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PDF The Grain
Brain Cookbook
By David
Perlmutter
The Grain
Brain
Cookbook By
David
Perlmutter

Beloved food
blogger and New
York Times best-
selling author
Danielle Walker is

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back with 125
recipes for
comforting
weeknight meals.
This is the food you
want to eat every
day, made healthful
and delicious with
Danielle's proven
techniques for
removing allergens
without sacrificing
flavor. As a mother

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Brain Cookbook
By David
Perlmutter

of three, Danielle knows how to get dinner (and breakfast and lunch) on the table quickly and easily.

Featuring hearty dishes to start the day, on-the-go items for lunch, satisfying salads and sides, and healthy re-creations of comfort

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food classics like fried chicken, sloppy Joes, shrimp and grits, chicken pot pie, and lasagna, plus family-friendly sweets and treats, this collection of essential, allergy-free recipes will become the most-used cookbook on your shelf. With

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meal plans and grocery lists, dozens of sheet-pan suppers and one-pot dishes, and an entire chapter devoted to make-ahead and freezer-friendly meals, following a grain-free and paleo diet just got a little easier.

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NOTE: This book is authored by Davis Powell, a practicing neurologist, psychotherapist specializing in weight loss and healthy dieting and advocate and as a supplement to the "GRAIN BRAIN" by Dr. David Perlmutter's #1 New

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York Times

Bestseller Grain

Brain, now

published in 26

countries. MY

GRAIN BRAIN

Cookbook (A

BEGINNER'S

GUIDE): A Fast And

Easy-To-Cook Grain

Brain Diet For a

Simple Start: A Low

Carb, Gluten, Sugar

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Brain Cookbook
and Wheat-Free
By David
Cookbook: To Help
Perlmutter
You Lose Belly Fat,
Boost Your Brain
Cells and Prevent
Disease is a
collection of fast and
easy-to-cook
recipes for anyone
on a Grain Free
Recipes, Gluten
Free Recipe, Wheat
Free Belly Recipes,

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Brain Health
Recipe, Celiac
Recipes,
Autoimmunity
Recipe, Low Carb
Recipes, Sugar
Free Recipes. This
GRAIN BRAIN
COOKBOOK

Features more than
50 delicious recipes
for complete health
and vitality, which

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will keep your brains vibrant and sharp while dramatically reducing the risk of debilitating neurological diseases. It will provides you with the necessary tools to create a gluten-free diet high in “good fats” and full of wholesome,

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flavorful foods. This book contains delicious mouthwatering recipes that are low carb, low sugar and gluten free and will make you completely forget you are eliminating grains. It also gives an abundance of nutritional

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information of the diet, and how it will benefit you this will inspire you to get into your kitchen and take control of your health. It also contains helpful follow up recipes and food suggestion lists, which will arm you with the necessary tools to

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help improve on our lifestyle. This book is a revelation on the danger of gluten and grain, and it gives an easy meal plan to get you started. Beyond the mean plan, this book offer some really cool unique grain free recipes like ... That you feel

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Brain Cookbook

By David

Berlmutter

like you are cooking
a chick, fancy
dinner, but it's
actually healthy and
good for you. It is
time to kick grain
completely out of
your diet. Likewise,
you need not remain
a victim of the
environmental
damage you have
done to your brain.

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This book will help you shape your future eating and lifestyle choices versus the folklore of the government food pyramid. It will help you improve your brain function. Here are but a few of the delicious super foods: Vanilla Panna Cotta

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Raspberry Lemon

Mousse Coconut

Raspberry Muffins

Cauliflower Cheese

Soup Moo Shu

Chicken Apple Flax

Muffins Creamy

Spicy Pumpkin

Soup Cranberry

Vinaigrette There

are wonderful

snacks and desserts

like Hazelnut

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Cookies Recipes

Cashew Cheese

Recipe Almond

Spice Cookies

Pumpkin

Cheesecake Once

you've tasted how

delicious the Grain

Brain diet is, it will

be easy to keep

making the right

choices each day

that will pave the

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way for brain health.
By David

.....
Perlmutter
.....SO WHAT

ARE YOU WAITING
FOR? Get into your
kitchen and take
control of your
health!.....

Scroll up now and
get your grain brain
cookbook, and
make absolute sure
you keep to the plan

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to achieve result.
The go-to lifestyle
guide for a happy
gut that will
transform your
health and
wellbeing, with easy-
to-understand
graphics and
assessments and
over 50 recipes to
heal leaky gut and
other digestive

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disorders

Renowned

neurologist Dr David

Perlmutter, blows

the lid off a topic

that's been buried in

medical literature for

far too long: gluten

and carbs are

destroying your

brain. And not just

unhealthy carbs, but

even healthy ones

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like whole grains
By David
Perlmutter
can cause
dementia, ADHD,
anxiety, chronic
headaches,
depression, and
much more. Dr
Perlmutter explains
what happens when
the brain encounters
common ingredients
in your daily bread
and fruit bowls, why

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your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our 'smart genes' through specific dietary choices and lifestyle habits,

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demonstrating how
to remedy our most
feared maladies

without drugs. With

a revolutionary

30-day plan, GRAIN

BRAIN teaches us

how we can

reprogram our

genetic destiny for

the better.

Danielle Walker's

Eat What You Love

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and Increase IQ Up
Perlmutter
to 30 Points

Boost Brain

Performance, Lose

Weight, and

Achieve Optimal

Health

Everyday Comfort

Food You Crave;

Gluten-Free, Dairy-

Free, and Paleo

Recipes [a

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By David
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101 Gluten-Free
Recipes Everyone
Can Use to Boost
Brain Power, Lose
Belly Fat and Live
Healthy: a Grain-
Free, Low Sugar,
Low Carb, Wheat-
Free, Celiac,
Autoimmune
Cookbook

A 30-Day Diet for

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Brain Cookbook

Eliminating the Root
Cause of Chronic
Pain

Grain Brain Slow
Cooker Kitchen

**This cookbook
companion to
the New York
Times**

bestseller

**Wheat Belly
serves up 150
great tasting**

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**wheat-free
recipes to help
readers lose
weight and beat
disease. Wheat
Belly shook the
foundations of
the diet world
when author
and renowned
cardiologist
William Davis
revealed that an**

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**epidemic of
adverse health
effects-ranging
from minor
rashes and high
blood sugar to
the buildup of
stubborn belly
fat (so-called
"wheat
bellies")-could
be banished
forever with**

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**one simple
step: Saying
goodbye to
wheat. The
Wheat Belly
Cookbook takes
readers to the
next level with
over 150 fresh
and delicious
wheatless
recipes,
including**

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Brain Cookbook

**Breakfast
Quesadillas,
Braised Pot
Roast with
Vegetables,
velvety Peanut
Butter Pie—and
surprising
wheat-free hits
like Blueberry
French Toast,
Bruschetta
Chicken on**

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**Angel Hair,
Spaghetti
Bolognese and
velvety Scones.
Additionally,
readers will
also learn how
to: - Dodge
symptoms of
"wheat
withdrawal"
experienced by
about 10**

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**percent of
dieters,
ensuring a
smooth
transition to
this new
healthy eating
plan - Set up
their wheat-free
kitchen,
including
important prep
techniques,**

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shopping lists,
By David
and strategies

Perlmutter
to get the whole
family on board

- Avoid

regaining a

wheat belly

while eating out

at restaurants

and

parties—plus

exciting meal

ideas guests

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will love

The Firebird

Scouts of

Wayne County,

Detroit,

Michigan

recently

survived an

attack from a

werewolf. Now,

when they must

overcome a

garden that

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**literally takes
on a life of its
own, can they
put their
differences
aside, again, to
overcome it? Or
will it eat them
before they can
eat it?**

**"Eat right to
optimize your
brain and to**

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fight

Alzheimer's,

depression,

obesity, and a

host of other

illnesses with

the help of New

York Times

bestselling

authors Tana

Amen and

Daniel Amen,

MD. In this

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**cookbook, you'll
find over 100
recipes that
support the
principles of
the Brain
Warrior's Way
to heal and
optimize the
brain--useful for
anyone who
wants to
provide their**

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**bodies with the
proper fuel to
boost energy,
focus, memory,
and quality of
life."--**

**A Week of
Delicious Keto
Meals in One
Hour of Meal
Prep Low-carb,
keto recipes
that actually**

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**taste good:
With over
1,000,000 fans,
FlavCity is
known as the go-
to spot for
healthy meal
prep and keto
recipes to help
you lose weight.
Bobby Parrish
has been
featured on The**

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Rachael Ray Show and the Food Network and is proud to call himself a home cook, just like you. Tired of eating bland, boring, healthy food? Fans of FlavCity know that Bobby and Dessi Parrish

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**know good
food. On their
hit YouTube
channel, they've
shown that you
can lose weight
on the keto diet
without
sacrificing the
joy of delicious
food. In Keto
Meal Prep, the
Parrish duo**

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**show you how
to maximize
your time and
prepare seven
days of healthy
meals in one
evening—and
maintain your
ketogenic diet.
You'll spend
less time
cooking and
more time**

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**enjoying. Easy,
creative, tasty
meals: Keto**

Meal Prep

**includes more
than 125 low
carb recipes full
of flavor. You'll
meet your
weight loss
goals with
dishes perfectly
calibrated to**

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the ketogenic diet. Each easy-to-follow recipe can be prepped in advance, so when you're tired and hungry, a healthy meal is just minutes away. Mix and match the base recipes and

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Brain Cookbook
**your meal
combinations
are endless.**

**This keto
cookbook has
you covered
from morning
to night with
recipes for
protein-filled
breakfasts,
exciting
lunches, crave-**

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**worthy dinners,
tasty snacks,
and keto
desserts. Here's
what else you
will find in Keto
Meal Prep by
FlavCity: • 50
keto meal prep
recipes, each
containing 2-3
components •
25 individual**

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**keto-approved
recipes •**

**Detailed macros
and carb count
for each recipe**

**• Allergen index
for nuts, dairy,
and eggs for**

**each recipe,
and with Paleo**

**• Video
tutorials that
are live on**

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Perlmutter

**YouTube • Tips
for becoming a
meal prep boss**

**• Actual fan
reviews and
more! If you
liked the
cookbooks**

Simply Keto,

The Easy

5-Ingredient

Ketogenic Diet

Cookbook, The

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**Complete
Ketogenic Diet
for Beginners,
or Keto Made
Easy, you'll love
Keto Meal Prep.
Please note:
recipes
indicated as
being "Whole30
diet compliant"
have not been
independently**

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**evaluated for
compliance by
Thirty & Co.,
LLC d/b/a
Whole30®
The Inside
Tract
The End of
Alzheimer's
Program
My Grain Brain
Cookbook
125+ Low Carb**

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**Recipes That
Actually Taste
Good**

**Recipes for the
Specific
Carbohydrate
Diet**

**Fresh and
Flavorful Whole
Grain Recipes
for Living Well
Detox Your
Mind for**

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**Clearer
Thinking,
Deeper
Relationships,
and Lasting
Happiness**

*** NEW YORK
TIMES BESTSELLER

*** What do obesity,
insulin resistance,
diabetes, fatty liver
disease, hypertension,
cardiovascular

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disease, stroke,
neurological disorders
and premature death
have in common? All
can be stoked by high
uric acid levels. Our
most respected
scientific literature is
bursting with evidence
that elevated uric acid
levels lie at the root of
many pervasive health
conditions, but
mainstream medicine

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for the most part remains unaware of this connection. This is especially alarming because many people don't know they are suffering from sky-high levels, putting them at risk for developing or exacerbating potentially life-threatening illnesses. Offering an engaging blend of science and

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Brain Cookbook

By David

Reardon

practical advice, Drop
Acid exposes the
deadly truth about uric
acid and teaches
invaluable strategies
to manage its levels,
including: - Simple
dietary edits focused
on reducing fructose
and foods high in
'purines' that can raise
uric acid. - Natural
hacks that lower levels
such as consuming

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Robmutter

tart cherries, vitamin
C, quercetin, and
coffee. - Identifying

common

pharmaceuticals that
threaten to increase
uric acid. - Lifestyle
interventions, like
restorative sleep and
exercise. - How to
easily test your uric
acid levels at home - a
test routinely
performed in your

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doctor's office during regular check-ups but typically ignored.

Featuring the groundbreaking 'LUV' (Lower Uric Values) diet, 35 delicious recipes, self-assessment quizzes and a 21 day program for dropping levels, Drop Acid empowers readers with the information they need to address this hidden

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Grunmutter

danger and live longer,
leaner and healthier
lives.

Join the millions of
people worldwide who
have lost 30, 50, or
100+ pounds and
reversed chronic
health problems by
embracing the Wheat
Belly message. In New
York Times bestseller
Wheat Belly Total
Health, you will learn

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Grains, but also how

you can achieve a

level of radiant health

and well being you

never thought

possible. Dr. William

Davis will also show

you: • Precisely what

you should and should

not eat, including a

breakdown of the

different types of

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grains and the differences between them • What to do when facing various post-wheat scenarios, such as intense wheat withdrawal, stalled weight loss, and the loss of too much weight • Which supplements can boost health to higher levels even after the health gains of grain

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elimination are
experienced • The
science of exactly how
your health improves
after grains are
eliminated, including
your mood, sleep,
endocrine health,
metabolic health,
cardiovascular health,
physical performance,
and much more •
Inspiring testimonials
and before/after

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Brain Cookbook

photographs of those
who are proudly living

wheat-free Wheat

Belly Total Health is

about regaining full
metabolic well being,

reflected in blood
sugar and other

measures that may
require additional

steps beyond grain

elimination. This book

is your guide on the

journey to long-term

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health and

vitality—and it will be the only book you ever need to break the grip of wheat, lose weight for good, and achieve vibrant, lasting health. "It is time to kick grain completely out of your diet....."

GRAIN BRAIN Slow
Cooker Kitchen is a
sure guide to Losing
Belly Fat, Boost Your

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Brain Cells and
Prevent Disease is a
collection of fast and
easy-to-cook recipes
for anyone on a Grain
Free Recipes, Gluten
Free Recipe, Wheat
Free Belly Recipes,
Brain Health Recipe,
Celiac Recipes,
Autoimmunity Recipe,
Low Carb Recipes,
Sugar Free Recipes.
GRAIN BRAIN Slow

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Cooker Kitchen

By David
Features the Top 70
delicious Grain Brain
recipes for complete
health and vitality,
which will keep your
brains vibrant and
sharp while
dramatically reducing
the risk of debilitating
neurological diseases.
It will provides you
with the necessary
tools to create a gluten-

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free diet high in "good fats" and full of wholesome, flavorful foods. GRAIN BRAIN Slow Cooker Kitchen is a beginner's guide to the brain grain dieting. It will revolutionized the way you think about your health by exposing you to the devastating effects of wheat, sugar, and carbs on

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the brain and
empowering you with
the knowledge in
making the right
decision on your daily
dieting. If you eat the
right foods, you can
profoundly affect how
your brains will be
working this year, next
year, in five years, and
for the rest of your
lives. This book will
aid you in discovering

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a way to avoid
sickness, by eating
food that would help
protect you and boost
your brain cells. It is
prepared in a quick
and easy-to-cook
style. It serves as a
supplement to the
"wheat belly" by
William Davis and
"Bread Grain" by DR.
Perlmutter that tells us
the genetically altered,

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bread and grain are
causing to our health.

We need to try to
prevent diseases
instead of just trying to
cure them after we get
them. This book
contain delicious
mouthwatering recipes
that are low carb, low
sugar and gluten free
and will make you
completely forget you
are eliminating grains.

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It also gives an abundance of nutritional information of the diet, and how it will benefit you this will inspire you to get into your kitchen and take control of your health. It also contains helpful follow up recipes and food suggestion lists, which will arm you with the necessary tools to help improve on our

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lifestyle.

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A noted neurologist presents parents of small children with a series of effective, simple ways to enhance a youngster's developing brain to make a child smarter and faster and to promote academic success, offering guidance on sleep, nutrition, the proper

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Rehatter
role of computers and
TV, and other
activities and
exercises. 30,000 first
printing.

Wheat Belly Total
Health

Always Delicious
The Surprising Truth
about Wheat, Carbs,
and Sugar--Your
Brain's Silent Killers
200 Quick and Simple
Recipes to Lose the

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Wheat, Lose the
Weight, and Find Your
Path Back to Health
Against All Grain
Wheat Belly 30-Minute
(or Less!) Cookbook
Keto Meal Prep by
FlavCity

***The delectable
cookbook
companion to
the #1 New
York Times***

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bestselling
Always
Hungry?, with
over 175
delicious
recipes! In
Always Hungry?
renowned endoc
rinologist Dr.
David Ludwig
showed us why
traditional

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*diets don't
work, and how
to lose weight
without
hunger,
improve your
health, and
feel great.
The reception
to the book
has been
strong and his*

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online

By David
Perlmutter
*community is
active and
growing
rapidly. Now,
in Always
Delicious, Dr.
Ludwig and
Dawn Ludwig
have created
over 150 easy-
to-make and*

Bookmark File
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tasty recipes
By David
Perlmutter
that ignore
calories and
target fat
cells
directly. With
recipes like
Spinach Feta
Quiche, Citrus
Teriyaki
Chicken Stir
Fry, Thai

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By David

Perlmutter

*Coconut Fish
Soup, and Pear
Cranberry Pie,
which are full
of luscious
high fat
ingredients,
savory
proteins, and
natural
carbohydrates,
this*

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Brain Cookbook

indispensable

cookbook is a

liberating new

way to tame

hunger and

lose weight .

. . for good.

“A must-read

book for

anyone

suffering from

chronic pain”

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(Sara
By David
Perlmutter
Gottfried,
MD), *No Grain,
No Pain*

*demonstrates
the proven
link between a
gluten-heavy
diet and
chronic pain
and
discomfort—and*

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Brain Cookbook

offers a ground

breaking,

30-day, grain-

free diet to

help you heal

yourself from

the inside

out. More than

100 million

Americans

suffer from

chronic pain,

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*according to
an Institute
of Medicine
report
released in
2011. For
many, chronic
pain is part
of an
autoimmune
disease, but
all too often*

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doctors turn
to the same
solution:
painkilling
drugs. But all
of this
medication
simply isn't
helping, and
as Dr. Peter
Osborne, the
leading

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*authority on
gluten
sensitivity
and food
allergies has
found, the
real solution
often lies in
what you eat.
In No Grain,
No Pain, Dr.
Osborne shows*

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*how grains
wreak havoc on
the body by
causing tissue
inflammation,
creating
vitamin and
mineral
deficiencies,
and triggering
an autoimmune
response that*

Bookmark File
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*causes the
body to attack
itself. But he
also offers
practical
steps to find
relief. Using
his drug-free,
easy-to-
implement
plan, you will
be able to*

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*eliminate all
sources of
gluten and
gluten-like
substances,
experience
significant
improvement in
fifteen days,
and eliminate
pain within
thirty days.*

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Perlmutter

*The first book
to identify di
et-specificall
y, grain-as a
leading cause
of chronic
suffering, No
Grain, No Pain
provides you
with the
knowledge you
need to*

Bookmark File
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Brain Cookbook
*improve your
health. Based
on extensive
research and
examples
culled from
thousands of
his satisfied
patients, Dr.
Osborne
recommends
changing your*

Bookmark File
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Brain Cookbook

*diet to
achieve the
relief that
millions of
Americans have
been seeking
once and for
all, leading
to a
healthier,
happier life.
A collection*

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Brain Cookbook

*of more than
120 recipes
formulated to
optimize brain
health, boost
memory,
improve mood,
sharpen the
central
nervous
system, and
more.*

Bookmark File
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Brain Cookbook
Depression,
By David
ADHD, memory
Perlmutter
loss,

agitation:

*These may seem
like*

inevitable

*byproducts of
modern lives*

spent

*multitasking,
not getting*

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Brain Cookbook

*enough sleep,
and operating
on digital*

*overload. But
while much of
the brain's
work still
remains a
mystery, a
growing body
of scientific
evidence*

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Brain Cookbook
By David
Perlmutter

*suggests that
the food you
eat directly
affects how
well your
brain
functions.
Brain health
also plays a
significant
role in
staving off*

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diabetes,
By David
heart disease,
Perlmutter
and
Alzheimer's
disease. In
The Healthy
Mind Cookbook,
Rebecca Katz
has harnessed
the latest
research on
the brain to

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Brain Cookbook

By David

Perlmutter

*identify the
foods that can
improve the
brain's
ability to
control
cognition,
emotion, and
physical
function—all
of which
dictate memory*

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Brain Cookbook

By David

Perlmutter

and mood. She then translates the very best of brain science into the kitchen, using delicious nutrient-dense foods as a tool for promoting a

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Brain Cookbook
By David
Perlmutter

*healthy mind
from childhood
through the
golden years.
With a
culinary
pharmacy
listing the
benefits of
key
ingredients,
complete*

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Brain Cookbook
By David
Perlmutter

*nutritional
details for
each dish, and
flavor-packed
recipes for
every meal of
the day,
including
Avocado and
Citrus Salad,
Sweet Potato
Hash, Turkish*

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Lamb Sliders,

By David
and Chocolate

Perlmutter
Cherry Walnut

Truffles, The

Healthy Mind

Cookbook will

help lift the

fog of

everyday life

so you can

reach your

full physical

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Brain Cookbook
and mental
potential.
By David
Perlmutter

*My Brain Grain
Cookbook is an
ideal cookbook
for anyone
looking for:
Grain Brain
Recipes *
Gluten-free
Recipes *
Against All*

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Brain Cookbook

Grains Recipes

*** Wheat Belly**

Recipes *Grain-

free Recipes *

Brain Health

Recipes* Wheat-

free Recipes *

Celiac Recipes

*** Autoimmunity**

Recipes * Low

Sugar Recipes

*** Low Carb**

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By David
Perlmutter

*Recipes This
cookbook
consists of
101 recipes
that are
specially
created for a
healthy and
tasty gluten-
free
experience.
The book is*

Bookmark File
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Brain Cookbook
also beginner
By David
friendly and
Perlmutter
consists of a
7-day meal
plan to kick-
start your
grain brain
cooking
adventure.
Readers are
assured that
the choice of

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Brain Cookbook

ingredients

By David

used in these

Perlmutter

recipes are

carefully

chosen, based

on a brain

healthy gluten-

free diet.

Therefore,

only the

healthiest

proteins,

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Brain Cookbook

fats, fruits

and vegetables

are used in

order to

ensure that

you are eating

for a healthy

brain

advantage.

The Grain-

Free, Lactose-

Free, Sugar-

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Brain Cookbook

*Free Solution
to IBD, Celiac
Disease,*

Autism, Cystic

Fibrosis, a

Wheat Belly

Over 175

Satisfying

Recipes to

Conquer

Cravings,

Retrain Your

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Brain Cookbook
By David
Perlmutter

*Fat Cells, and
Keep the
Weight Off
Permanently
Simply Ancient
Grains
Brain Wash
Brain Maker
Over 100
Recipes to
Ignite Your
Energy and*

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Focus, Attack

Illness and

Aging,

Transform Pain

Into Purpose

Renowned

cardiologist

William Davis

explains how

eliminating wheat

from our diets can

prevent fat

storage, shrink

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**unsightly bulges
and reverse myriad
health problems.**

**More than 60
million Americans
suffer from
digestive disorders
such as
gastroesophageal
reflux disease and
irritable bowel
syndrome. In The
Inside Tract by
Gerard E. Mullin,**

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**MD, a
comprehensive
plan for
overcoming these
common digestive
ailments, you'll
learn how a simple
regimen of dietary
changes,
supplements, and
a 7-step lifestyle
modification
program can help
heal intestinal**

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Perlmutter

**problems and get
you on track to
vibrant health!**

**"With more than a
million copies sold
worldwide, Dr.
Perlmutter's books
have changed
many lives. Now,
he's created a
practical,
comprehensive
program that
lowers the risk for**

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**brain ailments
while yielding
other benefits,
such as weight
loss, relief from
chronic conditions,
and total body
rejuvenation.
Science-based and
highly accessible,
GRAIN BRAIN FOR
LIFE expands upon
the core advice
from Dr.**

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**Perlmutter's
previous works,
and introduces
new information
about the
advantages of
eating more fat,
fewer carbs, and
nurturing the
microbiome.
Including original
recipes, tips and
tricks for common
challenges, meal**

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Brain Cookbook

**plans, and advice
on everything from
sleep hygiene to
stress**

management,

exercise,

supplements, and

more, GRAIN

BRAIN FOR LIFE

shows how to live

happily and

healthily ever

after,"--Baker &

Taylor.

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By David
More
Than 150 Life-
Changing Gluten-
Free Recipes to
Transform Your
Health Little, Brown
The Grain Brain
Cookbook
Supercharge Your
Digestive Health
and Transform
Your Well-Being
from the Inside Out

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Brain Cookbook

**125 Delicious
Recipes for Fresh,
Healthy Eating
Every Day**

Grain Brain

The Grain Brain

Whole Life Plan

BrainRecovery.com

Love Your Gut

*Includes a sneak
peek of*

*Undoctored—the new
book from Dr. Davis!*

In this #1 New York

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Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made

of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat

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Brain Cookbook

By David

Farmuth

bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing

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conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic

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Brain Cookbook
By David
Bolinger

***tinkering and
agribusiness being
sold to the American
public as
"wheat"—and
provides readers
with a user-friendly,
step-by-step plan to
navigate a new,
wheat-free lifestyle.
Informed by cutting-
edge science and
nutrition, along with
case studies from***

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Brain Cookbook

***men and women
who have
experienced life-
changing
transformations in
their health after
waving goodbye to
wheat, Wheat Belly
is an illuminating
look at what is truly
making Americans
sick and an action
plan to clear our
plates of this***

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Brain Cookbook

By David

Perlmutter

seemingly benign ingredient.

Having battled an autoimmune disease the modern-medicine way for many years, Danielle Walker took matters into her own hands and set out to regain her health through the medicine of food. After four years of turning her

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***kitchen into a
laboratory for
revamping her
culinary point of
view, Danielle
mastered the art of
grain- and dairy-free
cooking—and
improved her well-
being, virtually
eliminating all her
ailments. A self-
trained chef,
Danielle is the new***

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Brain Cookbook

face of grain-free cooking, tempting foodies of all stripes with her accessible recipes for vibrant Paleo food. Paying homage to the dishes she loved in her pre-Paleo life, she has ingeniously recreated all her favorites without grains or dairy in her first cookbook.C

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Brain Cookbook

By David

Pratt

***omplementing her
innovative recipes***

with elegant

photography,

Danielle takes you

on a culinary Paleo

journey that

includes everything

from quick

breakfasts to sinful

desserts, with a long

list of hearty entrees

in-between. And

because Danielle

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By David

Finckel

knows she's not the only one with a finicky toddler at home, she has included a special section filled with healthy recipes that kids will be eager to eat and moms will be just as eager to serve. These recipes are sure to leave you feeling satisfied and exhilarated,

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rather than discouraged and deprived. Danielle proves that omitting grains, gluten, dairy, and refined sugar doesn't correlate with sacrificing taste; in fact, just the opposite. This book will show you that you can go against the grain in the culinary world

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By David

Reinhardt

***and enter a paradise
of gourmet foods
with exciting flavors.***

The Specific

Carbohydrate Diet

(SCD) is a strict

grain-free, lactose-

free, and sucrose-

free dietary regimen

intended for those

suffering from

Crohn's disease and

ulcerative colitis

(both forms of IBD),

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By David

Boomer

celiac disease, IBS, cystic fibrosis, and autism. For those suffering from gastrointestinal illnesses, this book offers a method for easing symptoms and pain, and ultimately regaining health. Recipes for the Specific Carbohydrate Diet(TM) includes a

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Brain Cookbook

*diverse and
delicious collection
of 150 SCD-friendly
recipes and more
than 80 dairy-free
recipes. The easy-to-
make and culturally
diverse recipes
featured in the book
include breakfast
dishes, appetizers,
main dishes, and
desserts, such as
Hazelnut-Vanilla*

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***Pancakes, Olive
Sandwich Bread,
Chicken Satay,
Roasted Bass with
Parsley Butter, Thin
Crust Pizza, Gretel's
Gingerbread
Cookies, and Mango
Ice Cream. Full-color
photos will inspire
you to get cooking
again. In addition,
personal anecdotes
accompany each***

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Brain Cookbook

***section of this book.
Find out more at www.scdrecipe.com/cookbook/.***

In this follow up to her award-winning Ancient Grains for Modern Meals, Maria Speck shares classic, comforting recipes that make cooking with ancient grains faster, more intuitive, and easier

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Brain Cookbook
than ever before.

*From black rice to
burgundy quinoa
and golden Kamut
berries--ancient
grains are showing
up on restaurant
menus and store
shelves in
abundance. Yet in
our own kitchens,
many of us fear that
whole grains are too
difficult and time-*

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***consuming to
prepare. But ancient
grains can
transform our
cooking and
eating--from simple
weeknight fare to
mouthwatering
reinventions of all-
time favorites. In
Simply Ancient
Grains, Speck
explains how easy it
is to bring these***

Bookmark File
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***fascinating and
nourishing staples
to the table for
breakfast, lunch,
dinner, and dessert.
This simplified
approach takes
whole grains to the
next level by re-
creating familiar
comfort foods and
amplifying their
flavor and
nutritional profile.***

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Brain Cookbook

*The Brain Warrior's
Way Cookbook*

No Grain, No Pain

*The Microbiome and
the Brain*

*Over 100 Easy and
Delicious Recipes to
Make Your Brain
Sharp, Body Strong,
and Taste Buds
Happy*

*Your Good Gut
Guide to Great
Digestive Health*

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By David

Perkutter

***The Best Tools for
Improving Memory
and Sharpness and
Preventing Aging of
the Brain***

***Raise a Smarter
Child by
Kindergarten***

*200 gluten-free
recipes to help
you lose weight
while following
the Wheat Belly*

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*diet. Wheat
Belly shook the
foundations of
the diet world
when author and
renowned
cardiologist
William Davis
revealed that
an epidemic of
adverse health
effects—from
mysterious*

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By David

Perlmutter

rashes and high
blood sugar to
stubborn belly
fat (so-called
"wheat

bellies")—could
be banished
forever with
one simple
step: Saying
goodbye to
wheat. The

Wheat Belly

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Perlmutter

*Cookbook built
on that
foundation with
hundreds of
delicious,
family favorite
recipes with a
wheat-free
makeover. Now,
with Wheat
Belly 30-Minute
(Or Less!)*

Cookbook, it's

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Perlmutter

*easier than
ever with this
collection of
yummy recipes
that are quick
enough for busy
weekdays—and
good enough for
company. You
will find an
introduction to
the ABCs of
wheat-free*

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Perlmutter

*cooking, plus a
guide to
prepping the
kitchen,
stocking the
pantry, and
getting started
on a healthy
new path.*

*Beautifully
illustrated
with full-color
photo inserts,*

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Perlmutter

*you will enjoy
these delicious
recipes for
breakfast,
lunch, dinner,
side dishes,
snacks,
desserts—and
even special
occasions.*

*Paleo-friendly
meets family-
friendly in*

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By David

Perlmutter

*this beautiful,
full-color how-
to guide and
cookbook that
teaches readers
how to cut all
grains out of
their diets
without giving
up flavorful,
delicious food.
When Carrie
Vitt was*

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Perlmutter

*diagnosed with
an autoimmune
disorder, she
was put on an
elimination
diet to cleanse
her system that
forbid gluten
and grains.*

*Failing to find
recipes that
followed her
strict diet*

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Perlmutter

guidelines and

still were

delicious, she

began

experimenting

in her own

kitchen. Her

organic, grain-

free creations

not only

satisfied her

own palate, but

pleased friends

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and family as well. While she eventually reversed her thyroid disease, she continues to champion eating grain free. In this beautiful full-color cookbook, she provides

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Brain Cookbook

*delicious
dishes for a
workable*

*organic, grain-
free lifestyle.
Included are a
diverse range
of recipes for
everything from
pie crust and
homemade nut
butter to Pork
Carnitas*

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Perlmutter

*Breakfast Crepe
Tacos and Grain-
Free Biscuits,
Avocado with
Mango-Shrimp
Salsa, Roasted
Garlic Alfredo
with Chicken
and Vegetables,
and Cauliflower
“Fried Rice.”*

*Here, too, are
kid-friendly*

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*recipes such as
Squash Macaroni
and Cheese,*

*Slice-and-Bake
Cookies, and a
Classic*

*Birthday Cake
with*

*Buttercream
Frosting. In*

*addition to
sources for*

healthy

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*ingredients,
time-saving
ideas, health
tips, and 125
easy grain-free
recipes, there
are also simple
dairy-free and
Paleo
adaptations for
each recipe
(it's as simple
as choosing*

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coconut oil in
place of
butter!).

Written in
Carrie's warm,
inviting style,
this helpful
sourcebook is
the perfect
entrée to a
healthy,
nourishing diet
that brings

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*grain-free
By David
Perlmutter*
eating into the
mainstream.

Dr.

*Perlmutter's #1
New York Times
bestseller
about the
devastating
effects of
gluten, sugar,
and carbs on
the brain and*

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body -- updated
with the latest
nutritional and
neurological
science When
Grain Brain was
published in
2013, Dr.
Perlmutter kick-
started a
revolution.
Since then, his
book has been

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Brain Cookbook

translated into

By David

thirty

Perlmutter

languages, and

more than 1.5

million readers

have been given

the tools to

make monumental

life-changing

improvements to

their health.

They've lost

weight,

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*banished
anxiety and
depression,
reduced or
eliminated
chronic
conditions, and
taken proactive
steps to
safeguard
themselves
against
cognitive*

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*decline and
neurological
disease -- all*

without drugs.

*In this fully
revised, five-y
ear-anniversary
edition, Dr.*

*Perlmutter
builds on his
mission.*

*Drawing on the
latest*

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scientific

Perlmutter

research, which
have further
validated his r
ecommendations,
he explains how
the Grain Brain
program boosts
the brain,
shows the
benefits of
using fat as a

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main fuel

source, and

puts forth the

most compelling

evidence to

date that a non-

GMO, gluten-

free, and low-

carb diet is

crucial for

cognitive

function and

long-term

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health.

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Featuring up-to-date data and practical advice based on leading-edge medicine, including modified guidelines for testing and supplements, plus a wealth

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Perlmutter

*of new recipes,
Grain Brain
empowers you to
take control of
your health as
never before
and achieve
optimal
wellness for
lifelong
vitality.*

*The official
guide to Dr.*

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David

By David

Perlmutter's

Perlmutter

revolutionary

approach to

vibrant health

as described in

his New York

Times

bestsellers

Grain Brain,

The Grain Brain

Cookbook, and

Brain Maker.

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With more than a million copies sold worldwide, Dr. Perlmutter's books have changed many lives. Now, he's created a practical, comprehensive program that lowers the risk

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for brain

*By David
Perlmutter*
*ailments while
yielding other*

*benefits, such
as weight loss,
relief from
chronic*

*conditions, and
total body
rejuvenation.*

*Science-based
and highly*

accessible, THE

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*GRAIN BRAIN
WHOLE LIFE PLAN*
expands upon
the core advice
from Dr.
Perlmutter's
previous works,
and introduces
new information
about the
advantages of
eating more
fat, fewer

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Perlmutter

*carbs, and
nurturing the
microbiome.*

*Including
original
recipes, tips
and tricks for
common
challenges,
meal plans, and
advice on
everything from
sleep hygiene*

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*to stress
management,
exercise,
supplements,
and more, THE
GRAIN BRAIN
WHOLE LIFE PLAN
shows how to
live happily
and healthily
ever after.*

*Genius Kitchen
The Surprising*

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Perlmutter

*New Science of
Uric Acid - The
Key to Losing
Weight,
Controlling
Blood Sugar and
Achieving
Extraordinary
Health
Big-Flavor
Recipes to
Enhance Brain
Function, Mood,*

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*Memory, and
Mental Clarity*

*The Power of
Gut Microbes to
Heal and*

*Protect Your
Brain-for Life*

*A Year of
Gluten-Free,
Dairy-Free, and*

*Paleo Recipes
for Every*

Occasion [A

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Cookbook]

By David
Perlmutter

*The Ultimate
Grain-Free*

*Health and
Weight-Loss
Life Plan*

*150 Recipes to
Help You Lose
the Wheat, Lose
the Weight, and
Find Your Path
Back to Health*

Keto meets

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carnivore in this revolutionary new book by revered cookbook author and low-carb pioneer Maria Emmerich. Did you know that our ancestors were apex predators who were even more carnivorous

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than hyenas and big cats? That was only about 30,000 years ago. But since then, our diets have drastically changed due to the invention of agriculture about 7,000 years ago and, within the last

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100 years or so,
the introduction of
millions of food
additives, the
development of a
year-round
produce supply,
and the
hybridization of
fruits and
vegetables,
making them

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Perlmutter
higher in sugar
and lower in
nutrients.

Carnivore
Cookbook
explores what our
bodies were really
designed to digest
and gives
compelling
evidence that we
were designed to

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be primarily meat-eaters. In this book, you will learn why all plants come with a downside.

Antinutrients are chemicals and compounds that act as natural pesticides or defenses for the

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plants against
By David
being eaten. Maria
Perlmutter
explains how
antinutrients can
rob your body of
minerals and other
nutrients and lead
to autoimmune
issues and leaky
gut. There is even
a protocol for
healing

Bookmark File
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Brain Cookbook
autoimmune
By David
issues called the
Perlmutter
Carnivore

Autoimmune
Protocol: a
detailed system for
stepping you
through the
various levels of
carnivorous eating
to find the point
where your body

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PDF The Grain

Brain Cookbook

responds best and
is symptom free.

You will also learn

which foods are

the highest in

nutrient density to

help your body

heal. Carnivore

Cookbook includes

more than 100

tasty meat-focused

recipes featuring

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Brain Cookbook

By David
Perlmutter

innovative ways to
add flavor and
variety. There are
even carnivore
meal plans with
grocery lists to
make the diet easy
to follow.

USA TODAY
Bestseller WALL
STREET
JOURNAL

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Brain Cookbook

Bestseller

By David
Perlmutter
Combining the
dietary

recommendations
in his bestselling
Genius Foods and
the lifestyle
recommendations
of The Genius Life,
Genius Kitchen
features
shockingly

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By David

Perlmutter

delicious, nutrient-packed recipes that will energize your mind, strengthen your body, and pave a path to health that you'll feel with the first bite. Max Lugavere's debut book *Genius Foods* was

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groundbreaking,
By David
providing much-
Perlmutter
needed

information on
brain health that
was embraced by
thousands, and
became an instant
New York Times
bestseller. His
second book, *The
Genius Life*,

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introduced an easy-to-implement protocol for strengthening your body and mind.

This is the follow-up fans have been waiting for: the companion cookbook, filled with over 100 delicious recipes to

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Brain Cookbook

help you lose
weight, feel great,
and reach

optimum health.

Inspired by
traditions from
around the globe,
the 100-plus
recipes and
stunning

photographs in
Genius Kitchen

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feature an international twist, with bold flavors that favor simplicity and quality of ingredients over complexity and quantity. In addition, Max lists the basic, healthy ingredients and tools that are

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essential for a well-stocked kitchen and pantry, and offers techniques and best practices for healthy cooking and eating well on a budget. Max wants everyone to be well and enjoy great food—a legacy imparted on

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him by the tragic health of his mother. Part cookbook, part wellness guide, Genius Kitchen provides key insights that make healthy eating a breeze. Max explains the importance of

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whole, fresh foods,
how various
nutrients work
together keep you
healthy, and how
to get fit without
counting calories.
Breaking down
each meal
component, Max
explains the art
and science of

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nutrition without
the dogma, so that
you can feel your
best every day
without sacrificing
your love of eating.
Whether you are a
novice cook or
seasoned in the
kitchen; just
beginning the
journey to

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By David

Perlmutter

wellness, or health

conscious but

wanting to up your

game, everyone

will benefit from

the information

presented in

Genius

Kitchen—and enjoy

some epic food in

the process.

From the author of

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Brain Cookbook
the #1 New York
By David
Times bestseller
Perlmutter

Grain Brain and
New York Times
bestseller Brain
Maker... Loss of
memory is not a
natural part of
aging—and this
book explains why.
Celebrated
neurologist David

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By David

Perlmutter

Perlmutter reveals
how everyday me-
mory-

loss—misplacing
car keys, forgetting
a name, losing
concentration in
meetings—is
actually a warning
sign of a
distressed brain.
Here he and Carol

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Colman offer a simple plan for repairing those problems, clarifying misconstrued connections between memory loss and aging, and regaining and maintaining mental clarity by offering

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the tools for:

Building a better
brain through
nutrition, lifestyle
changes, and
brain workouts

Coping with
specific brain
disorders such as
stroke, vascular
dementia,
Alzheimer's,

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Parkinson's,
multiple sclerosis,
and Lou Gehrig's
disease

Understanding risk
factors and
individually
tailoring a diet and
supplementary
program Features
a "Life Style Audit,"
quizzes, a brain

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fitness program
By David
with the most
Perlmutter
effective ways to
exercise your
brain, and a
nutritional program
that details the
best brain food
and supplements.
The instant New
York Times
bestseller The

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New York Times
Best Selling author
of The End of
Alzheimer's lays
out a specific plan
to help everyone
prevent and
reverse cognitive
decline or simply
maximize
brainpower. In The
End of Alzheimer's

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Dale Bredesen laid out the science behind his revolutionary new program that is the first to both prevent and reverse symptoms of Alzheimer's disease. Now he lays out the detailed program

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he uses with his own patients. Accessible and detailed, it can be tailored to anyone's needs and will enhance cognitive ability at any age. What we call Alzheimer's disease is actually a protective

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response to a wide variety of insults to the brain:

inflammation, insulin resistance, toxins, infections, and inadequate levels of nutrients, hormones, and growth factors.

Bredesen starts by having us figure

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out which of these
insults we need to
address and
continues by
laying out a
personalized
lifestyle plan.

Focusing on the
Ketoflex 12/3 Diet,
which triggers
ketosis and lets
the brain restore

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itself with a
minimum 12-hour
fast, Dr. Bredesen
drills down on
restorative sleep,
targeted
supplementation,
exercise, and brain
training. He also
examines the
tricky question of
toxic exposure and

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provides

workarounds for
many difficult

problems. The
takeaway is that
we do not need to
do the program
perfectly but will
see tremendous
results if we can
do it well enough.

With inspiring

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stories from patients who have reversed cognitive decline and are now thriving, this book shifts the treatment paradigm and offers a new and effective way to enhance cognition as well as

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unprecedented
hope to sufferers
of this now no
longer deadly
disease.

More Than 150
Life-Changing
Gluten-Free
Recipes to
Transform Your
Health
The Carnivore

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Cookbook
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Danielle Walker's
Perlmutter
Against All Grain
Celebrations
Wheat Belly
Cookbook
The Healthy Mind
Cookbook

The Better Brain
Book

This excellent

Bookmark File
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and thorough
book by Dr.
Perlmutter

Perlmutter is a great read for any physician or patient, and provides a very practical guide to treating neurological conditions with natural and safe remedies

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that have abundant scientific support. The nutritional and oxidative therapies that he recommends are part of a growing wave of scientifically based, complementary

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treatments. Any patient would benefit from his advise, and all physicians should learn of these treatments if they want to do the best for their patients. Dr.

Perlmutter's

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*advice could
improve the
lives of
millions of
patients and
their families,
and save health
care dollars at
the same time.
The bestselling
author of Grain
Brain uncovers
the powerful*

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Parlmutter

*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*

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*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*

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*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*

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*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*

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*potent
interplay
between
intestinal
microbes and
the brain,
describing how
the microbiome
develops from
birth and
evolves based
on lifestyle
choices, how it*

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*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*

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*practical
program of six
steps to
improving gut
ecology, BRAIN
MAKER opens the
door to
unprecedented
brain health
potential.*

*The quest for
enlightenment
has occupied*

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*mankind for
millennia. And
from the
depictions
we've see—monks
sitting on
meditation
cushions, nuns
kneeling in
prayer, shamans
communing with
the universe—it
seems that this*

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Brain Cookbook

*elusive state
is reserved for
a chosen few.*

*But now,
neuroscientist
David
Perlmutter and
medical
anthropologist
and shaman
Alberto
Villoldo have
come together*

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to explore the
commonalities
between their
specialties
with the aim of
making
enlightenment
possible for
anyone. Joining
the long-
separated
worlds of
science and

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spirit,

Perlmutter

Perlmutter
explores the

exciting

phenomena of

neurogenesis

and

mitochondrial

health, while

Villoldo brings

his vast

knowledge of

shamanic and

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*spiritual
practices.
Drawing the
most powerful
tools from each
discipline,
Perlmutter and
Villoldo guide
you through
this
groundbreaking,
five-week
program to help*

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*you overcome
toxic emotions
and awaken the
power of your
higher brain.
Power Up Your
Brain will show
you how to: •
reduce your
risk of
devastating
diseases like
Alzheimer's,*

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*cancer, heart
disease, and
Parkinson's; •*

*overcome
painful
memories and
break unhealthy
emotional and b
ehavioral patter
ns; and • gain
powerful
clarity of
thought to*

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*experience
inner peace,
creativity, and
enlightenment—all
without the
use of
prescription
drugs! The
nutritional
advice, dietary
supplements,
fasting, and
physical*

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exercise outlined will not only help repair parts of your brain that have been affected by stress but also create a fertile environment to grow new brain cells and turn

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*on the genes
responsible for
longevity,
improved
immunity, and
enhanced brain
function. And
the shamanic
practices,
meditation, and
visualizations
will help bring
online brain*

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*regions that
allow for
peace,
compassion,
innovation, and
joy to arise
naturally.*

*Following the
Power Up Your
Brain program
will help you
clear your mind
and heal your*

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*body; and open
you up to
experience the
inner peace,
vast insight,
and
extraordinary
creativity that
define the
experience of
enlightenment.
Brain related
disorders are*

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*among the most
challenging
health issues
of our time.*

*The development
of effective
therapeutic and
preventive
strategies for
these disorders
relies on a
comprehensive
understanding*

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of the
By David
Perlmutter

*underlying
causative
mechanisms.
And, until
recently, these
mechanisms have
remained
somewhat
elusive. The
newly
discovered
pivotal role of*

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*the intestinal
microbiome in
brain health,
functionality,
and resistance
to disease is
revolutionizing
neuroscience.*

*The Microbiome
and the Brain,
through the
contributions
of some of the*

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*most forward
thinking
researchers and
clinicians in
the field,
comprehensively
reveals the
leading edge of
our
understanding
of the
fundamental
role of gut*

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*microbes and
their
metabolites in
a wide array of
seemingly
diverse brain
issues
including
Alzheimer's
disease,
autism,
multiple
sclerosis, and*

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mood disorders.

*In addition,
mechanisms
defining these
relationships
are explored
along with a
presentation of
the state-of-
the-art as it
relates to
interpretation
of relevant*

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laboratory
By David
assessments.
Perlmutter

Finally, novel
therapeutic
opportunities,
derived from
this exciting
science are
presented.
Readers will
learn: The
highly
validated

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*relationship
between
alterations of
gut microbes
and their
metabolites,
and risk for
Alzheimer's
disease. The
important link
between autism
and intestinal
dysbiosis.*

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Appropriate interpretation of available laboratory assessments of the intestinal microbiome. The potential role of fecal microbial transplant in neurological diseases. The

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*influence of
diet and other
lifestyle
choices on the
microbiome as
it relates to
brain health
and
functionality.*

**MY GRAIN BRAIN
Cookbook (a
BEGINNER'S
GUIDE)**

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*Diet for a
Simple Start: a
Low Carb, Gluten
, Sugar And Wheat-
Free Cookbook:
to Help You
Lose Belly Fat
and Boost Your
Brain Cells
Power Up Your
Brain*

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*Victory Over
the Garden
The Surprising
Truth about
Wheat, Carbs,
and Sugar -
Your Brain's
Silent Killers
The First
Protocol to
Enhance
Cognition and
Reverse Decline*

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Brain Cookbook
at Any Age
Drop Acid
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***The authorized
companion to the #1
New York Times
bestseller Grain
Brain, with more
than 150 life-
changing gluten-free
recipes for complete
health and vitality.***

***Dr. David
Perlmutter's
groundbreaking***

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bestseller Grain
By David
Palmiter
***Brain revolutionized
the way we think
about our health,
exposing the
devastating effects
of wheat, sugar, and
carbs on the brain.
By eating the right
foods, you can
profoundly affect
how your brain will
be working next
year, in five years,***

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*and for the rest of
your life. The Grain*

Brain Cookbook

presents more than

150 delectable

recipes to keep your

brain vibrant and

your body fit, all

while dramatically

reducing your risk

for - and treating -

Alzheimer's,

depression, ADHD,

and epilepsy, as well

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*as relieving
everyday conditions
like headaches,
insomnia, and
forgetfulness. With
delicious recipes for
every meal --
including Spicy
Chicken Burgers
with Guacamole,
Gruyere-Glazed
Pork Chops and
Cauliflower
"Couscous," and*

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Brain Cookbook
*many more -- The
Grain Brain
Cookbook gives you*

*all the tools you
need to build a
gluten-free diet full
of wholesome,
flavorful, easy-to-
make meals. What
you eat is the most
important decision
you make every day
in terms of your
health, and once*

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By David
Framm

you've tasted how good the Grain Brain diet can be, you'll want to keep making the right choices day after day.

Fight back against a modern culture that is rewiring our brains and damaging our health with this practical, doctor-approved

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plan for healing that includes a ten-day boot camp and forty delicious recipes.

Contemporary life provides us with infinite

opportunities, along with endless

temptations. We can eat whatever we

want, whenever we want. We can

immerse ourselves

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Brain Cookbook

*in the vast, enticing
world of digital*

*media. We can buy
goods and services
for rapid delivery
with our fingertips
or voice commands.*

*But living in this
24/7 hyper-reality
poses serious risks
to our physical and
mental states, our
connections to
others, and even to*

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Brain Cookbook

By David

Forhurst

the world at large. Brain Wash builds from a simple premise: Our brains are being gravely manipulated, resulting in behaviors that leave us more lonely, anxious, depressed, distrustful, illness-prone, and overweight than ever before. Based

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***on the latest
science, the book
identifies the mental
hijacking that
undermines each
and every one of us,
and presents the
tools necessary to
think more clearly,
make better
decisions,
strengthen bonds
with others, and
develop healthier***

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Rehman

habits. Featuring a 10-day bootcamp program, including a meal plan and 40 delicious original recipes, Brain Wash is the key to cultivating a more purposeful and fulfilling life.

***NEW YORK TIMES
BESTSELLER • 125
recipes for grain-
free, dairy-free, and***

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By David
food dishes for

holidays and special
occasions **NAMED**

ONE OF THE FIVE

BEST GLUTEN-

FREE COOKBOOKS

OF ALL TIME BY

MINDBODYGREEN

When people adopt

a new diet for health

or personal reasons,

they worry most

about the parties,

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By David

Perrotte

holidays, and events with strong food traditions, fearing their fond memories will be lost along with the newly eliminated food groups. After suffering for years with a debilitating autoimmune disease and missing many of these special occasions herself,

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Bookstar

Danielle Walker has revived the joy that cooking for holidays can bring in Danielle Walker's Against All Grain Celebrations, a collection of recipes and menus for twelve special occasions throughout the year. Featuring a variety of birthday cakes, finger foods to serve

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Rehatter

at a baby or bridal shower, and recreations of backyard barbecue standards like peach cobbler and corn bread, Danielle includes all of the classics. There's a full Thanksgiving spread—complete with turkey and stuffing, creamy green bean

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pies—and menus for

Christmas dinner; a

New Year's Eve

cocktail party and

Easter brunch are

covered, along with

suggestions for

beverages and

cocktails and the all-

important desserts.

Recipes can be

mixed and matched

among the various

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Bakstetter

***occasions, and
many of the dishes
are simple enough
for everyday
cooking. Stunning
full-color
photographs of
every dish make
browsing the pages
as delightful as
cooking the recipes,
and beautiful party
images provide
approachable and***

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**creative entertaining
ideas. Making**

**recipes using
unfamiliar**

ingredients can

cause anxiety, and

while trying a new

menu on a regular

weeknight leaves

some room for error,

the meal simply

cannot fail when you

have a table full of

guests celebrating a

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special occasion.

Danielle has transformed her most cherished family traditions into trustworthy recipes you can feel confident serving, whether you're hosting a special guest with food allergies, or cooking for a crowd of regular grain-eaters.

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By David
Farrington

Top 70 Easy-To-Cook Grain Brain Slow Cooker

Recipes to Help You Lose the Weight and Gain Total Health (a Low-Carb, Gluten, Sugar and Wheat Free Cookbook) Powerful Therapy for Challenging Brain Disorders The Grain-Free Family Table

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***Lose the Wheat,
Lose the Weight,
and Find Your Path
Back to Health
Wheat Belly Plan***