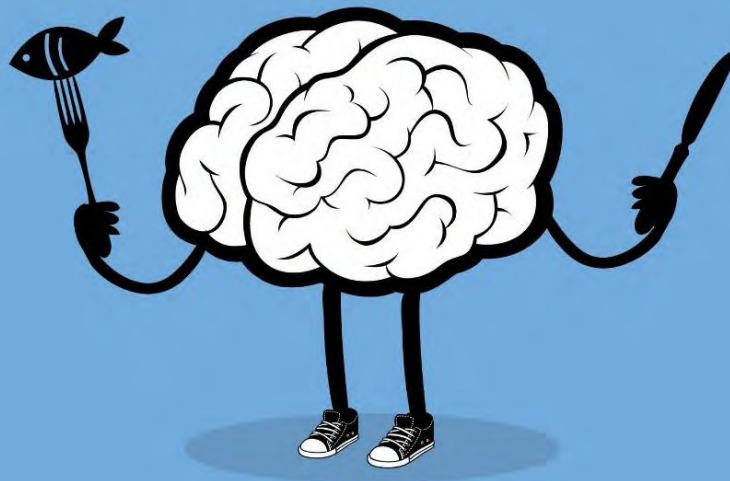


MIGUEL SANCHEZ ROMERA

ALIMENTA BIEN TU CEREBRO

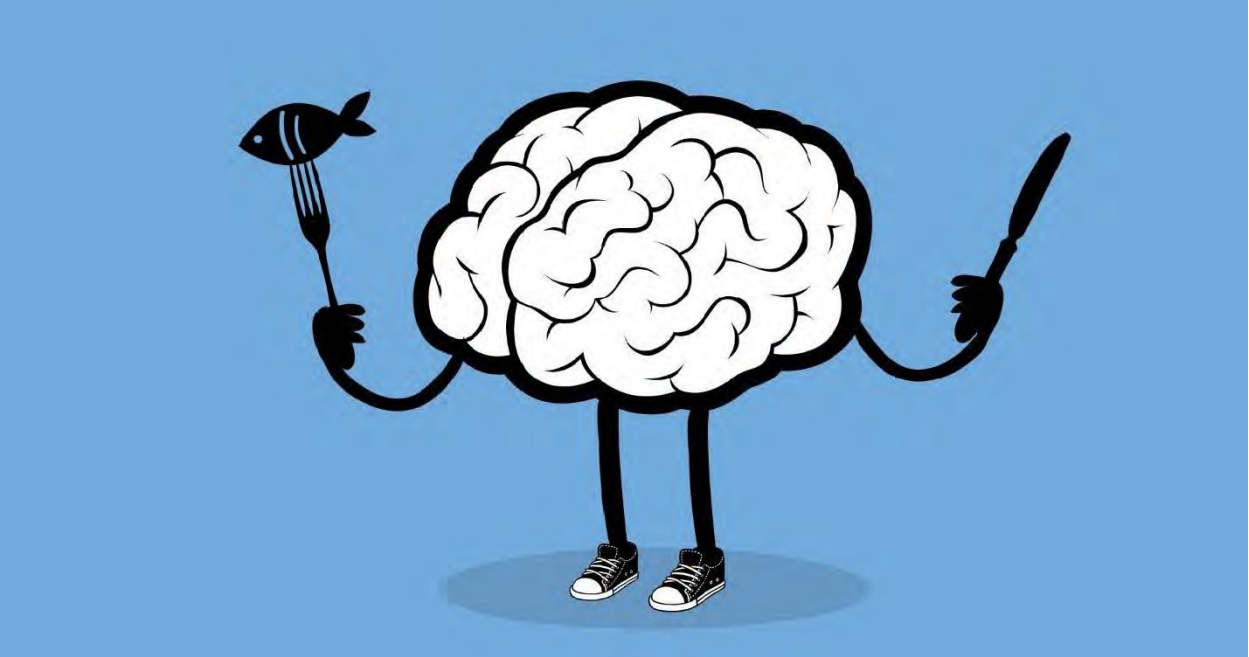
CÓMO TENER UN CEREBRO EN PLENA FORMA
DURANTE MUCHOS AÑOS



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On sale September 5th, 2017

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NOURISH YOUR BRAIN

How to keep your brain in top shape for years to come

By Dr. Miguel Sánchez Romera

- Not all foods have equally beneficial effects on brain health. Renowned chef and neurologist Miguel Sánchez Romera affirms this in his latest book. Romera offers his longtime expertise on how the brain works and the great impact that diet has on this vital organ, evaluating healthy and not-so-healthy foods. The book features a number of recipes that are easy to prepare at home and are focused on the stimulation and preservation of our cerebral health.
- *Nourish Your Brain* introduces what are called “brain-activating” foods, those that help with the proper functioning of the brain, and therefore, the body. It highlights the importance of managing emotions to keep the brain healthy.
- The author, [Miguel Sánchez Romera](#), is a world-renowned chef and neurologist with multiple restaurants in cities across the globe. He was awarded a Michelin star for his restaurant *L’Esguard* in Sant Andreu de Llaveneres, Spain. He approaches cuisine from the perspective of neurology, allowing him to formulate a truly healthy diet that nurtures the brain.

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The **brain** is what makes it possible for us to feel and to be conscious that we're alive. The way in which we take care of our brain will determine our quality of life. The brain requires a healthy diet and healthy living-habits.

In *Nourish your Brain*, neurologist and chef **Miguel Sánchez Romera** explains the paradigms for an ideal diet that boosts brain power, delays brain aging and prevents the appearance of certain brain-related diseases. There are **two ways to nourish your brain**. On the one hand, consuming “**brain-activating**” foods and, on the other, employing “**brain-activating**” **habits and lifestyles**. Both are essential to create an atmosphere conducive to life in the brain.

Throughout the book, Dr Romera describes the benefits of a healthy diet while highlighting the importance of emotions and motivations to achieve a more complete life and find daily pleasure in feeling fulfilled. Happiness is nothing more than the byproduct of intense and constant inner work to find the solutions to our desires. The final chapter features multiple “brain-activating” recipes ranging from breakfasts and desserts to main courses.

The Neuro-Philosophy of Life

The neuro-philosophy of life is an **attitude by which life is confronted with the viewpoint that the world, ourselves and the nature that surrounds us are being observed, felt and learned as a result of the intense work carried out by the brain**. We should focus all our efforts on our brain, as it is what guides our conduct, and is therefore what drives us to achieve our goals.



The Brain and Food

The most basic and essential emotions are generated in the **limbic system**. Our most basic motivational impulses for survival, including the need for food, are found in the limbic system. The **hypothalamus** probably has the most impact on building up an appetite, satiety, thirst, body temperature and reproduction.



We eat with our brain. With the help of sensory organs and other neural systems, we receive a constant stream of information from certain parts of our body to absorb nutrients that are derived from foods that we consume and nutrients that are produced by our own bodies.

The act of nourishing ourselves properly comes from, among other things, **knowing how to balance the necessity and pleasure of gratification when we eat**. If we only ate out of nutritional need, we wouldn't be satisfied; we'd always be missing

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something; the “treat” effect. However, if we only ate for the pleasure of eating, we’d end up worse off than the first situation.

A Proper Diet: Where to Begin

One standard we must uphold throughout our life is for each and every food that we consume to be of the highest possible quality. There’s no secret to this. The fact is that the quality of a vegetable, fruit or legume depends entirely on the land where it was cultivated, the way it was nourished, and how it was grown. If we don’t take care of our pastures, forests, mountains, rivers, lakes, and oceans, we compromise our own health and well-being. The best method is to prepare our own food as much as possible.



Brain-activating Foods

There is a relationship between what we eat and the dynamics of the brain. In certain foods, brain-activating substances appear in very small amounts. Therefore, the impact they have is difficult to detect immediately and will depend on the quantity consumed and how often – both frequency and consistency – that they are consumed.

This impact can be more clearly observed on the cellular energy level, meaning that the impact is most apparent in the physical and chemical mechanisms of the cells. Some foods can also have an impact on the quality and efficiency of cerebral performance.



A “brain-activating” food is any element that either directly or indirectly contributes or exerts influence on the brain. A direct influence on the brain occurs when the nutrients of a food contribute to the occurrence of a specific cerebral function or activity while an indirect influence occurs when nutrients from foods contribute to the performance of other organs in the body that together collaborate resulting in proper brain performance.

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What the Brain Needs

In order to trigger immediate responses and, logically, to support the constant operation of cerebral processes, the brain requires a small amount of glucose, mostly from fast-absorbing carbohydrates

After glucose, the brain needs oxygen, which it receives through respiration and blood flow from the heart, and other essential minerals involved in neural activity, such as sodium, potassium, magnesium and certain B group vitamins.

The brain needs unsaturated fatty acids, such as linoleic acid and linolenic acids, which the body doesn't produce on its own and must be absorbed from elements such as seed oils. Linoleic fatty acids can turn into the well-known and beneficial Omega-3, which typically comes from blue fish and helps to prevent cerebral aging and other diseases related to cerebral circulation.

How You Live is How You Eat

It's been said that you are what you eat. According to author Miguel Sánchez Romera this is undoubtedly true. However, if there's one thing that can improve *what* you eat, without a doubt it's *how* you eat. In other words, how you eat is a reflection of how you live.

Drawing from this thought, the author suggests four ways of living that drive us to eat in a certain way: Live fast, eat fast. Live good, eat good. Live poor, eat poor. Live rich, eat rich.

The Four Pillars to Learning How to Live

The brain is the organ that makes us feel and be aware that we're alive. Our quality of life depends on how we look after this vital organ. Chef and Neurologist Miguel Sánchez Romera explains how the brain works, how it processes, receives and creates information, highlighting the four necessary pillars that make the brain tick: *to feel, to know, to do, and to be*. *Nourish Your Brain* is a looking-glass into the importance of diet, food, and lifestyle to support a healthy brain and a happy life.

Nourish Your Brain

Contents

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- Chapter 4 – Feeling and Knowing To Learn and Memorize
- Chapter 5 – Let's Talk About Diet
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About the Author



Miguel Sánchez Romera has shared his passion as a neurologist and professional chef de cuisine for over twenty years.

The why, how, when and where of Sánchez Romera's cuisine are thanks to his roots. Miguel is the Argentinian son of Spanish emigrants. The chef immersed himself in his mother's culinary wisdom of both Spanish and traditional cuisine from around the world that converged in a country like Argentina at the time due to European, Asian, Arabic and Judaic immigrants.

His primary profession as a **neurologist** has left a unique and authentic mark on his latest release. He's a licensed **Neurologist and Clinical Neurophysiologist**, serving as Department Head of Neurosciences in Granollers Hospital for over twenty years. In parallel, he studied Fine Arts, and, therefore, his approach to cuisine is reflected across three angles: **science, health and art**.

Over the last ten years Miguel Sánchez Romera has become a world-renowned International **Chef de Cuisine**. He has made great contributions to the culinary industry with four restaurants, various publications and a unique approach to interpreting cuisine. Throughout the years, he has carried out his profession in restaurants in Barcelona, New York, Caracas, Yokohama, and Beijing. He was awarded a **Michelin star** for his restaurant **L'Esguard** in Sant Andreu de Llavaneres, Spain.

Because of his double status as a doctor and chef, he is considered unique in the world by the greatest experts on gastronomy. Referred to as "The Neuro-chef", his neurological approach to cuisine qualifies him to offer a truly healthy diet that minds the brain. Miguel Sánchez Romera is above all a creator of emotions and feelings who, guided by his scientific nature, aspires to perfection in his dishes, where colors and shapes come together taking the diner to a place of surprise and pleasure.

Due to his medical profession, Sánchez Romera creates a cuisine that is healthy, flavorful and modern, using only natural and premium quality products. The use of chemical additives or synthetic products is strictly prohibited in his kitchen. Upscale cuisine must be completely natural, ecological and healthy. The culinary brilliance of this "Neuro-Chef", as identified by international magazines, has been acknowledge in numerous publications including The New York Times.

More About the Author

<http://Sánchezromera-style.com/>

"Miguel Sánchez Romera sculpts strikingly beautiful dishes that strive to intensify natural flavors."

- **EL PAÍS**

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Book Details

NOURISH YOUR BRAIN

Author: Miguel Sánchez Romera

Publisher: Libros Cúpula

Dimensions: 15 cm x 23 cm

Pages: 320

Softcover with flaps MSRP: 14,95€

On sale September 5, 2017