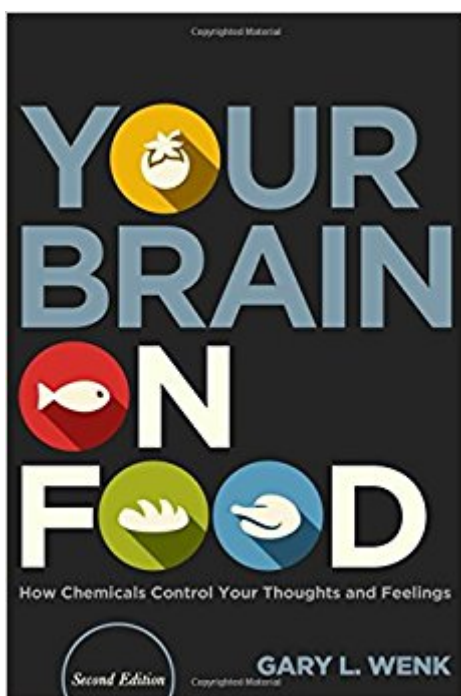


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Your Brain On Food: How Chemicals Control Your Thoughts And Feelings, Second Edition



Synopsis

In *Your Brain on Food*, Dr. Gary Wenk expands his discussion of the effects of specific foods on the brain in a completely updated second edition. From investigations into the benefits and risks of supplements, to the action of gluten in the brain and marijuana's potential for pain relief, Dr. Wenk draws on the latest science to answer a range of fascinating questions such as: -Is your aluminum cookware hurting you?-Can tryptophan supplements improve your mood?-How do fruits and vegetables protect us from aging? -Why does eating chocolate make you feel so angry? -Does our brain want us to be obese? Never forget--everything we consume can affect how we think, feel, and act. **NEW TO THIS EDITION**-Updated second edition greatly expands discussions on the effects of specific foods on the brain-Clarifies the role of biorhythms in how food affects the brain and behavior-Investigates why our brain makes us crave fat, salt, and sugar

Book Information

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Customer Reviews

"The substance of the book, from start to finish, is notable especially for the instructively informative nature of the discourse presented expertly by Wenk, relating, substantively, to the brain, drugs, and foods. [O]verall, the book as composed, substantively and stylistically, is certainly tailored well to fit a universal reading audience. The text's body is adorned, intellectually, with some didactically very well designed 'Figures'. Wenk's intellectually impressive contribution to this burgeoning field, as embodied in this book, should be quite edifying to lay readers, and professionally very rewarding, as well, to medical scientists and clinicians." --Leo Uzych, *Metapsychology Online Reviews* Praise for

the First Edition: "An absolutely fascinating read (or book) peppered with gems of surprising information on how certain foods, plants, nicotine and drugs (legal and illegal) alter the very essence of your brain cells' functioning and thus your behavior and mood. Don't deprive yourself of the pleasure of reading it." --Jean Carper, author of "Your Miracle Brain" and "100 Simple Things You Can Do To Prevent Alzheimer's and Age-Related Memory Loss"

Praise for the First Edition: "Your Brain on Food provides ample and important food for thought in a delightfully written reader-friendly style. Kernels of history sprinkled throughout the book provide both interest and insight into how our appetites influence our brains and, and thus, our thoughts and actions. Gary Wenk has provided a compelling and much-needed antidote to commonly available misinformation about nutrients and brain function. Readers will be richly informed--as well as entertained." --James L. McGaugh, Research Professor of Neurobiology and Behavior, University of California, Irvine

Praise for the First Edition: "All of us are impacted by a bewildering array of psychoactive drugs and foods, some being agents of abuse and others being of importance in treating disease. Gary Wenk, a nationally eminent neuroscientist, provides a gripping account of the neurotransmitters that enable neurons in the brain to talk to each other and shows how drugs as well as substances derived from foods exert their psychoactive influences. Wenk has a gift for making complex concepts crystal clear and relating seemingly arcane science in a fascinating, lucid fashion--as gripping as a detective story. This is an invaluable book for anyone who is curious about the brain and its functions." --Solomon H. Snyder, M.D., Distinguished Service Professor of Neuroscience, Pharmacology and Psychiatry, Johns Hopkins University

Praise for the First Edition: "Intriguing" --Scientific American MIND

Gary L. Wenk, PhD, is a Professor of Psychology and Neuroscience and Molecular Virology, Immunology and Medical Genetics at the Ohio State University.

All the pharmacology and neuroscience researchers at UA make their students read this because they love it so much.

Well written in terms the layperson can understand, this is a tremendously important read. Will change forever how you view the "food" you put in your body because of the impact it has on the brain.

Great description of the "drug" role of food in the physiology of the brain

Good book but nothing earth shakingly new.

Very good book. I think everyone should read!

Love it, so fascinating.

Entertaining and enlightening, based on facts. A great quick read.

You can read the whole review on Mindfunda dot com, but here is the conclusion:Pros:You owe it to yourself to educate yourself about food. This is a very informative book.The book covers the most important neurotransmitters: dopamine, histamine, acetylcholine and serotonin for example.You will find out that drinking coffee isn't as bad as you always thought.You will find out that the only way to lose weight is to start eating less.You will find out that eating less is the best thing you can do for your brain.You are going to know so much more about Alzheimer and Parkinson, that it is a must buy for anyone who has a person with that disease in their midst.Cons:The publisher wanted to make this a popular science book so there are no models of neural pathways in it. This is what I mean:tryptophan -> 5-hydroxytryptophan -> serotonin. It is all explained in texts, of course. Gary knows his stuff, no question about it. But I missed these simple models and I experienced a craving for such a model with a list of food that would benefit a person who would want to increase these substances.Gary is a Professor. He has a scientific way of writing. The book is readable, but not really easy. You have to pay attention, scrawl your own models down and make your own conclusions. As a matter of fact, this could just as well be a pro, but if you are looking for an easy book, this isn't it. You have to put your brain to work reading it.Being a dream expert I was disappointed to read a chapter about "Sleeping versus Waking" that is mostly about staying or being awake.

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Thoughts and Feelings: Taking Control of Your Moods and Your Life (A New Harbinger Self-Help Workbook)
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