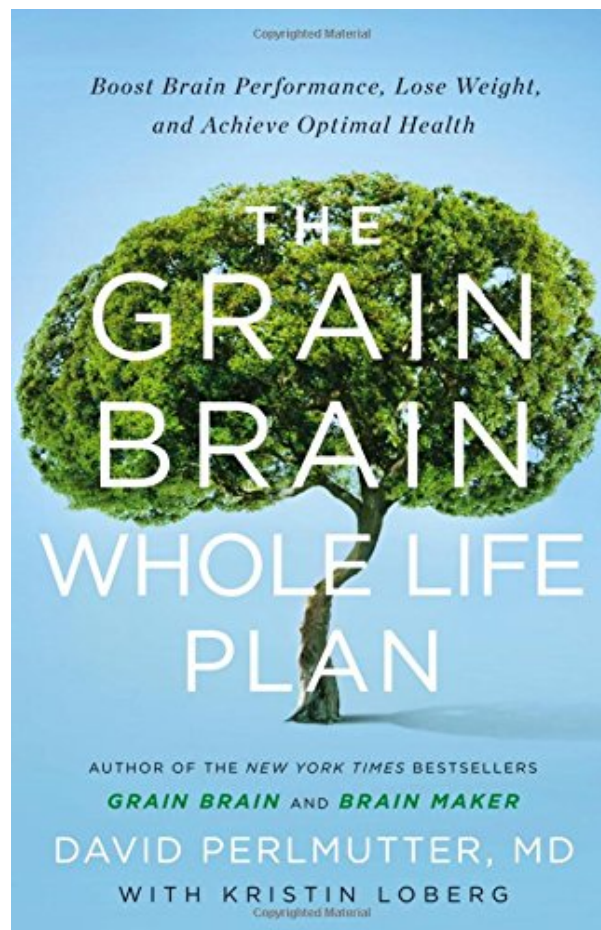


**THE GRAIN BRAIN WHOLE LIFE PLAN:
BOOST BRAIN PERFORMANCE, LOSE
WEIGHT, AND ACHIEVE OPTIMAL
HEALTH BY DAVID PERLMUTTER MD,
KRISTIN LOBERG**

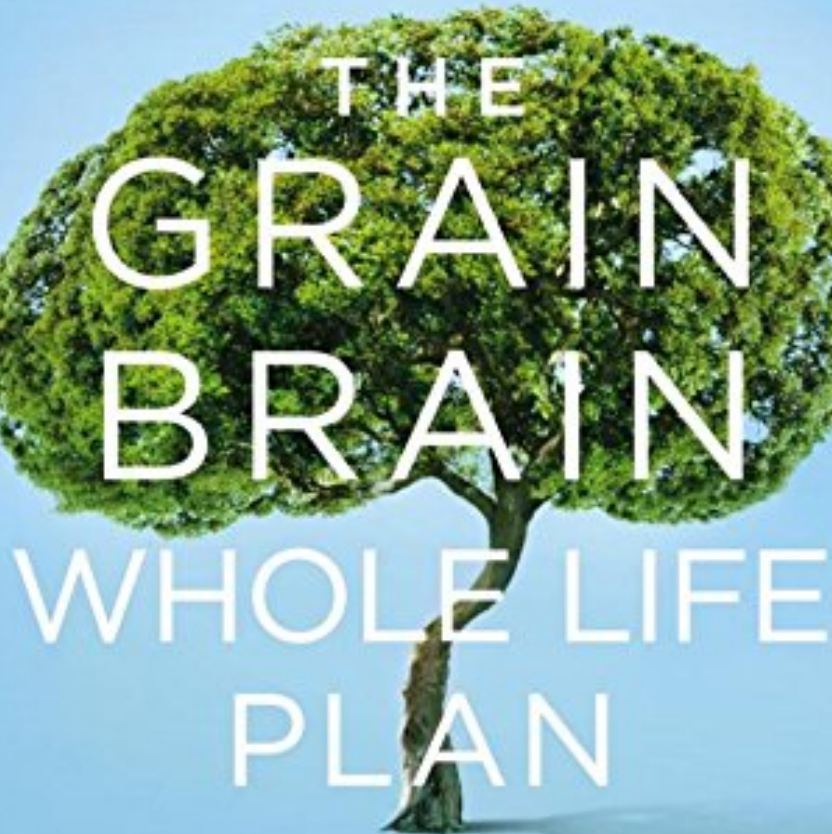


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*Boost Brain Performance, Lose Weight,
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THE
GRAIN
BRAIN
WHOLE LIFE
PLAN

AUTHOR OF THE NEW YORK TIMES BESTSELLERS

GRAIN BRAIN AND *BRAIN MAKER*

DAVID PERLMUTTER, MD

WITH KRISTIN LOBERG

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The official guide to Dr. David Perlmutter's revolutionary approach to vibrant health as described in his New York Times bestsellers Grain Brain, The Grain Brain Cookbook, and Brain Maker.

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 brain ailments while yielding other benefits, such as weight loss, relief from chronic conditions, and total body rejuvenation. Science-based and highly accessible, THE 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 carbs, and nurturing the microbiome. Including original recipes, tips and tricks for common challenges, meal plans, and advice on everything from sleep hygiene to stress management, exercise, supplements, and more, THE GRAIN BRAIN WHOLE LIFE PLAN shows how to live happily and healthily ever after.

- Sales Rank: #1727 in Books
- Brand: LITTLE BROWN AND COMPANY
- Published on: 2016-11-15
- Released on: 2016-11-15
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 1.00" w x 6.25" l, 1.00 pounds
- Binding: Hardcover
- 304 pages

Features

- The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight...

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19 of 20 people found the following review helpful.

Gave me a lot to think about . . .

By CD

and I've read his first two books. A thoughtful progression from Grain Brain and Brain Maker, and built on the essential principals of these previous works. Others can comment about the nuts and bolts advice of diet, exercise, and sleep. I am contemplating how I need to adjust my life to handle stress better, on account of the revelation in this book of Dr. Perlmutter's personal health crisis, which landed him in the hospital. He shares what happened in his life that may have contributed to this event, and of the power of love and compassion to heal. The story is captivating, and profound. It made me think - think of my whole life - am I in a place where I can truly love and minister to others, and is there needless stress I must be rid of? Because our health depends on these things as well as diet, exercise, and proper sleep. Thanks, Dr. Perlmutter, for sharing more personally in the book, as well as for all the updated information! May the power of gratitude to you be evident in this review!

34 of 35 people found the following review helpful.

You Are The Most Important Person In The World

By Bassocantor

The purpose of THE GRAIN BRAIN WHOLE LIFE PLAN is to follow up on the author's prior best-seller, and show the reader how to put the doctor's ideas into practice. That is, this is a practical book--not so much a theory book as his prior book: "The main purpose of this book is to help you put my ideas into practice in the real world and to show you that living your best life is about much more than what you put in your mouth." Additionally, Dr. Perlmutter includes some updated information on more ways of "eating more fat and fiber, consuming fewer carbs and protein, evicting gluten forever, and catering to your intestinal flora."

Here's how the book is laid out: Part I of the book reviews, for those new to his program, the concepts: "Part I explains the what, why, and how of the program. I'll detail the ground rules, present new data, and offer a 3-step framework that will help you execute my recommendations." Part II provides the details on how to use his program, and which foods to eat. Part III includes "final tips and reminders," plus snack suggestions, shopping lists, and also the 14-day meal plan with recipes.

To start, the doctor sets a backdrop to review WHY this plan is needed. Why do Americans need to change at all? The author explains the sad state of American health. In particular, a huge number of people suffer from some sort of mental illness: "The United States is among the ten wealthiest Western nations where death from brain disease, most commonly dementia, has skyrocketed over the past twenty years. . . 5.4 million people are living with Alzheimer's disease, and that number is predicted to double by the year 2030!"

For those not familiar with the author's prior book explaining his plan, the doctor gives an overview of the diet. It's called a "ketogenic" diet, which means that 80 to 90 percent of calories from fat, and the rest from fibrous carbohydrates and high-quality protein. Instead of meals having a big protein-packed entree and small side dishes, this plan calls quite a drastic change. The main entrée is mostly "fibrous, colorful, nutrient-dense whole fruits and vegetables that grow above ground, with protein as a side dish." Other key features of the plan are: low-carb, higher fat and fiber, avoidance of gluten and sugar, and lots of "the incredible egg."

Besides just diet, the author provides a lot of tips on exercise. I actually thought the exercise tips were just as good as the diet tips. The doctor cites studies showing huge reduction in Alzheimer's for those at high levels of exercise: "Those at the highest level of exercise activity experienced an incredible reduction of risk for Alzheimer's of 50 percent when compared to those who were more sedentary." I thought the best exercise tip was this: "Establish An Exercise Routine You Can Sustain." Here's another interesting point. The doctor notes that the problem people have with exercise is not just starting it, but continuing it.

The latter part of the book contains "Final Reminders." For example, "Drink Water Throughout the Day," and "Find a Partner" who shares your goals. In terms of eating, the author reminds us to "Make Vegetables Your Centerpiece. . . . A full three-quarters of your plate should be filled with fibrous, colorful, nutrient-dense whole vegetables that grow above ground."

Since I love to eat sweets (especially chocolate!), I was pleasantly surprised to see lots of healthy snack ideas. He suggests snacks such as "a handful of raw nuts, olives, and/ or seeds (no peanuts), a few squares of dark chocolate (anything above 70 percent cacao) • chopped raw vegetables, or hard-boiled eggs.

I was especially happy to see protein bars on the list of snacks. From the author's recipe online, here are the secret ingredients for a recommended protein bar:

- 2C almonds – soaked overnight
- 2 tbsp. ground flax seeds

- 1/2C shredded coconut
- 1/2C nut butter or coconut butter
- 1/2 tsp. sea salt
- 1/2C pastured butter or coconut oil or a blend of the two (melted)
- 1 tsp. vanilla
- Stevia, to taste (optional)
- Cacao chips (chopped, optional)

Besides the snacks, I just had to try one of the desserts listed. So I made the dessert with ricotta cheese, berries, and sliced almonds. It's simple to make--even I was able to do it.

All in all, I found **THE GRAIN BRAIN WHOLE LIFE PLAN** to be a useful, and encouraging book. The book is easy to read and nicely laid out. From similar books, I was already aware of many of the doctor's ideas, but it was good to have them reinforced. There is a useful Bibliography at the end, containing helpful reference information; for example, links to the Alzheimer's Association.

Advance Review Copy courtesy of the publisher

18 of 20 people found the following review helpful.

This Book is About Eating High Fat Low Carb

By Diana

Interesting that he is now promoting no grains at all. Previous books were mostly get off gluten.. I guess baby steps. This book is also about high fat low carb, which I've been trying to adapt to. Its very difficult for me because I love sugar. I am mostly off grains. I'm trying to step down slowly off all sugars. The recipes look good. Four stars because he left out the index in the Kindle version :-\ If you love indexes, then you won't like that about this book. I appreciate the exercise section as I enjoy exercise.

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