



Smart Fats: How Dietary Fats and Oils Affect Mental, Physical and Emotional Intelligence

Michael Schmidt

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Written by a research scientist in the field of nutrition, this book describes how the body's digestive, communication, and nervous systems function, and links fatty acid intake to memory, mood and behavior. Schmidt explains how most "low-fat" diets are actually unhealthy and how many people today get little or none of important fatty acids like omega-3 in their junk-food meals. 10 charts & tables.

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