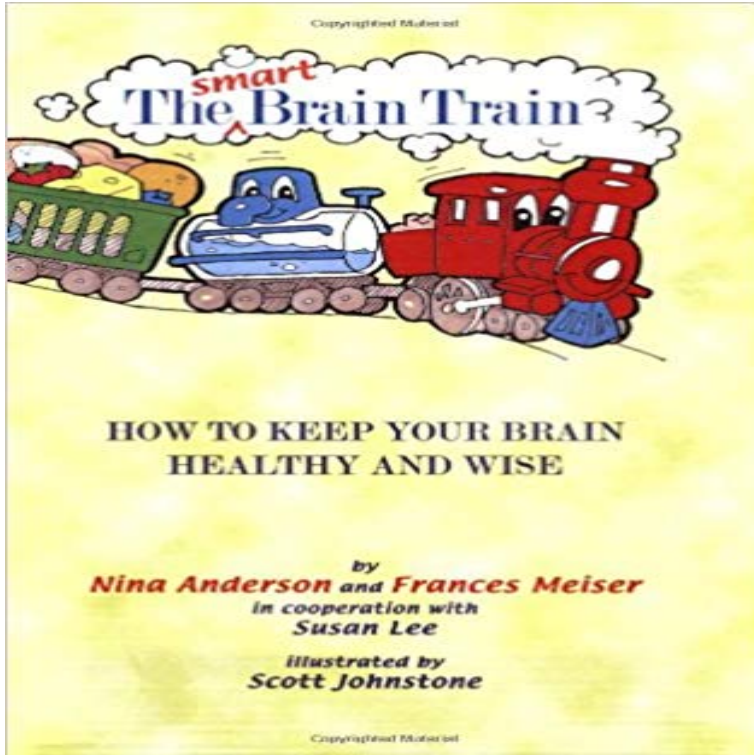


The Smart Brain Train: How to Keep Your Child's Brain Healthy and Wise



This delightful book offers a nutritional approach to improving children's brain health. The authors first address the child, explaining the importance of water, exercise, and nutrition in brain development. They then offer vital supplemental information for parents, who are guided in taking an active role in their child's brain development with the goal of achieving higher levels of learning. A progress chart, to be filled in by parents and kids together, makes it easy and fun to improve diet and lifestyle habits.

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