Humans are living longer than ever. How does the brain change during aging? Will our brain stay healthy as we age? We certainly do not want to live longer with neurological diseases. What can we do to promote the health of our brain?

Based on recent discoveries in the field of nutritional neuroscience, this book presents how nutrition affects our brain health. While we age, our brain shrinks and there are changes in how it functions, nutrition is an important component that can help maintain optimal brain health.

Using scientific evidence, this book illustrates the importance of nutrition for neurological diseases including Alzheimer’s disease, stroke, Parkinson’s disease, Multiple Sclerosis, vascular dementia, depression, anxiety, and schizophrenia. This book will appeal to anyone looking to learn more about how nutrition affects brain health.