



The Food Connection: The Right Food at the Right Time

Sam Graci

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The Food Connection will show you:

- How to balance your hormonal system to positively affect weight, motivation, sleep patterns and cognitive abilities
- How to jump start your health with the seven-day "World's Best Diet"
- The 17 bioenergetic foods to eat daily
- How food affects your mood at breakfast, lunch and dinner
- Why men and women must take different approaches to ensure their hormonal health
- How to assess your Biological Age — and take quick steps to improve your health.

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