

# Grain Brain

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### **GRAIN BRAIN DESCRIBES THE STAGGERING EFFECTS OF CARBS ON ...**

*Sat, 21 Sep 2013 23:55:00 GMT*

have questions about gluten intolerance, a gluten free diet or the foods that help improve brain health? in grain brain, dr. perlmutter offers suggestions on how to ...

### **GRAIN BRAIN : WHAT A NO-CARB DIET LOOKS LIKE**

*Tue, 09 May 2017 10:28:00 GMT*

every time you tuck into a bowl of cereal or plate of pasta, you're killing your brain. that's the dramatic diagnosis of a u.s. neurologist whose recently ...

### **THE PROBLEM WITH DAVID PERLMUTTER, THE *GRAIN BRAIN***