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Grain Brain by David Perlmutter. UK Version | US Version | CA Version. 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. He is also somewhat of a medical celebrity in the US, with a regular slot on the The Dr. Oz Show, and appearing on 20/20, Today, Good Morning America, and The Early Show.

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The devastating truth about the effects of wheat, sugar, and carbs on the brain, with a 4-week plan to achieve optimum health. In Grain Brain, renowned neurologist David Perlmutter, MD, exposes a finding that's been buried in the medical literature for far too long: carbs are destroying your brain. Even so-called healthy carbs like whole grains can cause dementia, ADHD, epilepsy, anxiety, chronic headaches, depression, decreased libido, and much more.

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like whole grains can cause dementia, ADHD, epilepsy, anxiety, chronic headaches, depression, decreased libido, and much more.

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Grain Brain The Surprising Truth about Wheat Carbs and

Grain Brain, by Dr. David Perlmutter, is a breath of fresh air. Great detail is given about how gluten, sugar, and other carbs cause inflammation, wreaking havoc on your hormones, blood sugar, brain, and waistline.

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The Grain Brain Cookbook by David Perlmutter MD

The Grain Brain Cookbook is the authorized companion to the New York Times bestseller Grain Brain, with more than 150 life-changing gluten-free recipes.

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Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar - Your Brain's Silent Killers eBook: Grain Brain: The Surprising Truth about Wheat, Carbs, GRAIN BRAIN teaches us how we can reprogram our genetic destiny for the better.

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Grain Brain The Surprising Truth About Wheat, Carbs, and Sugar--your Brain's Silent Killers (eBook) :

Perlmutter, David : A neurologist describes how carbohydrates, even the healthy ones, destroy brain function and cause a range of diseases, including ADHD, anxiety, chronic headaches, and depression, and offers a thirty-day plan to reprogram dietary habits and repair brain cells.

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