

THE EMPOWERED MIND DIET EQUATION

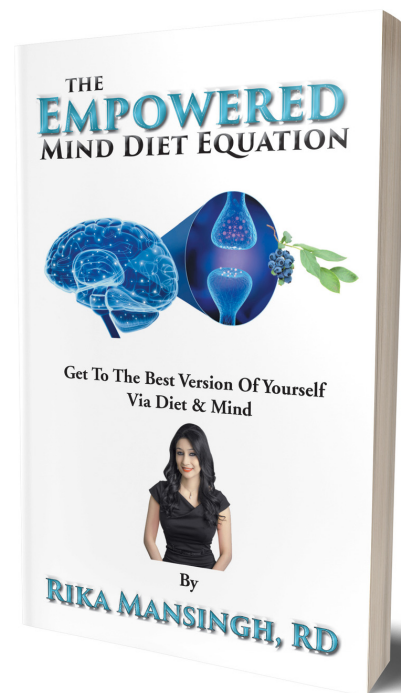
Get to the Best Version of Yourself Via Diet & Mind

Our minds are our most valuable asset. To conquer any goal, we need to conquer our minds - and one of the ways to do this is by altering our diet. What you eat can directly impact your mind and how you feel.

This book will provide you with well-organized, simple, clear and concise information to equip you with the knowledge and tools to boost your energy, increase your focus and memory, improve sleep, and enhance your happiness and well-being by conquering your mind and diet.

The Empowered Mind Diet Equation is an innovative and powerful guide to help you gain valuable insights to your mind and diet, to achieve a healthier, revitalized, happier you, by changing your thoughts, changing your diet and changing your brain because YES! Your brain can change.

A quick and easy read that will empower you to; Eat well, Think well, Feel well and Rewire your brain.



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ABOUT THE AUTHOR: Rika Mansingh, is a Registered Dietitian in British Columbia. Rika is currently working as a consultant dietitian in private practice, a clinical dietitian in long term care and as a media dietitian. She offers individual/group nutrition counseling sessions to clients with food related illness and those interested in health promotion and disease prevention. Rika has over 16 years of experience in the dietetic profession and has written articles for newspapers in Canada as well as magazines, newsletters, newspapers and has been broadcast on radio shows and satellite TV in South Africa.

Registered Dietitian, B.Sc.Dietetics(UNP), PG.Dip.Diet(UKZN), DCEP(CA)

PRAISE FOR RIKA MANSINGH

"Words cannot express how much Rika has helped me. Her knowledge and personal approach to advise and educate me on not only a healthy diet, but her ability to be so specific to me as an individual, is just amazing! After just a short while on the advice Rika gave me to alter my diet, I am already feeling better."

- Terri-Lynne Tennant, Client

"Rika is a passionate, dedicated and very knowledgeable dietitian. She is enthusiastic about helping clients help themselves. Her approach is empowering, motivating and realistic; clients go away with evidence based practical tools they can use to support their goals."

- Joanne Jasienczyk, Registered Dietitian

AUTHOR Q&A

1. Why did you write this book?

I decided to write *The Empowered Mind Diet Equation* to help all those people who have been through or going through difficult circumstances in their life or those who just need a lifestyle boost and to assist them to improve their energy levels, mood, concentration and sleep by focusing on nutrition and empowering the mind. Eating well for the mind leads to feeling well, which in turn leads to sleeping well and more energy to exercise well. Feeding the brain is crucial for good mental health and well-being.

2. How is your book different from other diet books?

There are many diet books out there. This is not just a diet book. It is an empowering book. *The Empowered Mind Diet Equation* is different as it encompasses a good combination of diet information as well as motivational information to empower your mind.

3. What will readers learn?

Readers will learn how to experience more energy and vitality by conquering the brain and maximizing its use for optimal health and well-being. We all want to learn and be inspired in the quickest way possible. Based on scientific literature, material is presented in a way that is simple, easy to understand and practical to follow. One would learn how to get to the best version of oneself via diet and the mind. If you read one book about nutrition and the brain – make it this one.

Topics Covered

- How to boost the production of new brain cells with diet and wellness practices
- How to empower your thoughts and empower your mind for a healthier happier you
- Explore why you need to nourish your brain and how to make it flourish?
- Learn how to recharge, reboot, rejuvenate and elevate by conquering the culprits (the brain on sugar and other addictive substances, gluten, deficiencies)
- Get brainy about your gut – explore your 'second brain' and dive into the gut-brain connection, leaky gut, collagen)
- How to eat well to improve your memory and reduce your risk of Alzheimer's disease
- How to achieve peak performance, high functioning state of mind to go with the 'flow'
- How to hydrate to feel great
- Equip yourself with tactics to mindfully move to wellness