

# [PDF] Grain Brain: The Surprising Truth About Wheat, Carbs, And Sugar--Your Brain's Silent Killers

David Perlmutter - pdf download free book

"Dr. Perlmutter is an absolute leader in the use of alternative and conventional approaches to the treatment of neurological disorders. I have referred patients to him with wonderful results."

—JENNIFER COE, MD

"Dr. Perlmutter takes an in-depth look at the destructive effects that 'healthy whole grains' have on our brains. Modern wheat, in particular, is responsible for changing more brains in this country than all the strokes, car accidents, and food allergies combined. Dr. Perlmutter makes a persuasive case for this wheat-free approach to preserve brain health and functioning."

—WILLIAM GIBBS, MD, AUTHOR OF *WHEAT BELLY*

"If you want to boost your brain power, keep your memory, and fill your mind and energy, as well as feel like a boss of common complaints, Dr. Perlmutter is your guide. This is the definitive instruction book for the care and feeding of your brain!"

—WENDY WERNER, MD, AUTHOR OF *THE ALCOHOL SOLUTION*

"Dementia and many other brain diseases are not inevitable, nor are they genetic. They are directly and powerfully linked to a diet high in sugar and grains. Grain Brain not only proves this, it also gives you everything you need to know to protect your brain—or already-damaged one."

—CHRISTOPHER NICHOLSON, MD, AUTHOR OF *WOMEN'S BRAINS: WOMEN'S BRAINS*

"This book is a treasure. It is filled with self-empowering wisdom and easily understood leading science. By learning from the information presented in *Grain Brain*, you can avoid multiple health and neurological problems."

—JENNIFER L. BELL, MD, AUTHOR OF *FAITH, HOPE AND HEALING AND THE ART OF HEALING*



## Books Details:

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## Description:

**A #1 New York Times bestseller--the devastating truth about the effects of wheat, sugar, and carbs on the brain, with a 4-week plan to achieve optimum health.**

Renowned neurologist David Perlmutter, MD, blows the lid off a topic that's been buried in medical literature for far too long: carbs are destroying your brain. And not just unhealthy carbs, but even *healthy* ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our "smart genes" through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies *without drugs*. With a revolutionary 4-week plan, GRAIN BRAIN teaches us how we can reprogram our genetic destiny for the better.

GRAIN BRAIN is a #1 *New York Times* bestseller and a finalist for a 2013 Books for a Better Life award.

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