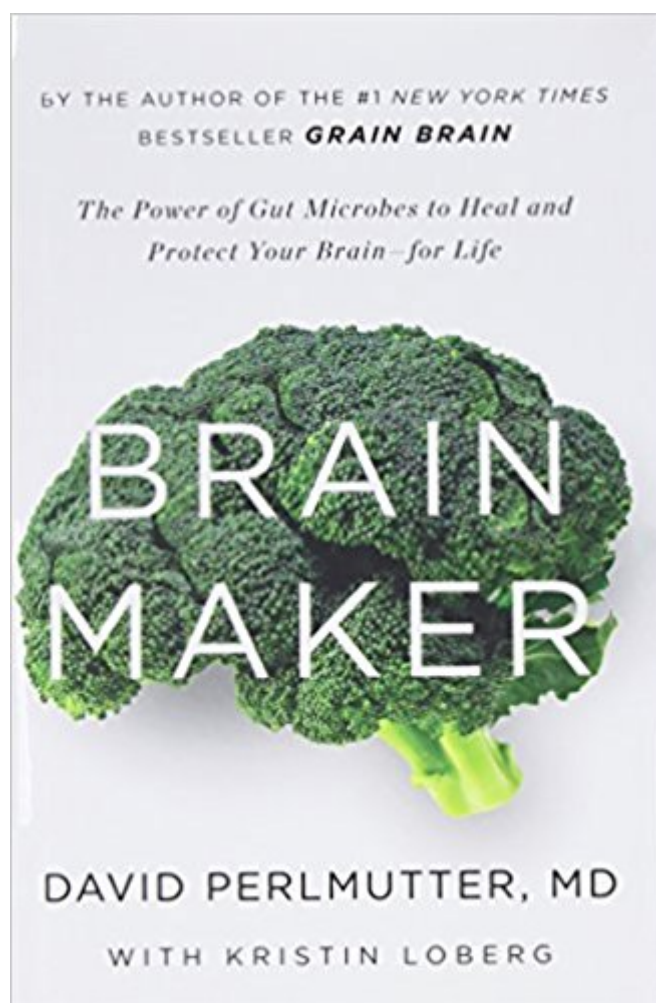


The book was found

Brain Maker: The Power Of Gut Microbes To Heal And Protect Your Brain–for Life



Synopsis

The bestselling author of Grain Brain uncovers the powerful 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 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 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 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 potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it 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 practical program of six steps to improving gut ecology, BRAIN MAKER opens the door to unprecedented brain health potential.

Customer Reviews

"Dr. Perlmutter's book is among those rare and exciting exceptions: information so empowering, so enlightening, and presented so clearly and concisely that the reader emerges far better off for the reading experience. Put this book on your short list of must-reads for health and nutrition."
—William Davis, MD, author of Wheat Belly
"The research in Brain Maker was a revelation to me. And it will be to you as well. And, most importantly, you don't have to wait for this information to become mainstream. You can ensure your brain health—and that of your family—by following the practical program outlined here."
—Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom and Goddesses Never Age

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Brain for Life
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Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1)
Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train

Your Brain) Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) The Leaky Gut Report: How to heal your gut naturally - The ultimate guide for fighting anxiety, autoimmune disease, heart palpitations, food allergies, fatigue and more Leaky Gut: 25 Easy Homecooked Healing Recipes For Thanksgiving & The Holidays: It's Time To Heal Your Leaky Gut With Easy To Prepare, Delicious Food! Clinical experience of Irritable Bowel Syndrome: Brain-gut axis versus gut-brain axis Recover with GAPS: A Cookbook of 101 Healthy and Easy Recipes That I Used to Heal My ULCERATIVE COLITIS while ON THE GAPS DIET - Heal Your Gut Too! Nutrient Power: Heal Your Biochemistry and Heal Your Brain The Gut Makeover: 4 Weeks to Nourish Your Gut, Revolutionise Your Health and Lose Weight Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's The Essential Handbook to a Healthy Gut: How a Leaky Gut Impacts Your Entire Body and How to Make It Healthy Once Again Oster Expressbake Bread Machine Cookbook: 101 Classic Recipes With Expert Instructions For Your Bread Maker (Bread Machine & Bread Maker Recipes) Oster Expressbake Bread Machine Cookbook: 101 Classic Recipes With Expert Instructions For Your Bread Maker (Bread Machine & Bread Maker Recipes) (Volume 1) Resistant Starch Cookbook: Restore Your Health, Heal Your Gut, and Lose Weight Fast While Eating the Foods You Love! (dozens of recipes with pictures and a 28 day meal plan) Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory The Gut Health Protocol: A Nutritional Approach To Healing SIBO, Intestinal Candida, GERD, Gastritis, and other Gut Health Issues

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