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Hardcover - September 17, 2013
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In Grain Brain, renowned neurologist David Perlmutter, MD, exposes a finding that's been buried in the medical literature

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for far too long: carbs are destroying your brain. Even so-called healthy carbs like whole grains can cause dementia, ADHD, epilepsy, anxiety, chronic headaches, depression, decreased libido, and much more.

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From #1 New York Times
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effects of wheat, sugar, and carbs
on the brain, and a 4-week plan

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to achieve optimum health. In
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destroy your brain. Even so-called
healthy carbs like whole grains
can increase the risk of dementia,
ADHD, epilepsy, anxiety, chronic
headaches, depression,
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Introduction. Grain Brain argues
that carbohydrate and gluten,
paired with sedentary behavior

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and insufficient sleep,... Scientific
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Brain's Silent Killers. The way you
eat can determine your health.
However, we are not only talking
about your physique but your
mental health as well. A bad diet
can be a cause of severe brain

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disorders such as depression,
anxiety or ADHD.
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**Grain Brain PDF Summary -
David Perlmutter | 12min Blog**

Grain Brain by David Perlmutter.
The Book: Grain Brain: The
Surprising Truth about Wheat,

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The Surprising Truth About
Carbs, and Sugar- Your Brain's
Silent Killers The Writer: David
Perlmutter, MD, is a practicing
neurologist and Fellow of the
American College of Nutrition.

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Dr. Perlmutter's #1 New York Times bestseller about the devastating effects of gluten, sugar, and carbs on the brain and body — updated with the latest nutritional and neurological science. When Grain Brain was

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published in 2013, Dr. Perlmutter kick-started a revolution. Since then, his book has been translated into 34 languages, and more than 1.5 million readers have been given the tools to make monumental life-changing improvements to their health.

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Grain Brain Book Review. With wheat, carbs and sugar in the spotlight, we thought it'd be fun to review the book "Grain Brain"

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by Dr David Perlmutter. Here's
what we think about it.

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...

Grain Brain demonstrates the
interest in gluten's impact on the

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brain and need for solid and
effective advice on how to
prevent disease and achieve
optimum health. Brain Maker In
'Brain Maker', Dr. David
Perlmutter reveals the powerful
role of gut bacteria in
determining your brain's destiny.

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devastating effects of gluten,
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body - updated with the latest
nutritional and neurological
science. When Grain Brain was
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kick-started a revolution.

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The devastating truth about the effects of wheat, sugar, and carbs on the brain, with a 4-week plan to achieve optimum health. In Grain Brain, renowned neurologist David Perlmutter, MD, exposes a finding that's been buried in the medical literature for far too

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Even so-called healthy carbs like
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Grain Brain is a good read packed

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with a great deal of knowledge
related to reviews of the latest
research in current nutrient brain-
related issues, as well as good
detail on gluten sensitivity, celiac
disease, testing, cholesterol and
fats, and hormones related to
inflammation and obesity.

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Grain Brain Revised Edition, The
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Silent Killers. Little, Brown Spark.
ISBN 978-0316485135.

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Perlmutter, David (November 15, 2016). *The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, and Achieve Optimal Health*. Little, Brown and Company. ISBN 978-0316319195.

David Perlmutter - Wikipedia

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Groundbreaking and timely, Grain
Brain shows that the fate of your
brain is not in your genes. It's in
the food you eat. The cornerstone
of all degenerative conditions,
including brain disorders, is
inflammation, which can be
triggered by carbs, especially

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containing gluten or high in
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