

# GET WISE TO FOOD



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## Klok på mat

Arne Berge & Susanna Bill

235x320, 128p

*Is it possible to eat one's way to a healthier life and a better functioning brain? Yes, it's really quite simple.*

**T**his food and cookbook is the result of ten years of research on foods with preventative properties against disease at the Centre for Preventative Medicine and Food at Lund University. It shows that really good food made with just five simple rules to keep in mind can bring fantastic results both for the body and brain already after four weeks.

- Scientifically proven effect
- Research from Lund university
- Fantastic results for body and brain already after four weeks

## About the authors



**Susanna Bill** is an engineer who came third in the Swedish Masterchef and decided to embark on a new career that has always been her passion: food. A sure palate and inventive food creator driven by the vision that all must have access to flavoursome and healthy food. While her roots are in the north she is influenced by exciting flavours from other cuisines around the world and creates innovative recipes with character. This is her first cookbook.

**Arne Berge** is an experienced writer with many ideas and an expertise in explaining complex research and its findings, so that the average person understands and can use the knowledge to make changes in their everyday lives. He has a passionate interest in nutrition and health which he puts to use in both academic and commercial projects. His focus is always on tasty and healthy food.

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