

BRAIN GRAIN BOOK



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The Book: Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar Your Brain's Silent Killers The Author: David Perlmutter, MD, is a practicing neurologist and Fellow of the American College of Nutrition.
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Grain Brain Describes the Staggering Effects of Carbs on

When Grain Brain was published in 2013, Dr. Perlmutter kick-started a revolution. Since then, his book has been translated into 34 languages, and more than 1.5 million readers have been given the tools to make monumental life-changing improvements to their health.

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Grain Brain The Surprising Truth about Wheat Carbs and

Grain Brain is a good book as far as re-educating people regarding food myths that have taken root in our culture, such as that grains are good for you, or necessary for fiber, or that eggs and cholesterol are evil. I applaud the author for the many studies he cites and for bringing these misconceptions to light.

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Grain Brain Take It With a Grain of Salt Doc's Opinion

There's a huge difference between Taubes' books and Perlmutter's Grain Brain. In my opinion, Perlmutter is way behind Taubes when it comes to argumenting his cause. Actually, I read the whole book (Grain Brain) but I have to admit it took a lot of effort.

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The Smoke and Mirrors Behind Wheat Belly and Grain Brain

The Smoke and Mirrors Behind Wheat Belly and Grain Brain. By John McDougall, MD Just as important for the rising popularity of low-carbohydrate diets, books like Wheat Belly and Grain Brain enhance the profits of the meat, dairy, egg, and fish industries.

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