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

## GRAIN BRAIN SUMMARY



## Synopsis

Important: This is a concise, easy to read summary of Perlmutter's best seller "Grain Brain", this is not the full 330+ page version. If you think all the fuss over watching carbohydrate intake is mostly about blood sugar and weight control, think again. Carb-heavy diets lead to big-time inflammation, and inflammation leads to everything you don't want: heart disease, obesity, diabetes, and neurodegenerative disorders like Alzheimer's, Parkinson's and Lou Gehrig's disease. Neurologist David Perlmutter forks over the straight scoop in Grain Brain, laying out data to back up his claims in such a convincing presentation you'll let go of the conviction that a slice of whole wheat bread is "good" for you. In this detailed summary, you'll find out how foods you think are healthy, like orange juice, low-fat milk, agave nectar or whole grain pasta, set your grey matter on fire. The brain's lack of pain receptors make it hard to tell when damage is being inflicted, and by the time brain dysfunction is diagnosed, it's usually too late. Cutting-edge research shows dietary choices either help us or hurt us, and this summary is packed with information to help you keep your brain sharp and nimble while cultivating vital health in your body. There's no pill or protocol to fix a faulty brain, so prevention is the best bet for keeping your marbles. Start by going over Dr. Perlmutter's "Hazard Zone" list to determine your risk factors for developing brain disease. This comprehensive summary includes all the information you need to make wise choices today through simple, powerful course corrections. You'll find out:

- How genetics influence our ability to digest and utilize glucose-rich fuels like fruit and grain
- How the demographics of a skewed ratio between fat, protein and carbohydrates affect human biochemistry
- How toxic components in processed foods impact system efficiency and function
- Why as many as 9 out of 10 people may be suffering from undiagnosed gluten sensitivity
- How gluten has become our generation's addictive weakness as it wreaks havoc on our "second brain," the digestive system
- Strategies for using diet therapies to eliminate gluten and sugar to relieve headaches, insomnia, depression, ADHD, and a host of other health issues, including obesity and diabetes
- How misinformation about low-fat diets has contributed to ravaging the health of millions worldwide
- Why adding carefully chosen high-cholesterol foods into your diet is the best plan for avoiding heart disease and preserving brain power
- How eating quality fat in generous amounts can help you achieve and maintain ideal weight
- How sleep deprivation and chronic stress sabotage physical and mental health
- Why consistent, vigorous exercise makes you smarter
- How you can drop your triglycerides, blood pressure, weight and blood sugar in just four weeks
- Ways to dramatically cut your risk of developing diabetes, heart disease and neurodegenerative disease

Make a "brain-smart" decision today by accessing the

comprehensive information in this summary that allows you to identify counterproductive choices. In as little as two weeks, you can experience greater clarity of thought and better sleep, as well as a lighter body and improved digestion, and you can begin taking vital steps to establish and protect the biochemistry that will allow you to live and age gracefully.

## **Book Information**

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## **Customer Reviews**

I got this condensed version of the book because I didn't want to get bogged down in technical and scientific mumbo jumbo. I wanted to get right to the point with enough reasons to convince me this was a valuable and healthier way to eat. This condenses the info just right and also includes several very interesting and varied types of recipes. I would definitely recommend this to anyone wanting to change their health for the better.

David Potter did a fabulous job summarizing of the book Grain Brain by Dr. David Perlmutter, M.D.. This book is one that will absolutely amaze you when you start reading it. I found myself not wanting to put it down because it's so intriguing. Dr. Perlmutter has such a wonderful sense of humor, and David Potter let that shine through. I'm Italian, we are genetically programmed ;) to love pasta &

bread...this book broke the cycle for me. After reading it, I very, VERY seldom want anything containing grain. I recommend both the summary and full version to just about everyone I talk to about my weight loss, just an added bonus I forgot to mention. This book is for all ages, it pertains to our little ones all the way through old age. His studies in the area of dementia & how it relates to grain is fabulous. GET THE BOOK, and get back on track the way you were meant to live.

You get enough information from this summary to know what you need to do (eat) and why. I subsequently bought Brain Maker, which gives more information along the same line and gets very technical. Brain Maker is pretty challenging to read as I'm sure Grain Brain is, so a summary like this is great for those of us who are scientifically challenged.

If you are interested in how the body and brain reacts to all of the foods you intake you will find this book very helpful in explaining that. After reading this book it makes me think about what I'm eating and what is in it before I actually eat it. Another great thing about this book is it gives you some healthy and tasty recipes to try for yourself.

Wow! So surprising how common foods and substances we eat everyday slowly destroys our brain. I'm glad I got this information while I am relatively young so I can make an immediate adjustment to my diet for long-term brain health in my old age. This book is just what the doctor ordered for the many of us who are uneducated on how certain foods we constantly eat negatively affect our brain in the long run. Urgent! Read this book for the Health of Your Brain.

The Grain Brain summary is a very good read. I found the information to be presented in an easy to understand format. If you are looking for information on how your diet affects your body and specifically your brain then you will enjoy this book.

I gave this a four star rating. Liked the information on cutting dairy and grains from our diets. Lots of ideas on healthy choices and a few recipes. Would love to have more recipes, and more information on the benefits of omitting dairy and grains though. So interesting and encouraging.

Although well written, this truly is no more than a summary of the book's high level concepts - basically a retread of the Atkins/Paleo/Eat Fat, Grow Thin" diets. In that respect, the summary delivers 100% on its promise. If you want food lists and recipes, then pay for the unexpurgated

version of the book

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list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More!  
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