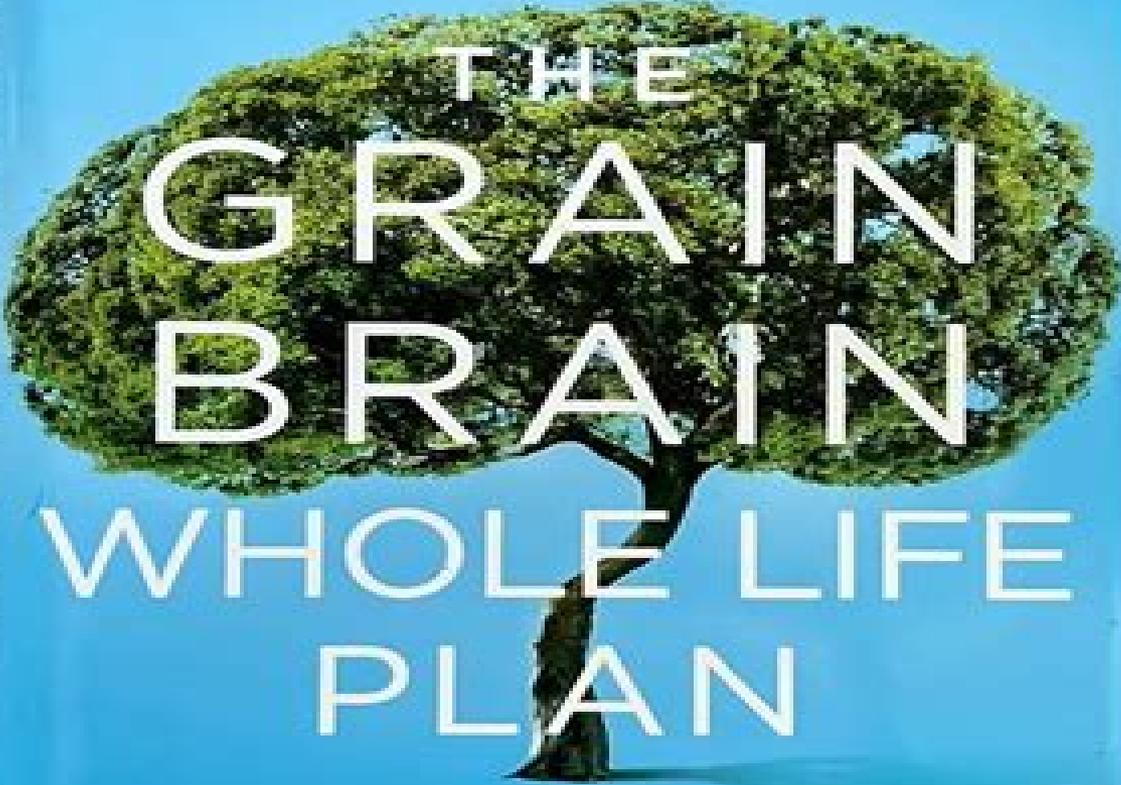


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DAVID PERLMUTTER, MD

WITH KRISTIN LOBERG

# Grain Brain Whole Life Plan

**David Perlmutter**



## **Grain Brain Whole Life Plan:**

The Grain Brain Whole Life Plan David Perlmutter, 2016-11-15 The official guide to Dr David Perlmutter's revolutionary approach to vibrant health as described in his New York Times bestsellers *Grain Brain*, *The Grain Brain Cookbook* and *Brain Maker*. With more than a million copies sold worldwide, Dr Perlmutter's books have changed many lives. Now he's created a practical, comprehensive program that lowers the risk for brain ailments while yielding other benefits such as weight loss, relief from chronic conditions, and total body rejuvenation. Science-based and highly accessible, *The Grain Brain Whole Life Plan* expands upon the core advice from Dr Perlmutter's previous works and introduces new information about the advantages of eating more fat, fewer carbs, and nurturing the microbiome. Including original recipes, tips, and tricks for common challenges, meal plans, and advice on everything from sleep hygiene to stress management, exercise, supplements, and more, *The Grain Brain Whole Life Plan* shows how to live happily and healthily ever after. *The Grain Brain Cookbook* David Perlmutter, 2014-09-09 The authorized companion to the #1 New York Times bestseller *Grain Brain* with more than 150 life-changing, gluten-free recipes for complete health and vitality. Dr David Perlmutter's groundbreaking bestseller *Grain Brain* revolutionized the way we think about our health, exposing the devastating effects of wheat, sugar, and carbs on the brain. By eating the right foods, you can profoundly affect how your brain will be working next year, in five years, and for the rest of your life. *The Grain Brain Cookbook* presents more than 150 delectable recipes to keep your brain vibrant and your body fit all while dramatically reducing your risk for and treating Alzheimer's, depression, ADHD, and epilepsy, as well as relieving everyday conditions like headaches, insomnia, and forgetfulness. With delicious recipes for every meal, including Spicy Chicken Burgers with Guacamole, Gruyere Glazed Pork Chops, and Cauliflower Couscous, and many more, *The Grain Brain Cookbook* gives you all the tools you need to build a gluten-free diet full of wholesome, flavorful, easy-to-make meals. What you eat is the most important decision you make every day in terms of your health, and once you've tasted how good the Grain Brain diet can be, you'll want to keep making the right choices day after day. *The Grain Brain Whole Life Plan* David Perlmutter, 2017

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