

Grain Brain Cookbook

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Summary:

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The Grain Brain Cookbook: More Than 150 Life-Changing ... 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 as relieving everyday conditions like headaches, insomnia, and forgetfulness. Grain Brain Cookbook: More Than 150 Life-Changing Gluten ... THE GRAIN BRAIN COOKBOOK presents more than 150 delectable recipes that keep your brain vibrant and sharp while dramatically reducing your risk for debilitating neurological diseases as well as relieving more common, everyday conditions. The Grain Brain Cookbook by David Perlmutter MD Featuring more than 150 delicious recipes for complete health and vitality, The Grain Brain Cookbook (Little, Brown and Company) keeps our brains vibrant and sharp while dramatically reducing the risk of debilitating neurological diseases.

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