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And you can only get good healthy fats from food. Therefore, to feed your brain, you must eat foods that are high in these essential fats: oily fish, avocados, nuts and seeds are a good place to start. When you join the Gillian McKeith club online, there are plenty of Gillian McKeith recipes to feed your brain.

Gillian Mckeiths Food Bible How

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Clinical nutritionist Gillian McKeith has become a veritable good health franchise: The author of You Are What You Eat runs the internationally famous McKeith Clinic in London and serves as the host of a popular BBC show. She views this book as her magnum opus: "I've decided to put my life's work into one must-have food bible.

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Gillian McKeith (born 28 September 1959) is a Scottish television presenter, nutritionist and writer. She is the former host in the UK of Channel 4's You Are What You Eat and Granada Television's Dr Gillian McKeith's Feel Fab Forever , and as of 2010 presents Eat Yourself Sexy on the W Network in Canada.

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