



A Joosr Guide to... Grain Brain by David Perlmutter: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers

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Do you feel constantly tired, get killer headaches or have ADHD? Do you worry about the onset of dementia or Alzheimer's in later life? Kick your sugar habit; ditch the carbs; and say goodbye to these, and many other health problems.

Grain Brain is a detailed examination of the many negative effects gluten, sugar, and grains can have on the body, and more specifically on the human brain. Internationally renowned neurologist, Dr David Perlmutter guides us through the medical research to demonstrate the undeniable link between poor diet and brain dysfunction; and offers us a surprising and pleasing alternative: fat!

You will learn:

- How our society's addiction to carbohydrates and sugar is contributing to the staggering rise in illnesses, such as obesity, diabetes, and Alzheimer's
- Why fat is your friend, not the enemy
- What dietary choices you should make to take control of your health and avoid a staggering range of complaints.

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Betty Freeman:

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