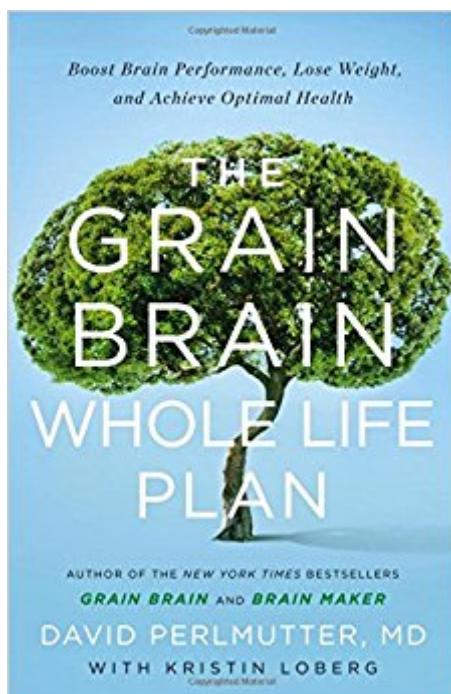


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# The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, And Achieve Optimal Health



## 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." •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." •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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Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Whole Food: The 30 Day Whole Food Challenge â“ Whole Foods Diet â“ Whole Foods Cookbook â“ Whole Foods Recipes (Whole Foods - Clean Eating) Wheat Free: Diet for Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel Energized with Gluten Free Recipes for Celiac Disease & Paleo Free ... diet, natural weight loss, baking recipes) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) 30 Days of Whole Food: 120 Irresistible and Healthy Recipes - A 30 Day Whole Food Challenge That Will Help You Lose Weight, Boost Your Metabolism, and Prevent Disease Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full

Month Meal Plan for Rapid Weight Loss)

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