

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

David Perlmutter - pdf download free book

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

"Dr. Perlmutter takes us on a detailed tour of the destructive effects that 'healthy whole grains' have on our brains. Science shows, in particular, is responsible for shooting more brains in this country than all the strokes, car accidents, and food allergies combined. Dr. Perlmutter makes a persuasive case for this whole, free approach to prevent brain health and happiness."  
—WILLIAM DAVIS, MD, AUTHOR OF *WHEAT BELLY*

"If you want to boost your brain power, keep your memory, and lift your mood and energy, as well as feel less in a bad of constant complaints, Dr. Perlmutter is your guide. This is the definitive nutrition plan for the care and feeding of your brain."  
—MARK STERNAL, MD, AUTHOR OF *THE GOOD SUGAR 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 for a lifetime's time."  
—CHRISTIANE NORTHROP, MD, AUTHOR OF *WOMEN'S BEYOND, WOMEN'S BELONG*

"This book is a treasure. It is filled with self-empowering wisdom and easily implemented, lasting step-by-step. By learning from the information presented in *Grain Brain*, you can avoid multiple health and neurological problems."  
—ANDREW S. NICKLES, MD, AUTHOR OF *FAITH, HOPE AND HEALING AND THE ART OF HEALING*

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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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