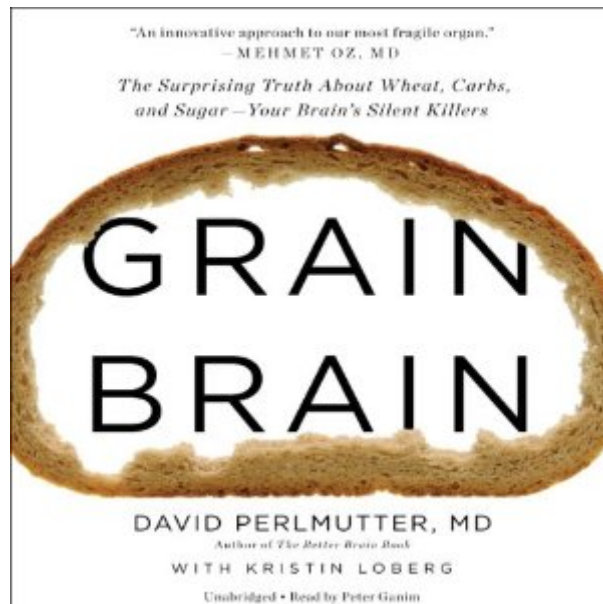


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# Grain Brain: The Surprising Truth About Wheat, Carbs, And Sugar - Your Brain's Silent Killers



## Synopsis

The devastating truth about the effects of wheat, sugar, and carbs on the brain, with a 30-day 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 30-day plan, Grain Brain teaches us how we can reprogram our genetic destiny for the better. Please note that there are many references in this audiobook to information discussed in Chapter 10. Chapter 10 has been recorded in its entirety on this audiobook and all information contained in this chapter can be listened to in the recording.

## Book Information

Audible Audio Edition

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Best Sellers Rank: #4 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Alzheimer's Disease #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments >

Allergies #5 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies

## Customer Reviews

I'm 68 years old, forgetting everything, obese and out of shape. I've lost and gained weight so many times I could have made three different people. I didn't feel like doing anything, much less exercise. My nails were non-existent, my hair limp and thinning. UNTIL I read this book! In three weeks of following this new way of living (it is NOT just a diet!) I've lost 12 lbs, have happily started an exercise program, and have more energy than I've had in years! I'm never hungry, I get to eat all

kinds of meats and cheeses and veggies, and I don't even bother counting calories. The supplements he recommends have made an almost instant difference - my nails are stronger and growing long, my skin is better, and my overall mood is vastly improved. This will be my way of life from here on out, and I strongly recommend this book to everyone. It was like taking blinders off, and being able to see again. Thank you, Dr Perlmutter, for this wonderful book, and for the back up help from your website!

This book is absolutely amazing. It is chock full of great information for the dieter who is looking to increase his knowledge on how exactly grains and different types of carbs can affect your brain. I really enjoyed the writer's style, it helped keep me engaged and interested in the content, unlike other books on the same subject. The most interesting part is that I was able to lose a significant amount of weight just by following some of the guidelines in the book. I also took a supplement called Garcinia Cambogia that has only accelerated my weight loss. I have a child with ADHD so I really enjoyed the fact that ADHD and different types of gluten sensitivity were covered in grain brain. Since I have previously been on the primal diet, I knew some of the information since the two diets were similar, but not exactly the same. Prior to reading it I believed that gluten free and grain free were exactly the same which is not always the case. I recommend that anyone read this book, it's a quick read and contains a ton of great information that can be extremely helpful. I was lucky to get this book as a gift from my lovely brother in law (Marcus) and really owe him one for this great read.

Some of this book seems like good advice e.g. eliminating simple carbs & processed/packaged foods, and switching to high-quality (probably organic) vegetables and high-quality meat & eggs (e.g. genuine PASTURE-raised flesh and PASTURE-raised eggs, not the meaningless "free range chicken" nonsense one sees in stores & on restaurant menus). Some of this book seems like a big stretch, e.g. the assumptions & proclamations about what our ancestors used to eat (i.e. almost all fatty animal products, very few fruits/vegetables). I consider those statements about the nutritional makeup of our ancestors to be a series of presumptuous, unsupportable statements that should be taken with several grains of salt. As intellectual & informational balance to Perlmutter, I recommend that all thinking people also read at minimum "The Omnivore's Dilemma" by Michael Pollan and "Reversing Diabetes [sic]" by Dr. Neal Barnard. Not disputing Perlmutter's recommendations, because as I said above, some of his advice IMO has merit, but in a one-year trial I myself have lost most of my visible body fat and achieved blood-chemistry and BMI results as good or better than

Perlmutter's ideal goals, by adhering to the strictly whole, plant-based foods, low-fat, low-glycemic-index dietary recommendations proposed by Neal Barnard ("Reversing Diabetes"), T. Colin Campbell ("The China Study") & Caldwell Esselstyn ("Prevent & Reverse Heart Disease"). The only supplements I take are vitamins B12 and D3. IMO, in "Grain Brain" Perlmutter makes some good points that seem to have merit, but also makes some seemingly unsupportable statements/proclamations that make me raise an eyebrow about following his recommendations unquestioningly. Before going whole-hog for any of these nutrition-for-life books, I highly recommend reading a balance of viewpoints.

I have long been plagued by many of the health issues that Dr. Perlmutter addresses in 'Grain Brain', and have been seeking answers, including reading many 'health diet' books. I even attended an all-vegetarian cooking school in order to learn more about how to better my health after having cancer. In short, THIS IS THE BOOK with the information that I have been searching for so many years for. Dr. Perlmutter is unique among doctors, because he is a board-certified Neurologist, a fellow of the American College of Nutrition (the only doctor in the country who is both), and a fellow of the American Board of Integrative and Holistic Medicine. His book is based on his very real patients at his own practice, and he cites huge amounts of research and studies to back up his claims. Most of us realize that American has become a very sick nation, with little being done in the way of preventative medicine, because doctors are taught to diagnose disease and prescribe a treatment. They are not trained in nutrition, and most base their advice (if any) about nutrition on misguided dietary principles. One cartoon says it very well "The high-carb diet I put you on 20 years ago gave you diabetes, high blood pressure, and heart disease (and brain disease). Oops" The other reviews tell you what this book is about, how you should eliminate gluten and most carbs, and most fruits and sugar, get regular exercise, and sleep well, in order to have a healthy brain (and body). The writing style is very easy for anyone to understand the concepts and principles behind the plan. There are recipes and of course lists of foods to help get you going on the plan. I literally could not put this book down once I started it. I have started the plan, and am extremely excited about it. I would love to give the book to everyone I know, and everyone I meet!

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