



Grain Brain by David Perlmutter, MD - Book Summary: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers

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This is a FlashBooks BOOK SUMMARY for Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers by David Perlmutter (Author), Kristin Loberg (Contributor)

BOOK DESCRIPTION:

Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers by David Perlmutter (Author), Kristin Loberg (Contributor)

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.

Publisher: Little, Brown and Company; 1 edition (September 17, 2013)

Language: English

ISBN-10: 031623480X

ISBN-13: 978-0316234801

Product Dimensions: 6.5 x 1.2 x 9.8 inches

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David Perlmutter, MD, FACN, ABIHM is a Board-Certified Neurologist and Fellow of the American College of Nutrition who received his M.D. degree from the University of Miami School of Medicine where he was awarded the Leonard G. Rowntree Research Award. Dr. Perlmutter is a frequent lecturer at symposia sponsored by such medical institutions as Columbia University, the University of Arizona, Scripps Institute, and Harvard University. He has contributed extensively to the world medical literature with publications appearing in The Journal of Neurosurgery, The Southern Medical Journal, Journal of Applied Nutrition, and Archives of Neurology. He is the author of: The Better Brain Book and the #1 New York Times Bestseller, Grain Brain. He is recognized internationally as a leader in the field of nutritional influences in neurological disorders. Dr. Perlmutter has been interviewed on many nationally syndicated radio and television programs including 20/20, Larry King Live, CNN, Fox News, Fox and Friends, The Today Show, Oprah, Dr. Oz, and The CBS Early Show. In 2002 Dr. Perlmutter was the recipient of the Linus Pauling Award for his innovative approaches to neurological disorders and in addition was awarded the Denham Harmon Award for his pioneering work in the application of free radical science to clinical medicine. He is the recipient of the 2006 National Nutritional Foods Association Clinician of the Year Award. Dr. Perlmutter serves as Medical Advisor for The Dr. Oz Show

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