

Title:

Believe It, You Are What You Eat!

Word Count:

718

Summary:

While the old adage that says, ^you are what you eat~ may be a bit exaggerated, the food, water

Keywords:

diet, depression, anxiety, suicide

Article Body:

^You are what you eat~ ---- this often-used phrase has come to describe the belief that a person

Actually, neither Brillat-Savarin or Feuerbach meant for their quotations to be taken

To some, the old adage, ^You are what you eat~ may be a bit exaggerated. Still, many

For starters, there are clear connections between mood and food that are rich in folate

A case study from University of Alaska best exemplifies how food intake affect the people

A recent case study also found that rates of depression, seasonal affective disorder,

^You are what you eat~, the phrase got a new lease of life in the '60s Hippie era. The

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