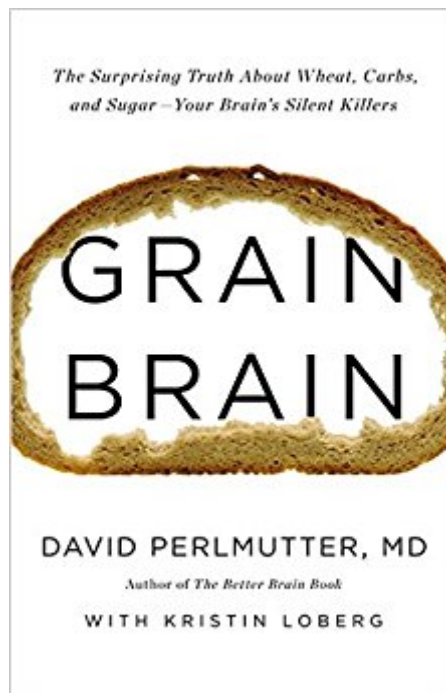




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# Grain Brain: The Surprising Truth About Wheat, Carbs, And Sugar--Your Brain's Silent Killers



## Synopsis

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.

## Book Information

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Best Sellers Rank: #2,300 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #2 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #3 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free

## Customer Reviews

In his latest book, neurologist Perlmutter (The Better Brain Book) declares war on a common foodstuff, attributing a bewilderingly wide assortment of maladies to the consumption of gluten, a substance found in bread and other stock foods. Contrasting modern humans against idealized humans of the distant past, Perlmutter concludes that the former, whose average life expectancy at birth is about twice that of their Paleolithic ancestors, have gone off the proper track. He addresses

the churlish objection that gluten has been part of the human diet for many millennia by firmly asserting that recent changes to crops have transformed a once-safe food into a terrible scourge. The book features health advice, a number of gluten-free recipes, and details on some relevant case studies. Lauded by such nonconsensus pundits as Mehmet Oz and William Davis, Perlmutter offers readers a comfortably simplistic model for thinking about carbs. Agent: Bonnie Solow, Solow Literary Enterprises. (Sept.)

"Dr. Perlmutter outlines an innovative approach to our most fragile organ, the brain. He is an absolute leader in the use of alternative and conventional approaches in the treatment of neurologic disorders. I have referred him patients with wonderful results. He is on the cutting edge and can help change the way we practice medicine." --Mehmet Oz, MD

"Dr. Perlmutter takes us on a detailed tour of the destructive effects that 'healthy whole grains' have on our brains. Modern wheat, in particular, is responsible for destroying more brains in this country than all the strokes, car accidents, and head trauma combined. Dr. Perlmutter makes a persuasive case for this wheat-free approach to preserve brain health and functioning, or to begin the process of reversal." --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 heal from a host of other common complaints, Dr. Perlmutter is your guide. This is the definitive instruction book for the care and feeding of your brain!" --Mark Hyman, MD, author of *The Blood 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--or a loved one's--now." --Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom*

"This book is a treasure. It is filled with self-empowering wisdom and easily understood leading-edge science. It can help you to avoid the devastating effects of an unhealthy diet and the dietary factors which are involved. By learning from the information presented in Dr. Perlmutter's book, you can avoid multiple health and neurological problems." --Bernie Siegel, MD, author of *Faith, Hope, and Healing* and *The Art of Healing*

"A provocative, eye-opening scientific account of how diet profoundly influences nerve health and brain function. Grain Brain explains how the American diet rich in gluten and inflammatory foods is linked to neurological conditions. Dr. Perlmutter outlines a blueprint for optimal health and a more resilient brain through proper nutrition and lifestyle. Grain Brain is a must-read!" --Gerard E. Mullin, MD, Associate Professor of Medicine, The Johns Hopkins School of Medicine, and author of *The Inside Tract: Your Good Gut Guide to Great Digestive Health*

"Dr. Perlmutter is the leading integrative medicine neurologist in North America today. His ability to

fully integrate conventional medicine diagnosis and treatment with the latest innovations in nutritional and environmental medicine is phenomenal. As a teacher and clinician, he has fundamentally changed how physicians and patients think about neurological degeneration and, happily, regeneration." --Joseph Pizzorno, MD, coauthor of Encyclopedia of Natural Medicine"Dr. Perlmutter provides sound advice, supported by the latest and most well respected medical research." --Russell. B. Roth, MD, Past President, American Medical Association"A galvanizing call to arms against a gluten-heavy diet....Perlmutter's credentials as a board-certified neurologist and American College of Nutrition Fellow make him a uniquely qualified voice in the debate about which foods are best for the brain and body." --Kirkus Reviews "Mind-blowing and disruptive to some long-standing beliefs about what our bodies require for optimal health...GRAIN BRAIN lays out an easy-to-understand roadmap packed with the latest science." --Max Lugavere, Psychology Today"A tour de force that is destined to save many lives. As I read this important and well-written book I found myself nodding my head vigorously in agreement at practically every page. [Grain Brain] gives us what we need to know to be well again. Please read it." --Health Central

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 calledÂ Garcinia CambogiaÂ 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.

This is not a light read but I suppose it is not supposed to be as it's a rather weighty topic. For me, as someone who has been a "whole grain" person and thought I was doing all the right things, this book is an eye opener. I haven't cleaned out my kitchen, as he suggests, and I still see value in fruits and things like raw honey (in moderation), but this book has helped me understand the whole truth regarding wheat and related grains. The bottom line for me, look at the research and look at what he is saying. Does the data support his claims? I think it does, so I encourage everyone to read this and consider making some lifestyle changes.

This book is a real eye and brain opener. It makes sense that if there is inflammation in the body it would also be in the brain and logically is contributing to the pervasive epidemic of dementia and Alzheimers. In other words, gluten is making us stupid. Haven't you noticed? ha ha. Also I'm really enjoying the recipes; although most of them are in quantities ideal for a commune rather than one/two people. The cauliflower couscous is delicious. David Perlmutter, as well as presenting believable evidence, is a great writer. Sometimes I'll start a book that's written by a scientist and although they have great information they have terrible writing style and I can't get through it. Not so with Dr. Perlmutter. I'm looking forward to his new book coming out April 28 called "Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—For Life".

Excellent book about eating Wheat and its affects on the brain and body. Good information on what statins (cholesterol lowering drugs do and do not do. Reports on testing that has been done and not given to the public to see. Has supplements to take for your brain, also. Whether you are gluten sensitive or not the wheat has been genetically modified to make you eat more and more. Also, the changes it does to the body and brain. This book has information on Parkinsons, Alzheimers, Schizophrenia, Celiac Disease etc.

This book and several others challenge the misinformation that has led to an increase in obesity, diabetes, Alzheimer's, etc. Those die hard proponents of high carb and low fat are still spouting the party line that supports the producers instead of the consumers. Dr. Perlmutter makes an excellent case based on the latest studies and his unrepentant opponents can only utter the pathetic criticism that it's just "Atkins" all over again. I read their reviews and it appears that they never read GrainBrain and only repeated the talking points given them by the carbohydrate producers. After making America sick with their obsolete recommendations, they cling to discredited dietary recommendations unable to admit the great harm they have inflicted on millions of people.

You can't go wrong with this book. Dr. Perlmutter has done his homework, well he is in the business, sees hundreds of patients and is locked in by the Hippocratic oath. He is absolutely right about the damage done by wheat, carbs and sugar and if you want to back his facts up with a little research pick up a copy of Dr. William Davis' Wheat Belly Total Health and Dr. Steven Masley's The 30-Day Heart Tune-Up. I recommend all three because if you have any of about 20 serious health issues these Doc's will flat out solve your problems. I had 4 way cardio by-pass surgery 12 years ago, am now 79 years old, have been on a strict healthy diet plan (it's so easy) for years, take absolutely NO PRESCRIPTION MEDICATION and have a clean bill of health. Get these books and get healthy. It's cheap and easy and you will feel like a million bucks.

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