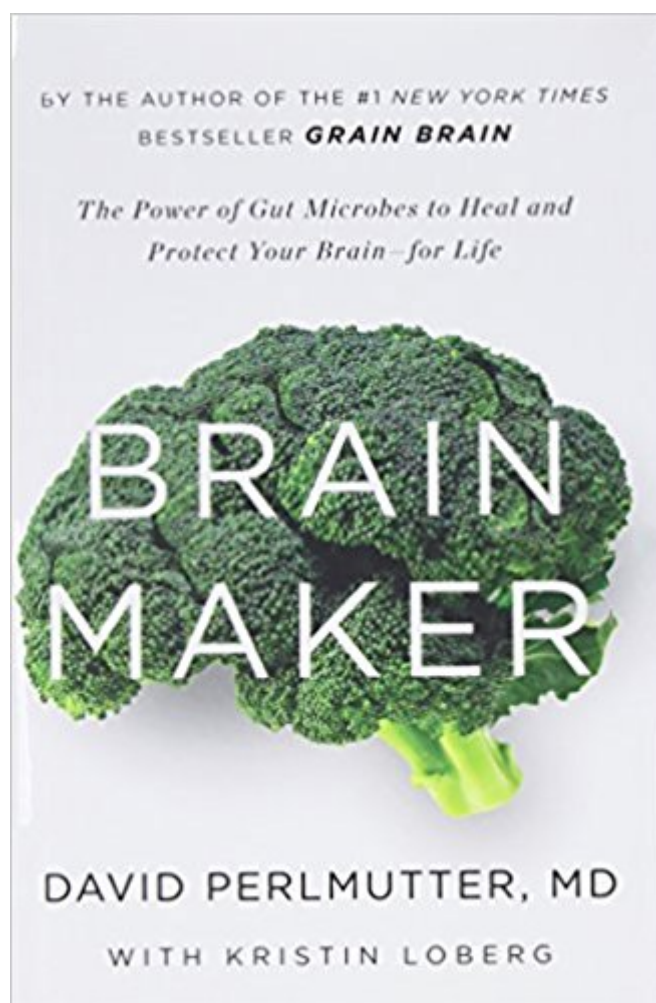


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Brain Maker: The Power Of Gut Microbes To Heal And Protect Your Brain–for Life



Synopsis

The bestselling author of Grain Brain uncovers the powerful role of gut bacteria in determining your brain's destiny. Debilitating brain disorders are on the rise—from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome - the vast population of organisms that live in your body and outnumber your own cells ten to one. What's taking place in your intestines today is determining your risk for any number of brain-related conditions. In BRAIN MAKER, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, BRAIN MAKER opens the door to unprecedented brain health potential.

Customer Reviews

"Dr. Perlmutter's book is among those rare and exciting exceptions: information so empowering, so enlightening, and presented so clearly and concisely that the reader emerges far better off for the reading experience. Put this book on your short list of must-reads for health and nutrition." — William Davis, MD, author of Wheat Belly
"The research in Brain Maker was a revelation to me. And it will be to you as well. And, most importantly, you don't have to wait for this information to become mainstream. You can ensure your brain health—and that of your family—by following the practical program outlined here." — Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom and Goddesses Never Age

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Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1)
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train

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