

Grain Brain The Surprising Truth About Wheat Carbs And Sugar Your Brain S Silent Killers By David Perlmutter Md Kristin Loberg

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May 18th, 2020 - drawing on the latest developments in scientific research which have further validated his remendations he explains how the grain brain program boosts the brain shows the benefits of using fat as a main fuel source and puts forth the most pelling evidence to date that a non gmo gluten free and low carb diet is crucial for cognitive function and long term health" david perlmutter

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