



Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers

David Perlmutter

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A #1 *New York Times* bestseller--the devastating truth about the effects of wheat, sugar, and carbs on the brain, with a 4-week plan to achieve optimum health.

Renowned neurologist David Perlmutter, MD, blows the lid off a topic that's been buried in medical literature for far too long: carbs are destroying your brain. And not just unhealthy carbs, but even *healthy* ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our "smart genes" through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies *without drugs*. With a revolutionary 4-week plan, GRAIN BRAIN teaches us how we can reprogram our genetic destiny for the better.

GRAIN BRAIN is a #1 *New York Times* bestseller and a finalist for a 2013 Books for a Better Life award.

Please note that there are many references in this audiobook to information discussed in Chapter 10. Chapter 10 has been recorded in its entirety on this audiobook and all information contained in this chapter can be listened to in the recording.

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