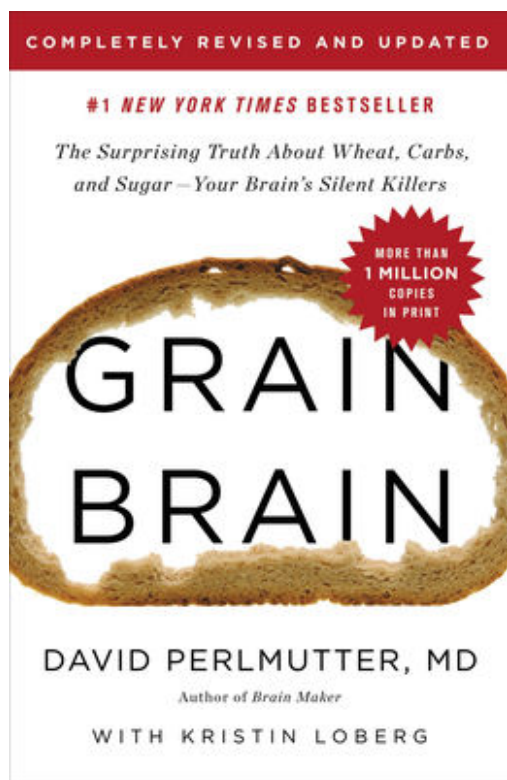


Baixar livros gratuitos Grain Brain - David Perlmutter & Kristin Loberg (DBSBOOK)



Dr. Perlmutter's #1 *New York Times* bestseller about the devastating effects of gluten, sugar, and carbs on the brain and body -- updated with the latest nutritional and neurological science

When *Grain Brain* was published in 2013, Dr. Perlmutter kick-started a revolution. Since then, his book has been translated into thirty languages, and more than 1.5 million readers have been given the tools to make monumental life-changing improvements to their health. They've lost weight, banished anxiety and depression, reduced or eliminated chronic conditions, and taken proactive steps to safeguard themselves against cognitive decline and neurological disease -- all without drugs.

In this fully revised, five-year-anniversary edition, Dr. Perlmutter builds on his mission. Drawing on the latest developments in scientific research, which have further validated his recommendations, he explains how the *Grain Brain* program boosts the brain, shows the benefits of using

fat as a main fuel source, and puts forth the most compelling evidence to date that a non-GMO, gluten-free, and low-carb diet is crucial for cognitive function and long-term health.

Featuring up-to-date data and practical advice based on leading-edge medicine, including modified guidelines for testing and supplements, plus a wealth of new recipes, *Grain Brain* empowers you to take control of your health as never before and achieve optimal wellness for lifelong vitality.

Title	: Grain Brain
Author	: David Perlmutter & Kristin Loberg
Lançamento previsto	: 18/12/2018
Editora	: Little, Brown and Company
Vendedor	: Hachette Digital, Inc.
Páginas impressas	: 384 páginas
Idioma	: Inglês
File Size	: 0.00

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