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## Read **Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health** - Read Unlimited eBooks

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### *Get* **SMART**

Samantha Heller's Nutrition Prescription  
for Boosting Brain Power and Optimizing  
Total Body Health



Samantha Heller, M.S., R.D., C.D.N.

#### Book Details

- New
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#### Book Synopsis

A healthy body makes for a healthy brain. This guide features a Nutrition Prescription plan that considers each person's habits, budget, and food preferences when making lifestyle recommendations.

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