on a children's book with her husband. Her hope is that her work will inspire individuals and families to prioritise a healthier way of eating to protect their mental and brain health over their lifespan, as well as influencing clinical practice for people affected by mental health problems. She is also passionate about prompting changes by policy-makers to improve the global food environment.

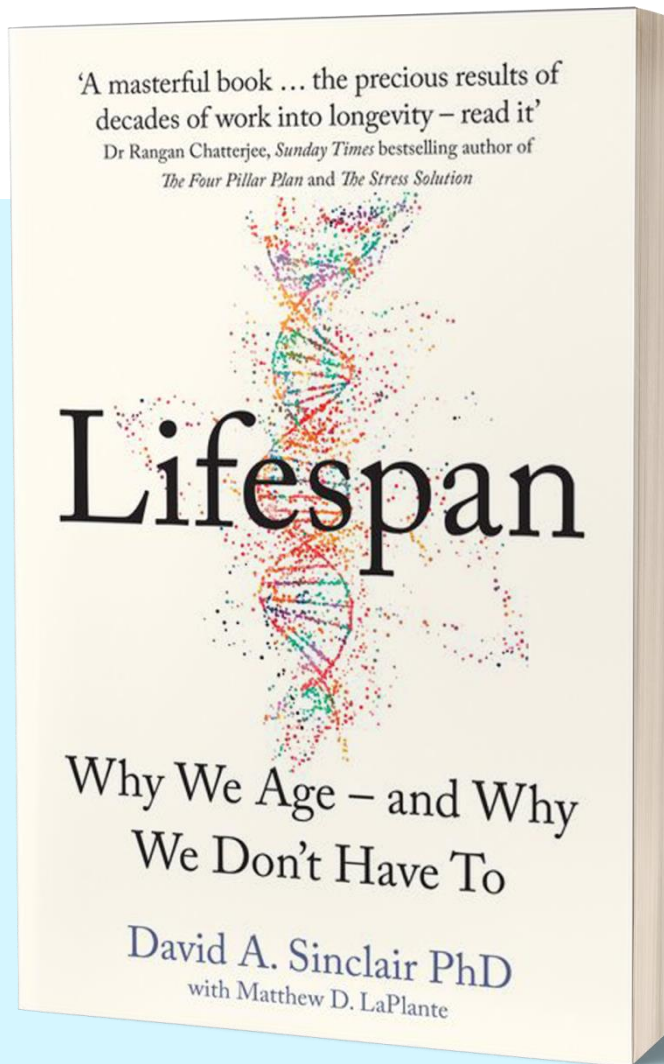


We know that our diet influences our health. But is there more to the adage "you are what you eat?"

Connecting the dots from agriculture to medicine, geologist David R. Montgomery and biologist Anne Biklé argue we overlook the other half of a healthy diet: how we grow our food.

Journeying from research labs to the fields of regenerative farmers, they uncover scientific and historical evidence for how farming practices—so often disruptive to microbial partnerships—influence soil health and shape the types and amounts of health-promoting minerals, fats and phytochemicals in our crops, meat and dairy—and thus ourselves. Understanding these connections has profound implications for what we eat and how we grow it, now and in the future. A capstone work from lauded authors, *What Your Food Ate* is a story both sobering and inspiring: what's good for the soil is good for us, too.

Dies ist kein Diätbuch, das Ihnen auf der Waage hilft. Dies ist ein Leitfaden für gute Gewohnheiten, um Ihr Gehirn zu schützen und Ihre geistige Gesundheit durch Ihre Ernährung in jeder Lebensphase zu optimieren.



In this paradigm-shifting book from acclaimed Harvard Medical School doctor and one of TIME magazine's 100 most influential people on earth, Dr. David Sinclair reveals that everything we think we know about ageing is wrong, and shares the surprising, scientifically-proven methods that can help readers live younger, longer.

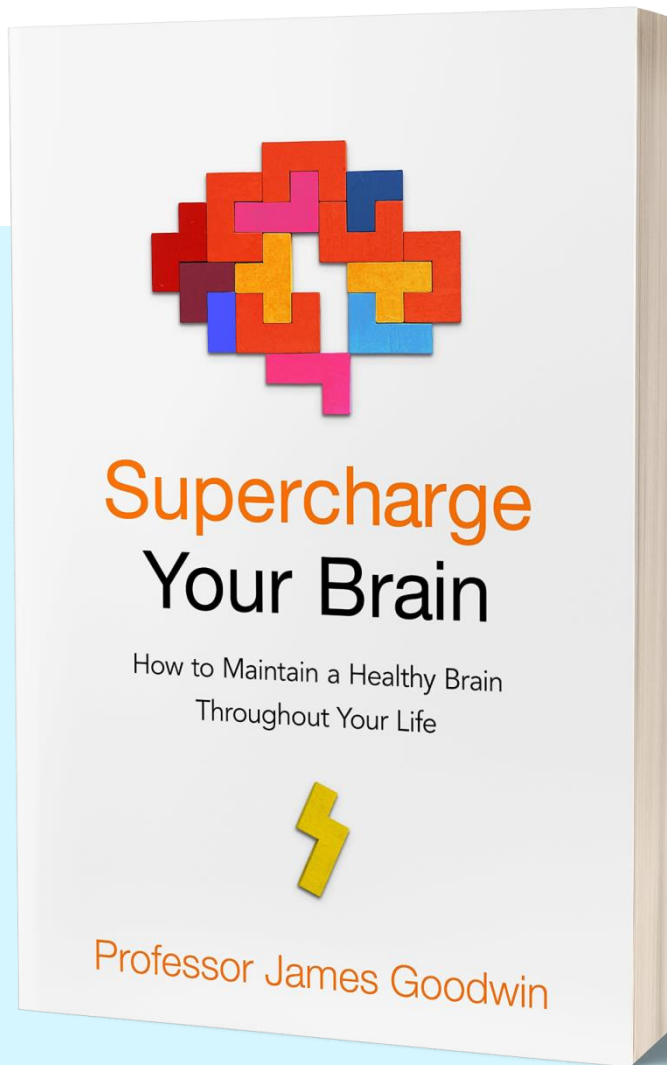
For decades, the medical community has looked to a variety of reasons for why we age, and the consensus is that no one dies of old age; they die of age-related diseases. That's because ageing is not a disease - it is inevitable.

But what if everything you think you know about ageing is wrong?

What if ageing is a disease? And that disease is curable.

In LIFESPAN, Dr. David Sinclair, one of the world's foremost authorities on genetics and ageing, argues just that. He has dedicated his life's work to chasing more than a longer lifespan - he wants to enable people to live longer, healthier, and disease-free well into our hundreds. In this book, he reveals a bold new theory of ageing, one that pinpoints a root cause of ageing that lies in an ancient genetic survival circuit. This genetic trick - a circuit designed to halt reproduction in order to repair damage to the genome -has enabled earth's early microcosms to survive and evolve into more advanced organisms. But this same survival circuit is the reason we age: as genetic damage accumulates over our lifespans from UV rays, environmental toxins, and unhealthy diets, our genome is overwhelmed, causing gray hair, wrinkles, achy joints, heart issues, dementia, and, ultimately, death.

But genes aren't our destiny; we have more control over them than we've been taught to believe. We can't change our DNA, but we can harness the power of the epigenome to realise the true potential of our genes. Drawing on his cutting-edge findings at the forefront of medical research, Dr. Sinclair will provide a scientifically-proven roadmap to reverse the genetic clock by activating our vitality genes, so we can live younger longer. Readers will discover how a few simple lifestyle changes - like intermittent fasting, avoiding too much animal protein, limiting sugar, avoiding x-rays, exercising with the right intensity, and even trying cold therapy - can activate our vitality genes. Dr. Sinclair ends the book with a look to the near future, exploring what the world might look like - and what will need to change - when we are all living well to 120 or more.

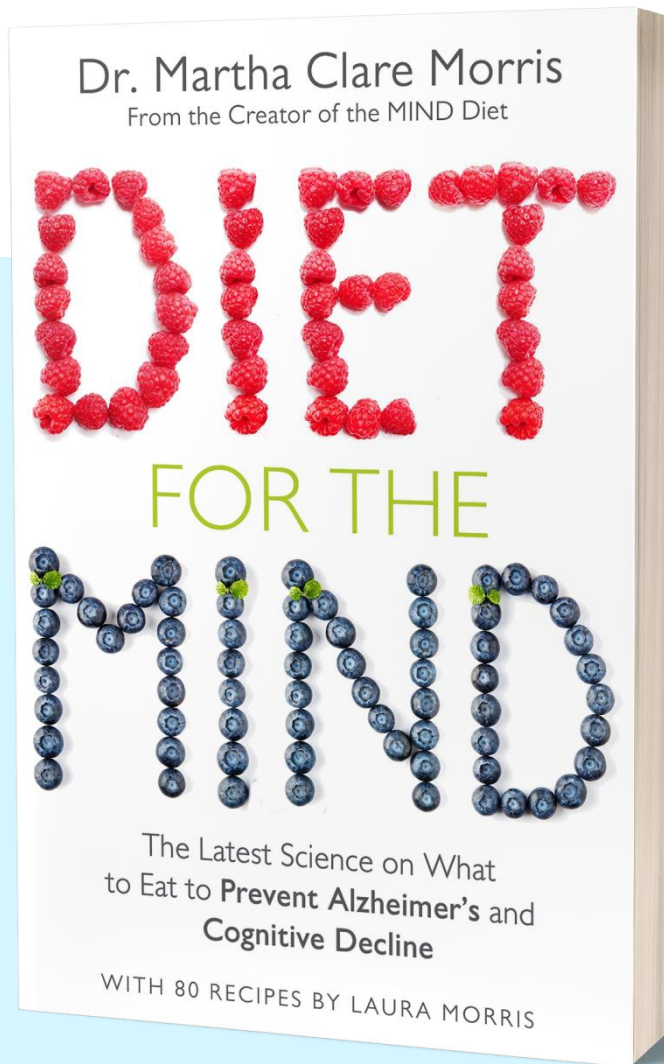


The definitive guide to keeping your brain healthy for a long and lucid life, by one of the world's leading scientists in the field of brain health and ageing.

The brain is our most vital and complex organ. It controls and coordinates our actions, thoughts and interactions with the world around us. It is the source of personality, of our sense of self, and it shapes every aspect of our human experience.

Yet most of us know precious little about how our brains actually work, or what we can do to optimise their performance. Whilst cognitive decline is the biggest long-term health worry for many of us, practical knowledge of how to look after our brain is thin on the ground.

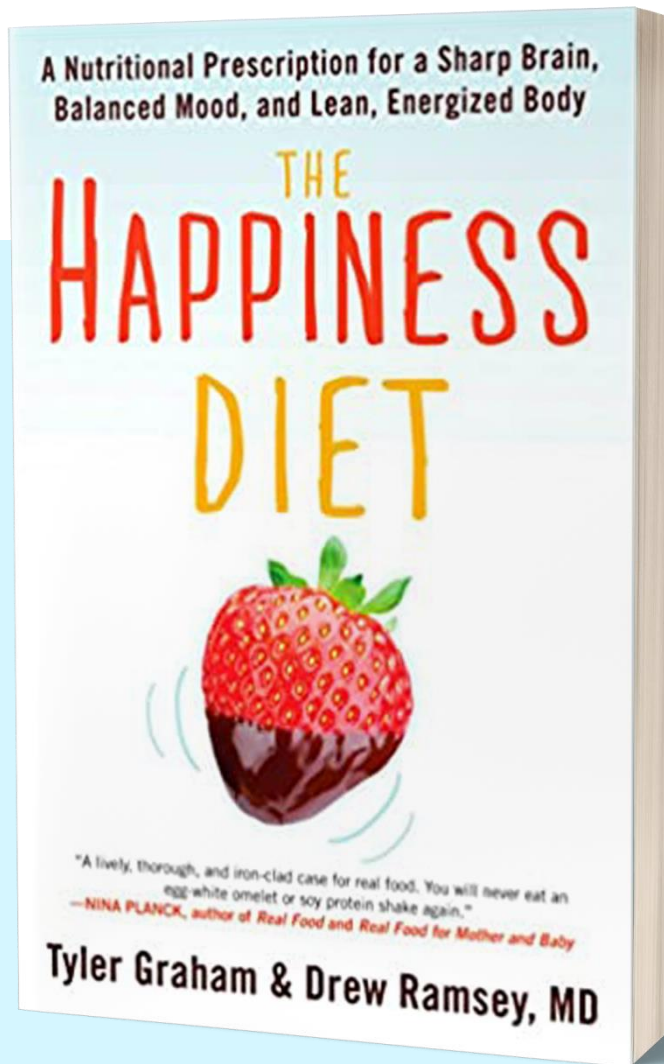
In this ground-breaking new book, leading expert Professor James Goodwin explains how simple strategies concerning exercise, diet, social life and sleep can transform your brain health paradigm, and shows how you can keep your brain youthful and stay sharp across your life. Combining the latest scientific research with insightful storytelling and practical advice, *Supercharge Your Brain* reveals everything you need to know about how your brain functions, and what you can do to keep it in peak condition.



What you eat can reduce your risk of dementia In **Diet for the MIND**, Dr Martha Clare Morris, creator of the MIND diet, presents the foods with the most compelling scientific evidence for prevention of cognitive decline.

Emphasizing whole grains, leafy greens, lean proteins, beans and vegetables, and also highlighting the foods you should avoid, Diet for the MIND reveals the undeniable role that diet plays in brain health. With accessible science and dozens of recipes to help you use it, Diet for the MIND is your roadmap to a healthy brain and a lifetime of optimal cognitive function. 'Dr Morris has revolutionized our understanding of Alzheimer's disease and ways to prevent it' Neal D. Barnard, MD, author of Dr Neal Barnard's Program for Reversing Diabetes 'The right dietary choices can greatly reduce our risk of memory loss and dementia . . . I recommend this book to everyone' Walter Willett, MD, author of Eat, Drink, and Be Healthy

Dr Martha Clare Morris has spent twenty years researching the link between Alzheimer's disease, cognitive decline, and diet. She is Professor of Epidemiology, Director of the Section of Nutrition and Nutritional Epidemiology in the Department of Internal Medicine, and Assistant Provost of Community Research at Rush University Medical Center in Chicago. She is the lead creator of the MIND diet.



For the first time in history, too much food is making us sick. It's all too apparent that the Modern American Diet (MAD) is expanding our waistlines; what's less obvious is that it's starving and shrinking our brains.

Rates of obesity and depression have recently doubled, and while these epidemics are closely linked, few experts are connecting the dots for the average American. Using the latest data from the rapidly changing fields of neuroscience and nutrition, "The Happiness Diet" shows that over the past several generations small, seemingly insignificant changes to our diet have stripped it of nutrients--like magnesium, vitamin B12, iron, and vitamin D, as well as some very special fats--that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American's diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we've all been led so far astray, "The Happiness Diet" empowers the reader with simple, straightforward solutions. Graham and Ramsey show you how to steer clear of this MAD way of life with foods to swear off, shopping tips, brain-building recipes, and other practical advice, and then remake your diet by doubling down on feel-good foods--even the all-American burger.

Tyler Graham is a wellness expert who has served as the Health and Environment Editor of "O, the Oprah Magazine" and the Nutrition Editor at "Prevention." Drew Ramsey is an assistant clinical professor of psychiatry at Columbia University. He specializes in the treatment of mood and anxiety disorders using food, psychotherapy, and medication.



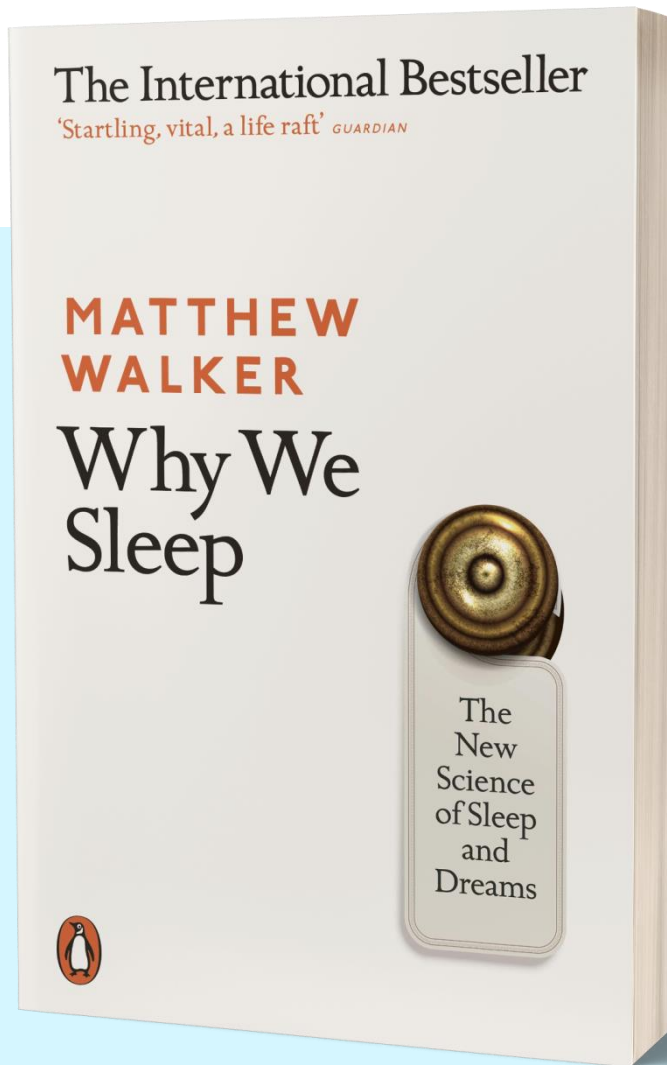
Fat research - easy to understand

What do we actually know about our body fat? Would you have thought that we have not only white but also brown fat cells in our body, which can even help us lose weight because they simply convert calories into heat? What else you should know about your fat is explained to you by the "fat expert" Prof. Dr. Alexander Bartelt.

With his research, the biomedical scientist shows what we need to do to get the most out of our fat!

"Knowledge makes you slim." Myself 20210113

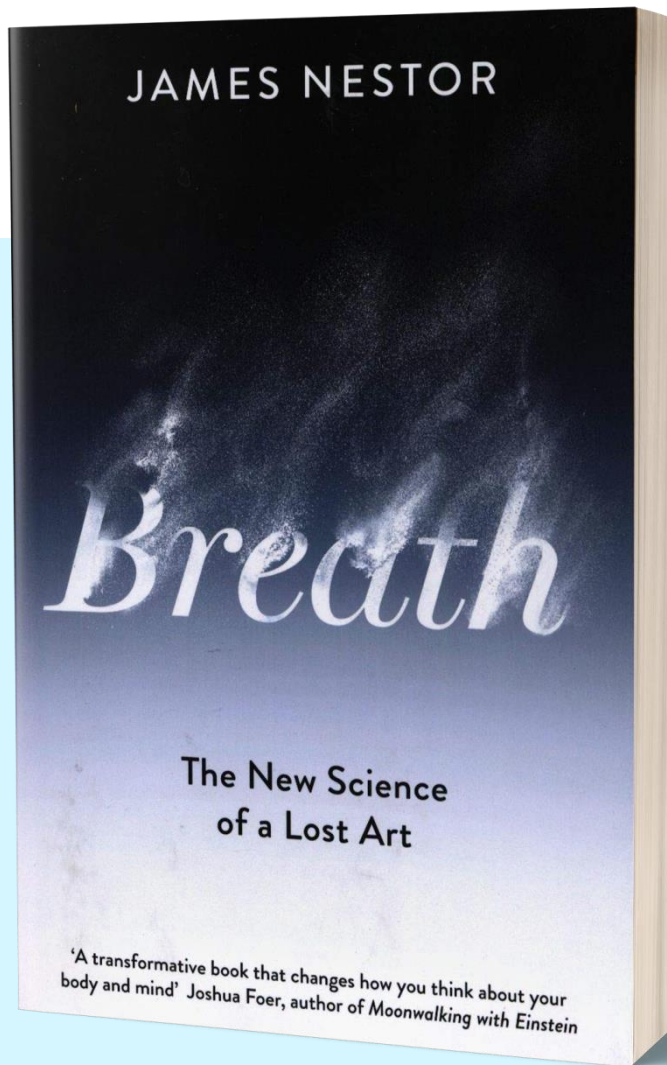
Alexander Bartelt, born 1982, is a biochemist and molecular biologist. He is a full professor of cardiovascular metabolism at Ludwig Maximilian University in Munich and head of a junior research group at the German Center for Cardiovascular Research. The goal of his research is to understand the molecular basis of obesity, diabetes and atherosclerosis. He holds a PhD from the University of Hamburg and worked on new mechanisms of brown adipose tissue action at Harvard University, USA.



THE #1 SUNDAY TIMES BESTSELLER
TLS, OBSERVER, SUNDAY TIMES, FT, GUARDIAN, DAILY MAIL
AND EVENING STANDARD BOOKS OF THE YEAR 2017

Sleep is one of the most important aspects of our life, health and longevity and yet it is increasingly neglected in twenty-first-century society, with devastating consequences: every major disease in the developed world - Alzheimer's, cancer, obesity, diabetes - has very strong causal links to deficient sleep.

In this book, the first of its kind written by a scientific expert, Professor Matthew Walker explores twenty years of cutting-edge research to solve the mystery of why sleep matters. Looking at creatures from across the animal kingdom as well as major human studies, *Why We Sleep* delves into everything from what really happens during REM sleep to how caffeine and alcohol affect sleep and why our sleep patterns change across a lifetime, transforming our appreciation of the extraordinary phenomenon that safeguards our existence.



Who would have thought something as simple as changing the way we breathe could be so revolutionary for our health, from snoring to allergies to immunity? A fascinating book, full of dazzling revelations' Dr Rangan Chatterjee

There is nothing more essential to our health and wellbeing than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. In *Breath*, journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices to figure out what went wrong and how to fix it.

Modern research is showing us that making even slight adjustments to the way we inhale and exhale can:

- jump-start athletic performance
- rejuvenate internal organs
- halt snoring, allergies, asthma and autoimmune disease, and even straighten scoliotic spines

None of this should be possible, and yet it is. Drawing on thousands of years of ancient wisdom and cutting-edge studies in pulmonology, psychology, biochemistry and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head.

You will never breathe the same again.

'If there's one book you read this year, make it this one'

