

Download Grain Brain David Perlmutter Surprising

Praise for Grain Brain “It’s rare for science to so quickly vindicate a disruptive work like Grain Brain. In this new version, Dr. Perlmutter adds the latest science that overwhelmingly supports the idea that grains are simply not food for people who want to be their best. Dr. Perlmutter is a renowned neurologist whose expertise includes gluten issues, brain health & nutrition, and preventing neurodegenerative disorders. Career. Perlmutter is the author of health books, and is known for advocating a functional and holistic approach toward treating brain disorders. Perlmutter serves as a medical advisor for The Dr. Oz Show and Men’s Health. In The Plant Paradox, Steven R. Gundry, MD, describes a diet and lifestyle program that he suggests prevents and reverses obesity and most chronic diseases by eliminating their supposed root cause: plant lectins. - Grain Brain David Perlmutter Surprising