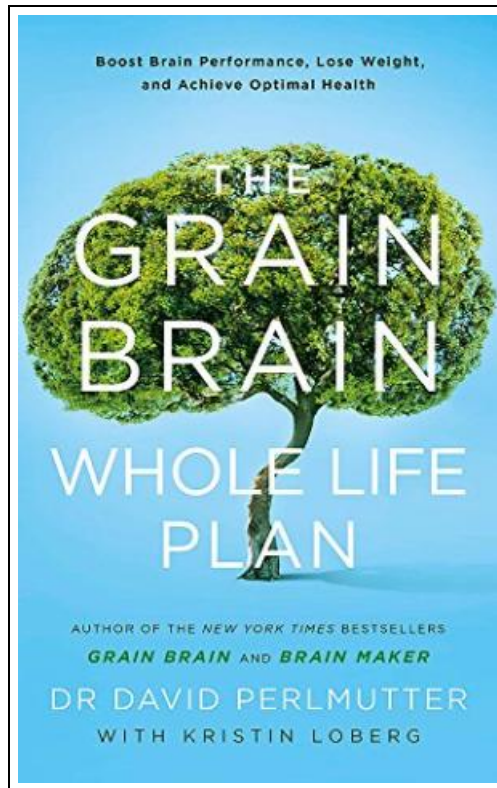


## The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, and Achieve Optimal Health (Paperback)



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### **Reviews**




*The publication is straightforward in study better to fully grasp. It is definitely simplistic but excitement inside the 50 percent of your publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
*(Mazie Johns IV)*

## THE GRAIN BRAIN WHOLE LIFE PLAN: BOOST BRAIN PERFORMANCE, LOSE WEIGHT, AND ACHIEVE OPTIMAL HEALTH (PAPERBACK)



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Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The official lifestyle companion guide to Dr. David Perlmutter s revolutionary approach to vibrant health, as described in his international bestsellers Grain Brain, The Grain Brain Cookbook, and Brain Maker. With over one million copies sold worldwide, Dr. Perlmutter s books have changed the lives of people across the globe, revealing the devastating truth about the effects of gluten on the brain and teaching us how to reprogram our genetic destiny. Now, Dr. Perlmutter has written the definitive, highly practical lifestyle guide offering readers a step-by-step plan to lower the risk of brain ailments while yielding other benefits, such as weight loss, relief from chronic conditions, and total body rejuvenation. Accessible and science-based, The Grain Brain Whole Life Plan provides readers with actionable information, including all the core nutritional advice they know and love from Grain Brain and Brain Maker, and going far beyond that in a comprehensive, personalised programme. From sleep to stress management, exercise, relationships, and more, The Grain Brain Whole Life Plan will teach you how to live happily and healthily ever after.

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