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Hardcover –

September 17, 2013

by David Perlmutter

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David Perlmutter, MD,
exposes a finding
that's been buried in

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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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The Surprising Truth

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About Wheat, Carbs,
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Brain's Silent Killers.
The way you eat can
determine your
health. However, we
are not only talking
about your physique
but your mental health
as well. A bad diet
can be a cause of
severe brain disorders
such as depression,
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Writer: David

Perlmutter, MD, is a

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Surprising neurologist
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carbs on the brain
and body — updated
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When Grain Brain
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kick-started a
revolution. Since then,
his book has been
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readers have been
given the tools to
make monumental life-
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When Grain Brain was published in 2013, Dr Perlmutter kick-started a revolution.

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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

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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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The devastating truth

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headaches,
depression,
decreased libido, and
much more.

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Grain Brain is a good read packed with a great deal of knowledge related to reviews of the latest research in current nutrient brain-related issues, as well as good detail on gluten sensitivity, celiac disease, testing, cholesterol and fats, and hormones related to inflammation and

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Brain's Silent Killers.
Little, Brown Spark.

ISBN

978-0316485135.

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Perlmutter, David
(November 15, 2016).

The Grain Brain
Whole Life Plan:
Boost Brain
Performance, Lose
Weight, and Achieve
Optimal Health. Little,
Brown and Company.

ISBN

978-0316319195.

David Perlmutter -

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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

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