

Copyrighted Material
COMPLETELY REVISED AND UPDATED

#1 NEW YORK TIMES BESTSELLER

*The Surprising Truth About Wheat, Carbs,
and Sugar – Your Brain's Silent Killers*

MORE THAN
1 MILLION
COPIES
IN PRINT



GRAIN
BRAIN

DAVID PERLMUTTER, MD

Author of Brain Maker

WITH KRISTIN LOBERG

Copyrighted Material

David Perlmutter

**Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your
Brain's Silent Killers**



[continue reading](#)

Dr. Inside, you'll learn to: eliminate weightbanish anxietybeat depressionreduce -- and even get rid of -- chronic conditionssafeguard yourself against cognitive decline and neurological diseaseimprove the health of your microbiomeand a lot more -- all without medications! Drawing on the latest developments in scientific analysis, which have further validated his suggestions, he explains the way the Grain Brain system improves the brain, shows the benefits of using extra fat as a main fuel source, and places forth the most compelling proof to date that a non-GMO, gluten-free of charge, and low-carb diet is crucial for cognitive function and long-term health. Since that time, his book offers been translated into 34 languages, and more than 1.5 million readers have already been provided the tools to create monumental life-changing improvements with their health. Grain Human brain empowers you to take control of your wellbeing as never before. Perlmutter's #1 NY Situations bestseller about the devastating ramifications of gluten, sugar, and carbs on the mind and body -- updated with the latest dietary and neurological scienceWhen Grain Human brain was published in 2013, Dr. In this fully revised, five-year-anniversary edition, Dr.Featuring up-to-date data and practical assistance predicated on leading-edge medicine, plus a wealth of new tested recipes, Grain Brain will give you all the tools you have to restore your health and achieve the best possible wellness intended for lifelong vitality. Perlmutter kick-started a revolution. Perlmutter builds on his objective.



[continue reading](#)

