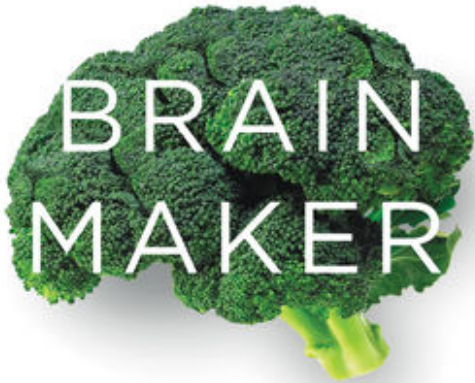


Baixar livros gratuitos Brain Maker - David Perlmutter & Kristin Loberg (DBSBOOK)

BY THE AUTHOR OF THE #1 NEW YORK TIMES
BESTSELLER **GRAIN BRAIN**

*The Power of Gut Microbes to Heal and
Protect Your Brain—for Life*



DAVID PERLMUTTER, MD
WITH KRISTIN LOBERG

The bestselling author of *Grain Brain* uncovers the powerful role of gut bacteria in determining your brain's destiny.

Debilitating brain disorders are on the rise—from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research sheds light on the influence of the human microbiome in every aspect of health, including your nervous system. In **BRAIN MAKER**, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on the environment, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, **BRAIN MAKER** opens the door to unprecedented brain health potential.

Title	: Brain Maker
Author	: David Perlmutter & Kristin Loberg
Categoria	: Saúde e fitness
Publicado	: 28/04/2015
Editora	: Little, Brown and Company
Vendedor	: Hachette Digital, Inc.
Páginas impressas	: 320 páginas
File Size	: 3.15MB

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