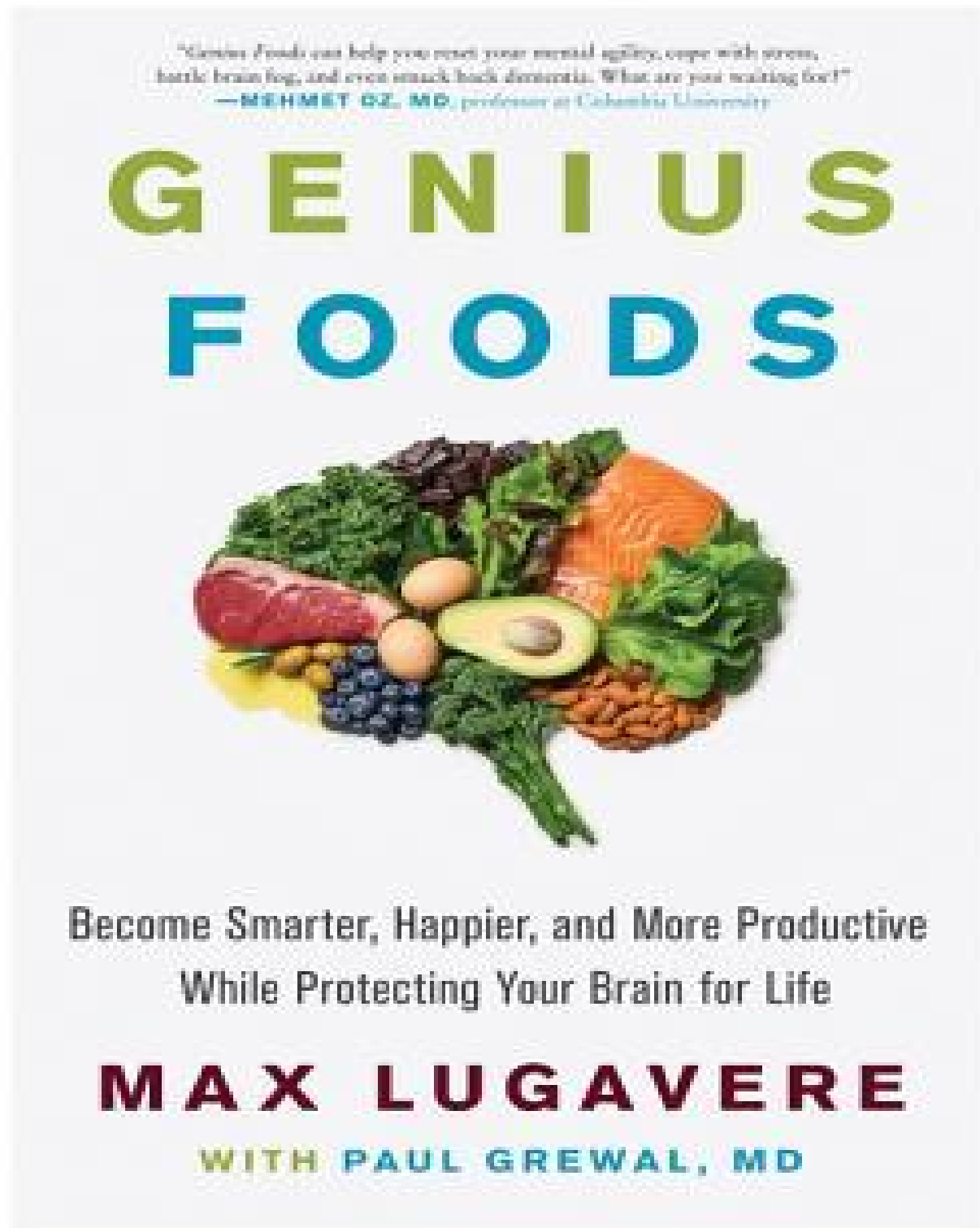


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Genius Foods: Become Smarter, Happier, and More Productive While Protecting Your Brain for Life
by Max Lugavere

"Genius Foods can help you reset your mental agility, cope with stress, banish brain fog, and even smack back dementia. What are you waiting for?"
—MEHMET OZ, MD, professor at Columbia University

GENIUS FOODS



Become Smarter, Happier, and More Productive
While Protecting Your Brain for Life

MAX LUGAVERE

WITH PAUL GREWAL, MD

Synopsis:=====

New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly

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