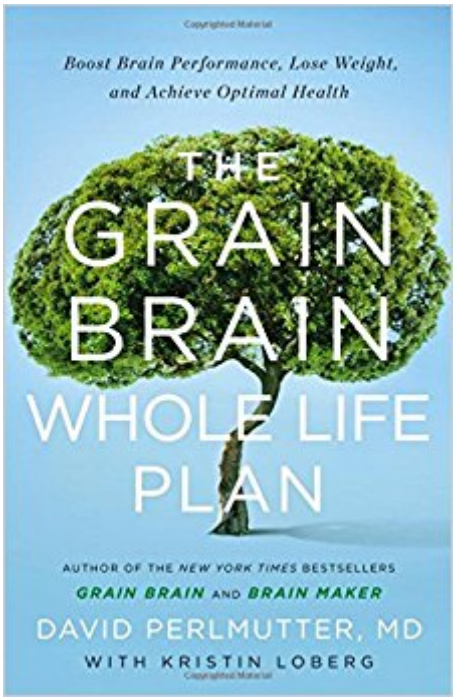
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The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, And Achieve Optimal Health



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Synopsis

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.

Customer Reviews

"The Grain Brain Whole Life Plan provides a step-by-step, proven approach that will help you reclaim and sustain health, vitality, and happiness for a lifetime."Ã¢â ¬â ¢Melissa Hartwig, author of Food Freedom Forever and coauthor of The Whole30"Dr. Perlmutter, an acclaimed neurologist, has for years been a pioneer of the gut-brain connection. In The Grain Brain Whole Life Plan, he combines his clinical expertise, insights into the latest scientific developments, and immense compassion into a powerful prescription for brain health."Ã¢â ¬â ¢David S. Ludwig, MD, PhD, professor, Harvard Medical School, and author of Always Hungry?

David Perlmutter, MD, is a board-certified neurologist and a Fellow of the American College of Nutrition. He was the recipient of the Linus Pauling Award for his innovative approaches to neurological disorders. With his books now published in twenty-seven languages, Dr. Perlmutter is setting new standards for what healthy lifestyle means around the world. He is the author of the New York Times bestsellers Grain Brain, The Grain Brain Cookbook, and Brain Maker, as well as The Better Brain Book and Raise a Smarter Child by Kindergarten. He lives in Naples, Florida.

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