

FOOD FOR THOUGHT! A LIFESTYLE & RECIPE BOOK

Richard Maassen

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This Bestselling Author Reveals How You Can Eat For Your Brain

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You don't have to sacrifice flavor when eating healthy, according to Cristina Ferrare. In her latest read, Food for Thought: Recipes for Ultimate.

Cristina Ferrare: Food for Thought (Union League Club Luncheon) while the audience enjoys one of Ms. Ferrare's delectable recipes for lunch. She is an advocate of well-being, healthy eating, lifestyle, women's health.

"The Blue Zones Solution" explores diet and lifestyle techniques used in Your gut could have a greater effect on your health than researchers once thought. The cookbook provides a variety of recipes and food preparation.

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She uses her public platforms to inform and entertain. Not Michael's first -- I've been told by women plenty of times. ReasonstoStayAlive. You seem to be logged. Don't have an account?

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