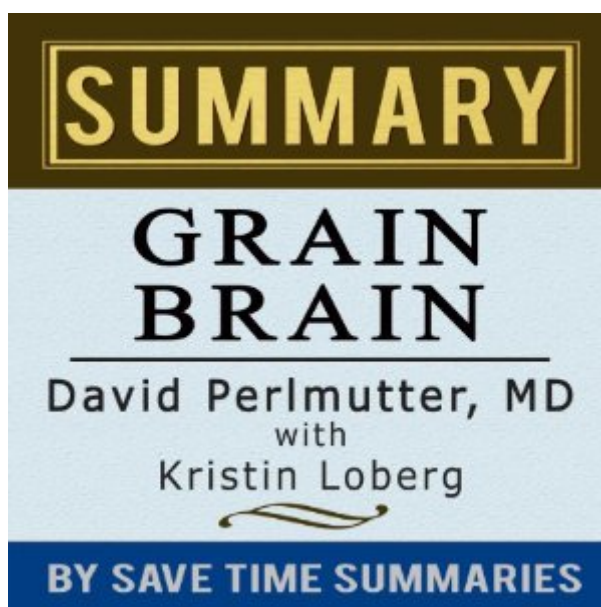


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# Grain Brain: The Surprising Truth About Wheat, Carbs, And Sugar (Your Brain's Silent Killers) By David Perlmutter -- Summary, Review & Analysis



## Synopsis

Award-winning neurologist and scholar Dr. David Perlmutter makes a compelling case for a grain-free lifestyle in his nonfiction book, *Grain Brain*. He claims that carbohydrates hinder brain development, impairing cognitive function and contributing to the development of neurological diseases, such as Alzheimer's and dementia. Most diseases of the brain, he argues, are preventable when one eats properly and adopts other healthy habits. He then gives readers the insight and advice they need to improve their lives and keep their brains functioning at peak efficiency for decades to come. This summary explores the major ideas found in *Grain Brain*, as well as the key take-aways from each chapter. Use it to help you make sense of the key thoughts Perlmutter presents and understand why the foods you eat play such an important role in your brain's health. The book also presents readers with lists of must-have dietary staples, foods to consume in moderation, and foods to avoid, along with recipes that are both nutritious and tasty. Still, listeners may want to approach *Grain Brain* with caution: Although he uses scientific studies to back up his claims, Perlmutter does not acknowledge or respond to work that directly contradicts his own sources, which hampers his credibility. He also makes some illogical claims with no research to back them up. Allow our summary of *Grain Brain* to give you a complete picture of everything you should take away from this nonfiction piece.

## Book Information

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## Customer Reviews

Unfortunately, the person who summarized this book spent the first four pages and the last several pages of the book contradicting everything that was logically gone through in the

book. She offers no evidence to back up her claims and only says that is unproven. At the end of the book, she complains how expensive it is, trying not to eat wheat. What does this have to do with summarizing the book? Is she a starving author? In conclusion, I have no idea why she wrote this book except to make money off of unsuspecting people like me. I suggest you get the actual Grain Brain book and get the unbiased information from the original author Dr. Perlmutter.

Who wrote this book? "Who is Save Time Summaries?" What qualifies Save Time Summaries to critique this book or any other book. The title of this book is misleading. I admit that I acted hastily but my intent was to buy David Perlmutter's book "Grain Brain." I would not have ordered this book if it was clear to me that this was not David Perlmutter's book. I do not want a summary or an opinion from a nameless, faceless writer hiding behind the name of "Save Time Summaries." I would like a full refund. Isn't it curious that all of the 5 star reviews have the same date. I suspect collusion in perpetrating this fraud.

The review itself is adequate. What I found unsatisfactory is that the review was prefaced and concluded with negative commentaries regarding the author's work I did not intend to pay for a refutation but for a review. More important, I know what Perlmutter's qualifications are, but I know neither the name nor the qualifications of his critic. He/she does not have to submit to the same kind of criticism as the author's they criticize.

Buy this if you would like to pay money to hear what the author thinks about Perlmutter's book. Perlmutter gives pages and pages of scientific bibliography. The author gives shallow opinion.

No, I feel the ad misrepresented the book. I'd like to return it. It had no useful information for me

Why does someone who hates the work of Perlmutter get to summarize the book. I eventually read the real book and loved it. The reviewer was an idiot.

I would and have highly recommended this book to anyone who is the LEAST bit interested in preserving their health, losing weight or concerned about their health as they get older. My health care provider recommended it to me when I showed an interest in bettering my health and trying to lose weight. While some parts are a bit dry and detailed, most of it was understandable reading. If you're ready for a change in your life, health and weight this will push you over, if you're not ready

you probably aren't even reading this review.

This "summary" appears to be denouncing Dr. Perlmutter's work hiding behind a cleverly disguised near copy of the cover of the original book. I was most disappointed...just threw it away.

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Diabetes--While Eating the Carbs You Love WHEAT BELLY: SLOW COOKER: Cookbook of 25 Grain Free Recipes for Weight Loss (Weight Loss, Low Carb, Grain Free,Healthy) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Summary of The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van der Kolk, M.D. | Book Summary Includes Analysis

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