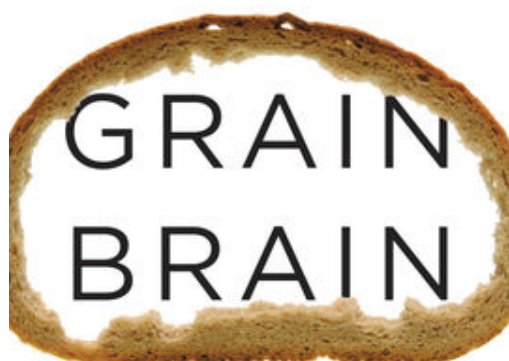


Baixar livros gratuitos Grain Brain - David Perlmutter & Kristin Loberg (DBSBOOK)

#1 NATIONAL BESTSELLER

The Surprising Truth About Wheat, Carbs, and Sugar—Your Brain's Silent Killers



DAVID PERLMUTTER, MD
WITH KRISTIN LOBERG

"A persuasive case for the wheat-free approach to preserve brain health and functioning, or to begin the process of reversal."
—William Davis, MD, author of *WHEAT BELLY*

#1 NEW YORK TIMES BESTSELLER

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.

Groundbreaking and timely, *Grain Brain* shows that the fate of your brain is not in your genes. It's in the food you eat. The cornerstone of all degenerative conditions, including brain disorders, is inflammation, which can be triggered by carbs, especially containing gluten or high in sugar. Dr. Perlmutter explains what happens when the brain encounters common

ingredients in your daily bread and fruit bowls, how statin drugs may be erasing your memory, why a diet high in "good fats" is ideal, and how to spur the growth of new brain cells at any age.

Dr. Perlmutter's revolutionary 4-week plan shows you how to keep your brain healthy, vibrant, and sharp while dramatically reducing your risk for debilitating neurological diseases as well as relieving more common, everyday conditions -- without drugs. Easy-to-follow strategies, delicious recipes, and weekly goals help you to put the plan into action. With a blend of anecdotes, cutting-edge research, and accessible, practical advice, *Grain Brain* teaches you how to take control of your "smart genes," regain wellness, and enjoy lifelong health and vitality.

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