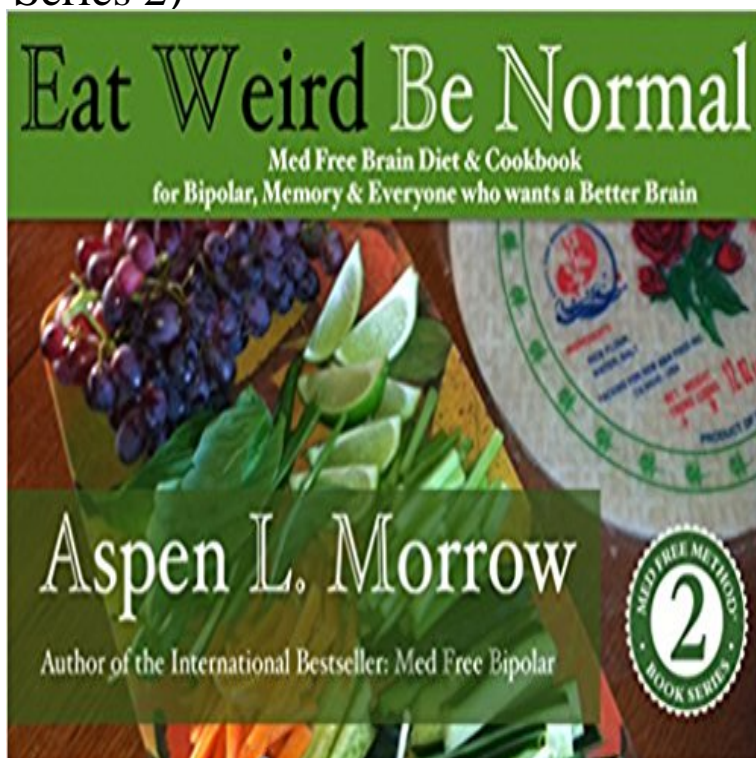


# Eat Weird. Be Normal.: Med Free Brain Diet & Cookbook for Bipolar, Memory & Everyone who wants a Better Brain (Med Free Method Book Series 2)



The Japanese live longer and are healthier than most people groups, yet their secret to healthy living may surprise you. Their dirty little secret is that they smoke, avoid exercise, and drink a litany of alcohol. It is their diet that accidentally sets them apart however; but in traditional Japanese paradox-style, they like fried foods and even deep fry their vegetables. This book teaches the surprising secrets of their extraordinary health and how you can have your cake and eat it too. Mixing the traditions of Nourishing Traditions, paleo, The Makers Diet, anti-inflammatory diets, gluten-free and the GAPS diet, this cookbook and meal plan is designed to help a litany of disorders from brain disorders like bipolar and rage to autoimmune and heart conditions, but in a way that wont leave you deprived of all your favorite eating habits.

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