



Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers

David Perlmutter , Kristin Loberg (With)

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From #1 *New York Times* bestselling author Dr. Perlmutter, the devastating truth about the effects of wheat, sugar, and carbs on the brain, and a 4-week plan to achieve optimum health.

In *Grain Brain*, renowned neurologist David Perlmutter, MD, blows the lid off a finding that's been buried in medical literature for far too long: carbs are destroying your brain. Even so-called healthy carbs like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, decreased libido, and much more.

Groundbreaking and timely, *Grain Brain* shows that the fate of your brain is not in your genes, it's in the food you eat. Dr. Perlmutter explains what happens when your brain encounters common ingredients in fruit bowls and bread, how statins may be erasing your memory, why a diet high in "good fats" is ideal, and how to spur the growth of new brain cells at any age. And his revolutionary 4-week plan will show you how to keep your brain healthy and sharp while dramatically reducing your risk for debilitating neurological disease -- without drugs.

Featuring a blend of cutting-edge research, real-life stories of transformation, and accessible, practical advice, *Grain Brain* teaches you how to take control of your "smart genes," regain wellness, and enjoy lifelong health and vitality.

Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers Details

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From Reader Review Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers for online ebook

Riku Sayuj says

Scary stuff, but as is the case for all nutrition science, it is more smoke than fire here too. I prefer to use Pollan's simple rules as far as nutrition is concerned, instead of obsessing over the latest science, latest recommendations, specific diets, super-foods, super-villains etc.

That said, Perlmutter's work is still useful. It will make you think twice about hating on fat-based and cholesterol-containing foods, and finding comfort with more carbs.

"Brain dysfunction starts in your daily bread, and I'm going to prove it. Modern grains are silently destroying your brain," Perlmutter says, and that is not even the most melodramatic line in the book.

The discussions on insulin and leptin regulation and their roles is the highlight of the book for me. High insulin (from high intake of carbs) and low leptin (from less sleep and stress) wages war in your body and makes you fat, stupid and less fun to be around. Also, he more or less convinces the reader that we are ALL gluten sensitive - though I am not planning to go gluten-free anytime soon.

After elaborate discussions on the effect of carbohydrates on the brain and the body, Perlmutter recommends for all a diet low in carbs and sugar, high in fat, plenty of activity and intermittent fasting along with plenty of restful sleep. This is his prescription for a healthier and longer lasting brain, body and life.

Jenni says

This was a really informative book that definitely blew my mind in terms of the argument - fat and cholesterol are good? Really? But he's got the research to back up the claims, and it's very compelling. As a person who has followed a strict gluten-free diet for over 2 years I found the research and case studies on gluten sensitivity especially interesting, although it did wake me up that I need to rethink my gluten-free lifestyle in terms of also limiting the things that I have always allowed myself as treats, such as gluten-free bread and rice aplenty. I just finished the book and haven't done the diet plan yet, but I'm definitely planning on it - have already started weaning myself off the carbs. I think this book was really the wake-up call I needed to start paying more attention to what I eat in the interest of my future health.

Longer review on my blog - <http://www.spoonfulatime.com/2013/0...>

David Schwan says

I'm giving this two stars because this book is quite dishonest in places. There is a great deal of good useful information, and this a significant amount of speculation presented in the guise of factual information.

I agree with the ideas that fat is good and carbs are maybe not so good.

The author's views on gluten are where the author fails to make a scientifically sustainable case. For example, the author claims that in the 20th and now 21st centuries we have a plague of mental diseases due to gluten. The implicit assumption here is that we eat more gluten today than we did in the past. It is implied that modern wheat has more gluten (a quick web search is inconclusive but leaning toward no change in gluten over time). European peasants lived on bread (and beer) during significant periods of time yet we do not see the same prevalence of problems we have today. The author falls into the same trap of assuming what a paleo diet was. Gluten becomes the bad guy for many mental ailments, not unlike the snake oil peddlars of the 19th century, and not unlike, for instance, Dr. Kellogg and the grain-only movements. The author gives us lots of case studies as proof but no studies based on a control group, and the author gives us "A causes B, yet C or D could cause B also." Some patients will get better on their own, some will get better due to a form of placebo effect; the author is quite unaware of this by stating that his cure works.

The author hints that many of the mental ailments he cures have their start in Gastro-intestinal disorders. Recently, people have been cured of celiac disease by adjustments to a person's intestinal micro-biome (which fits nicely with why medieval man did not have the same problems we have; they had no antibiotics or C-section births).

I could probably write many pages about where the author has stepped out of his expertise. This book is dangerous because without critical reading, most readers will miss what is well supported by studies and what is not.

Steven Walle says

I recommend all read this book. It is amazing what grain does to our thinking process and we are so unaware. The author speaks on how to use healthy grains which are gluten-free to supplement our diets. Read in good health and Be Blessed.
Diamond

Jennifer Ochoa says

It worked for me before I even heard of this book!

I went on a ketogenic diet (low-carb, high-fat) last year to lose weight and next thing I know, my chronic life-long depression and anxiety disappeared, I had more focus, more energy, more positivity in general. I had NO IDEA that a ketogenic diet would do this, but it did. I started to enjoy exercise for a change, which helped even more. My life was changed forever. (Note that I have tried so many "diets" to lose weight before keto and nothing worked for me. I ended up gaining weight every time I failed.)

Then, I discovered Dr. Perlmutter and realized that what I was experiencing was exactly what he has been trying to teach people. Reading this book was an amazing experience for me and helped solidify the "program" I need to follow for brain health (HAPPINESS). Alzheimer's runs in my family too, so if I can do anything to delay or avoid that worse-than-death sentence, I will. And it's not like it's hard to do!

I only needed to modify my supplementation some and focus on the tasks he recommends that I already knew benefit me (exercise, meditation, sunshine!, mental exercise, caloric limitation, ketogenic diet). I plan

on incorporating fasting back into my life too. Beyond keto, the only somewhat positive "diet" attempt I had experienced was intermittent fasting, so I was happy to see that he recommends fasting. My mind works great while fasting, the trick is to break your carb addiction first!

It works, it's simple. Naysayers haven't tried it, so don't listen to them. Perlmutter explains the science, cites the science, but seeing (doing) is believing.

I was a skeptic when I heard about ketogenic diets, but my body and mind proved me wrong. And I'm so glad they did!

(For those who find the diet extreme, I thought I could "never give up carbs" too, but I did, and I had a very very bad carb addiction and wasn't a big "meat eater." Pinterest is a great place to find "keto" recipes that will blow your socks off with the variety and sheer yum-factor. Also search for "paleo" recipes, especially if you are dairy intolerant like I am.)

Huma Rashid says

This guy is a charlatan who uses pseudo science and a very unnuanced view of case studies to push his bullshit idea that there is one single simple cure for numerous diseases. Oh, and please buy the supplements and enzymes and the \$8500 brain detoxification retreat he sells on his site. If Dr. Oz, another snake oil salesman, had to testify before congress I don't see how this jackass has escaped scrutiny despite a decade of bullshit claims.

Adrian Peck says

This book is one that I will not stop talking about for the rest of my life. I'm sure it is in my best interest to re-read this book to make sure my facts are straight before trying to convince family and friends to read this book; lets get one fact straight.....I am absolutely astonished. This book was exactly what I was looking for, and as the I'm sure the brilliant author knows, most people feel that they need this drastic change in their lives. ITS CARBS! It is slowing down everyone...from brain to toe. Thank you for the opportunity to both read and review this book.

The best part about this book is how smooth the words are written across each page, making you feel like your right there speaking with your doctor or next-door neighbor. Also I love the way the data validation is put way ahead of the author's words -- to further underline just how serious an issue this has become now that it is so misunderstood in many many areas. I give you my eternal gratitude for spelling things out for me, and the reading world.

The negative -

Ok so I had to think a minute to come up with anything here, and still had nothing. Great book! I thought about maybe including a special section of the book that helps arm yourself against those who are hard headed to diet change. A way of proving to others how effective the diet ishow essential this diet is....for all of us. You arm the reader with the ammunition needed to diet, why not a few bullets for those that try to slow you down.

In ending...there is no ending. I'm going to come update this review later after I follow the book's diet so easily shown in the book. My soon to be wife also suffers from neuropathy of the foot with type 2 diabetes. This book has helped us understand so much, and I can't wait to see what improvements it has on our lives, and those around us.

Roya says

DNF at p.17.

A Letter From Present Me to Past Me-When-I-Was-Book-Shopping-a-Year-Ago

Dear Past Roya,

Over the past twelve months, I've noticed some new things. I've noticed that people are far more irritating than they were last year. That's fine, you'll get over it. I've noticed that I relate to Anxiety Cat memes a lot more than I'm comfortable with. This isn't okay, but it's not the worst thing ever. You are what you are (unless what you are is an axe-wielding psycho, in which case I strongly advise you not to be), and that's okay. More recently, I've noticed that a lot of the books you've read this year are bad. Not bad as in, "Well it sucked, but there are better books to come." Bad like axe-wielding-psycho-that-will-brutally-murder-everyone-you-love-and-mentally-scar-you-for-the-rest-of-your-existence.

*Personally, I'm disappointed. How could you betray me like this? You got me *Fallen* by Lauren Kate! I didn't read a sentence of it, but that's not the point. I bet you planned this out. It's so like you to spite me like this. There's no way that you like YA novels or those weird self-help books. Gross.*

I mean, you better not, because if you do, I will totally hate you for it when you get to be my age. It's only reasonable anyway. So, let's get down to business.

You picked me this piece of crap last year in a university book store thinking that I'd love it, right? WRONG.

*Unlike you, I don't have a crappy taste in books and I certainly do **not** enjoy pissing people off by giving them rubbish as reading material.*

So I read this book. I read it for you. Well actually I read seventeen pages, but that's the same thing. Anyway, I sacrificed my time for you, and what do I get? I get a book that tells you that if you eat 60 grams of carbohydrates a day (yes, you read that right) these following problems will be "helped":

- ADHD (*cue scepticism*)
- anxiety and chronic stress
- chronic headaches and migraines
- depression
- diabetes
- epilepsy (*cue heavy coughing*)

- focus and concentration problems
- inflammatory conditions and diseases, including arthritis
- insomnia
- intestinal problems, including celiac disease, gluten sensitivity, and irritable bowel
- memory problems and mild cognitive impairment
- mood disorders
- overweight and obesity
- Tourette's syndrome (**cue uncontrollable laughter**)
- and much more ***eye rolls***

First things first, I'm hungry. I think I'll go have a CARB. You hear that? A carb. That's right, I have no shame.

Ah, that's better.

Okay, so obviously, this sucked. All seventeen pages of it, in fact. I'm sure that a lot of this stuff isn't complete bunk, but you have to take it with a pinch of salt...or, you know, all the salt in the shaker. My point is, most of this stuff is crap. Do you have the faintest idea just how much more pissed off I'd be (yes, it's possible) if I only had 60 grams of carbs everyday?! Super pissed.

Unfortunately, I DNFed this book after seventeen pages and there isn't much more left to rant about, so today I'm going to be nice and let you off with a warning.

Don't ever buy me a self-help book again. Ever. I mean it. None of that preachy crap. I'm so done. If you do, prepare to feel my wrath.

Watch your step.

Love,

Present Roy

Kathleen (Kat) Smith says

Are you experiencing any of the following signs:

Being overweight?

Being unable to change how your body looks, no matter how much you exercise?

Being unable to lose weight or keep weight off?

Constantly craving "comfort foods"?

Fatigue after meals?

Feeling consistently anxious or stressed-out?

Feeling hungry all the time or at odd hours of the night?

Having a tendency to snack after meals?

Having high fasting triglycerides, over 100 mg/dL - particularly when equal to or exceeding cholesterol levels?

Having osteoporosis?

Having problems falling or staying asleep?

High Blood Pressure?

Regularly craving sugar or stimulants like caffeine?

The presence of "love handles"?

If you're like me, you probably answered yes to almost all of these. But there is a common answer that can alleviate these symptoms simply without medication and by what we eat and what is in what we eat. Funny how the food pyramid is where most of us gain our information on what's good for us, but you'd be surprised at how wrong the information has been that has enabled our society not only to gain larger waistlines, but also smaller brains.

Did you know that the larger your waistline is, the smaller your brain really is? Not to mention that the risks of diabetes, obesity, dementia, cardiovascular disease, cancer, auto immune disorders and even brain disease is all being elevated now but what is in our food and what we are consuming? Evidence now points to those with risks of diabetes and are also overweight, studies have shown that degenerative brain cognition is now being proven that link the two together? If that doesn't shock you into awareness, I don't know what will.

In the latest book, Grain Brain, Dr. David Perlmutter takes readers into the heart of what our diets and eating habits are doing to our health. Now science is proving that gluten is linked to increasing the risks of common neurological ailments such as ADHD, anxiety disorder, Tourette's syndrome, mental illness, migraines and even autism. He discusses gluten's role in behavioral and movement disorders and shows you how simple dietary changes may make significant improvements in our overall neurological health.

He teaches you what's been happening and what we are doing that is literally killing us slowly. But there is hope, he shows you how to begin turning back the clock on some of these old habits and bring us closer to a healthier lifestyle without the need for medication or crazy fad diets. Learn the real secret behind high fructose corn syrup and even why eating fruit may be bad for you. He'll show you what supplements are worth taking, when and why, along with a great beginning exercise and healthy eating plan. He shows you what to eliminate from your kitchen and how to avoid those seemingly innocent food labels that fool you into thinking what you're buying is really healthy when its not.

There is simply so much great information that even Dr. Mehmet Oz has commented that this is "An innovative approach to our most fragile organ." This book is packed with easy-to-follow strategies, delicious recipes, and weekly goals to help you put the plan into action, along with real life stories of transformation to gain control of your life, regain wellness and enjoy lifelong health and vitality.

I received Grain Brain by Dr. David Perlmutter compliments of Little, Brown and Company, a division of

Hachette Book Group for my honest review and received no monetary compensation for a favorable review. I've been working on my own healthier eating plan for three weeks and found the information in this book instrumental to aid me in my way to a stronger more well balance lifestyle. I already knew that grains were something most farmers feed their stock to fatten them up so it made sense that it would work on us as well. It's great to know that some of the things I was doing was great, but also the reduction of how much fruit I was eating didn't make sense until I read through the chapter on sugar, Chapter 4, Not a Fruitful Union -This is Your Brain on Sugar (Natural or Not). What I read literally shocked me and made complete sense. I would rate this one a 5 out of 5 stars and plan on changing what I buy and what my family eats to ensure a healthier lifestyle for all of us.

Grace Jensen says

As with any diet book, and especially with this one, follow your doctors orders, listen to your body, and use common sense.

I have had gluten issues in the past, and several of the medical issues mentioned run in my family. I try to eat gluten free as much as possible, which really just translates into non-processed foods and whole fruits and vegetables.

That being said, this book is really a hate campaign against gluten. Carbs are not the devil. And the language used in this book is generalizing in some places, absolutists in others, and clearly using scare tactics in the rest. Any good advice or scientific correlations are lost in this plainly irresponsible use of language.

Gluten-free is the new fad. Find another book about it. But remember, Dr. Atkins died of a heart attack following his own advice. And if I followed this book, so will I.

Elizabeth says

I was already one of the converted; I follow the Paleo diet and thrive on it, after years of battle with candidiasis and other ills. The difference it makes in quality of life and the amount of energy I have is incalculable. To an outsider, it looks like a fad.

The basis contention of this book is that most of the medical ills of our age - from rashes and headaches to obesity, diabetes, and cancer - are caused by eating glutinous grains. For generations now we have believed cholesterol and fat to be dietary enemies; turns out to be quite the opposite.

So Perlmutter not only confirms what I already believed, but backs it up with studies, new medical evidence, and lucid description of the causation and effect. He explains that one person in two hundred has Celiac disease, which is the most extreme reaction to gluten; but that one in thirty is gluten intolerant to some degree, with unrecognized illness and discomfort caused by eating wheat.

At my book club, my friends were making fun of this book as medical nonsense. I was biting my tongue, because the truth Perlmutter tells is my truth, borne out by all my experience. It makes me feel like Penelope: I want to tell everyone how much better they'd feel (now and in future) if only they stopped eating grains, but who would listen? The Prairie farmers would not thank me.

I believe that gluten, like sugar and caffeine, has addictive properties, and no one wants to abandon an addiction. What we eat, and what we do not eat, is a very personal matter that everyone takes seriously.

Perlmutter ends his book with a useful section of suggested menus and recipes.

Highly recommended.

Diane says

I admit I have a bias against health books: They are usually poorly written, bloated with patient testimonials, and the information could be better summarized in a good magazine article.

And that's true of *Grain Brain*, which I picked up after seeing an article about the link between carbs and problems in the brain, including dementia, Alzheimer's disease, anxiety and depression. Dr. Perlmutter recommends cutting down on carbs, especially ones containing gluten, and eating healthy fats to feed your brain.

I found the information useful, but I couldn't finish this book. I read the first few chapters -- the debunking of low-fat diets was interesting, along with the list of foods that contain gluten -- and then I had to skim the rest.

This book is a huge bestseller right now, so maybe you will find it more readable.

Brian Gordon says

I received this book as an advanced copy from Good Reads. In this book Dr. Perlmutter makes the case that many healthy problems currently endemic in our society are directly related to our over consumption of carbohydrates, particularly those from grain. He lays out the claim for how such a diet is counter to our evolutionary needs and then proceeds to make links between gluten insensitivity, neurological inflammation, and neurological disorders.

I actually have a PhD and regularly study aging and Alzheimer's disease in my research. I was very mixed in my impressions of the book. I have begun cutting down on my carbs and being more selective in my diet. I think there is a very real link between metabolic dysfunction and neurodegeneration. I do think the book is over overselling the effects. At one point the book suggests that schizophrenic symptoms are reduced by going to a gluten free diet. While it probably wouldn't hurt to go to such a diet, in no way would I think it would cure it. So I thought the book was thought provoking, but at times the science is a bit questionable. Also the book can read a bit like a laundry list "study x found y" and you can get lost after hearing so many individual facts.

So I would recommend reading the book as it is quite thought provoking. However take the book with a grain of salt.

Susanhayeshotmail.com says

I received this advance readers copy from Goodreads First Reads. Yay for free books and thank you!

Perhaps I should apologize in advance, this is long and probably a bit of a tirade. Here's the good parts version: If you are concerned about gluten intolerance (not celiacs), your blood sugar levels, neurological issues or just think you are hooked on sugar and worry about bad for you carbs read this book.

So.

They say that when the student is ready the teacher will come and I found it almost amusing that I won this book just a few of weeks after one of those wake up calls at the doctor's office. I had known trouble was brewing for quite some time but have spent most of the last 18 months uninsured. Finally got coverage again, 90 day wait period behind me, made the eleventy billion phone calls to nearly every doctor in our phone book before scoring a doctor accepting new patients and an appointment two months into the future and had enough blood draws to require a basket to carry all the vials, followed by another week or two of waiting, I got some answers. I will spare you the nitty gritty details but changes are required in the diet and lifestyle arena. I was not surprised.

What has continued to surprise me throughout my adult life are the shifting sands of diet and nutrition to the point that I have become pretty cynical and came close to adopting a "who cares, it will all change next year anyway and we all are dying of something someday" attitude about food and eating. Now, you must know that I have always tried to eat and cook good, healthy food. I have never smoked or consumed alcohol or abused any drug, I love drinking water, I really have tried for a healthy lifestyle. We grow a garden, for years I made my own bread, we didn't do drive throughs, my kids did not grow up on happy meals or Pop Tarts, they wondered why I didn't allow Chef Boyardee in our pantry (until they tried it at someone else's house). Sure, we ate the occasional convenience item, canned soup, some pizza now and then, and cold cereal (supposedly low fat and filled with nutritious grains) but I can my own fruits and vegetables and made my own granola for Pete's sake. If we had a cookie or dessert, which we did, it was made in our kitchen and I could pronounce every single item that went into it. We ate meatless once or twice a week. I don't even like soft drinks, we switched to skim milk 25 years ago and almost never drink juice. I followed all the supposedly researched nutrition advice from what we (mistakenly) believed were creditable sources, such as the USFDA.

And yet the pounds just kept creeping on and getting harder and harder to lose. Calories in, calories out. I've heard it over and over and over and restricting calories and adding moderate exercise would help me drop for a while but would stall and inevitably the pounds would begin to creep back on. I'd keep walking, going to Curves or whatever but life on a 1200 calorie, low fat diet did not ever budge the scales much or bring me lasting results and I was always hungry and never felt well on that type of diet so of course it could not last. But it was the perceived wisdom of good health so I kept at it. I avoided all fad diets and just kept plugging away at the calories in, calories out, get moving, cut the sugar. The Heart Association, Weight Watchers, the American Diabetes Association, EVERYone said this was safe, sensible and good for you. Remember that home grown, home bottled produce? So I could control the salt and sugar in my foods. (And because stuff frozen or canned when it's ripe is so much better than anything you can buy at the store!) I have briefly over the years toyed with the idea of some of alternative diets out there, Atkins, Ideal Protein, even Jenny Craig and all those but the idea of eating their prepackaged foods was just a big turn off. Expensive and I had my doubts about the healthiness of foods marketed by a diet and nutrition INDUSTRY (hello, they might want to help you lose weight but they really want to make \$\$\$ doing it). And then I saw so many friends and

acquaintances gain it all back and more as soon as they return to real life and real food choices. Plus, who wants to eat that while cooking real food for the rest of the family?

Also over the years I've had a lot of unanswered questions. Not one doctor I ever asked had any real explanation as to why, for instance, until I went on birth control pills I literally could not gain weight. I was very slender, too thin based on the questions my doctor asked me about my eating habits (he was obviously concerned I was anorexic or purging somehow, I was not, you will just have to take my word on that one). Six weeks after going on the pill I had gained 20 lbs! I went to a doctor, one I had not seen before because my new husband and I had just moved. He (the doctor, not my husband) actually laughed at me, out loud, because, probably for the first time ever I was indeed truly carrying a healthy weight for my frame and could probably stand to gain another 5 or 10. He suggested the cause was maybe some lifestyle/diet change with marriage but no, if anything I was eating more healthy and felt that it would have been hard to eat enough and be sedentary enough to accomplish that kind of weight gain so quickly. And there were many other questions I raised over the years based on my body's reaction to hormonal changes but every one was answered with the old "calories in, calories out, it's that simple," shrugs, and once a prescription for Prempro (and I have to say, based on this reaction to the list of my symptoms that prompted this prescription I have apparently be in peri-menopause since I was 12 years old, a shrug and RX pad were all she had to offer). Oh, and let's not forget the looks of frank disbelief and clearly spelled out, honey, the numbers don't lie, you must be eating junk or the attitude of you are fat, therefore you must be both stupid and lazy and deceiving yourself, which, sorry docs, many of you broadcast loud and clear by your expressions and choice of words. Not helpful.

So I get this incredible amount of lab work done and my doctor declares that sure enough, I have probably had a hormone imbalance for oh, 30 years or so, maybe always, and I have become pre-diabetic and insulin resistant (maybe those are the same thing). She suggests very strongly a low carb, low glycemic diet which I agree to try. Thinking, how can it be good to remove whole groups of food from your diet? but I will give it a try, something has to change and I really, really want to FEEL better.

I did not just take her word for it, i did a lot of research and then just plunged in. Right about the time I thought I might prefer dying a few years earlier than expected due to diabetes or stroke than stick to this diet along came Grain Brain (there, I finally got to the book!). I am not a doctor, scientist or researcher so I cannot fully speak to the science issues here but they were easy enough to follow and made sense. And matched much of the other newer research I was finding. It turns out that "a calorie is NOT just a calorie" (not just referring to sugar, here, everyone knows too much of that is bad for you!) and while your body needs exercise for optimal health, your heart, your lungs, your brain, exercise alone is not going to be enough for sustainable weight loss.

Grain Brain and Dr. Perlmutter purport that it's not fat and sedentary lifestyle that has brought on the obesity, and subsequent type 2 diabetes, epidemic but our over consumption of carbs, sugar and gluten. And it's not just about weight loss, this stuff affects our brains and the performance of other parts of our body. Of course it does! Where else do the nutrients for our brains and cells come from if not at least mainly from our gut and what we consume.

Perhaps this type of eating plan is not for everyone but I have to say it is working for me. I do not just eat meat, cheese, vast amounts of bacon and lettuce, that is not what the doctor is suggesting here. I have, however, pretty much given up all starches, if it's white, unless it cauliflower, Greek yogurt or cottage cheese it is not on my list. I do eat a lot of protein and a lot of vegetables, some dairy and some fruit but a modest amount and always combined with protein. I am sure the hormonal supplements and massive vitamin D supplement I am taking have contributed but once I got over the carb withdrawal (two horrible weeks, yes,

sugar/carb addiction is as bad as any other addiction, and I will admit I also actually grieved the loss of some foods because this must be a lifestyle change for me) the cravings faded, I do not need as much food to feel satiated (I am supposed to have small snacks between meals, I feel so satisfied I often forget), I have more energy, I am just plain happier and the weight is coming off at about 4 lbs a week. Even better, my doctor was very happy with my "blood numbers" at my four week follow up visit. Exercise no longer feels like torture or something i must do because its in my chore list. sometimes I will be sitting watching a movie and just get up and pull out the resistance bands or start marching or stretching. Voluntarily because I just want to move. Again, some of this may be due to fixing some other issues but back to the good parts version, if you have been struggling with weight loss, gluten or insulin intolerance, you will probably find this book worth your while.

Melanie says

tl;dr: quack sensationalist quack data-mining quack

Author claims that the source of almost all neurological illnesses/dementia is **not** due to genetics, but to diet. Author's father is 96 and demented off his gourd, so author obviously wants to assure self he's not doomed to the same fate.

This book is horseshit. He says that paleo-type ancestors never had alzheimers/dementia, though as far as I know, no one has ever found viable brain samples of paleo-era ancestors. He also seems to believe in evolution but only up until 10,000 years ago. States that the ancestral diet was 75% fat, 20% protein, and 5% carbohydrates, though unless there were pools of rendered fat all over kingdom come, this isn't even possible. Even beetles aren't 75% fat (they're about 30-40% protein), and obviously all plants worth eating (humans haven't lost the ability to digest cellulose; it was never there to begin with) are still primarily carbohydrate. Egg yolk is ~60% fat. These people were certainly not pressing olive oil, much less mechanically-processing other plant oils, and they weren't leaving animal flesh behind after eating the fat (if there was much to begin with).

One valuable thing he does touch on is that a lot of illnesses stem from systemic inflammation (see also *The Queen of Fats* and *The End of Illness* for better discussions on this issue), and refined carbs including sugar, excess salt and processed meats can exacerbate systemic inflammation along with other things (excess alcohol, smoking, stress, omega-6 fatty acids, dairy, etc). The problem though is that a high-fat diet, especially with out-of-balance fatty acid ratios, is that it might actually be exacerbating instead of ameliorating the inflammation.

Aside from that, this book is loaded with false hopes, like cutting out gluten will cure or improve your ADHD, autism, multiple sclerosis, arthritis, asthma, diabetes, and cut your wildly slash your risk for Alzheimers. He has a lot of citations, but many of them are WEBSITES (hello, Dr Oz is hardly a paragon of scientific rigor) or studies whose implications are either overstated or taken out of context. Most of the rest of his data come from personal anecdotes and testimonies of patients ("Bob had tremors so we removed gluten from his diet and six months later he was cured!" "Sylvia's migraines and seasonal allergies went away after she stopped eating grain!" "Ezra's suspected multiple sclerosis was actually a gluten sensitivity!") It's irresponsible for a doctor to intimate that all neurological disorders are caused or exacerbated by grain/gluten/sugar and can be cured/improved by dropping these things from a diet.

There are some recipes in the back (skimmed those), but I hope you aren't fond of dessert.

I don't dispute that the western diet contains way too much sugar and processed foods, but what's wrong with whole grains? He NEVER explains this. Whole grains contain fat and fiber which slows their glycemic impact. Newer varieties of wheat (especially genetically-modified ones) probably do contain more gluten and are less-well tolerated than older varieties, but does that really mean we should cut all wheat from our diet, as opposed to reverting to older varieties? People following a lot of "healthier" diets, like the Mediterranean diet, ingest plenty of whole grains.

Jose says

Dr. Perlmutter is a board certified neurologist and in this book he presents a thesis that food affects our brain health. He's a big proponent of the low carb ketogenic diet--high in fat--good fats--moderate protein, and low carb. However, my biggest takeaways are his prescriptions for improving brain health. He recommends increasing aerobic exercise, which has a strong correlation of maintaining brain health, even at a great efficacy than working the brain directly via mental works such as reading or Sudoku. He also talks about the importance of sleep, which the lack of it, our modern world wears with a badge of honor of industry and hard work.

My only critique as a layman--I'm not a researcher or doctor, is the dogmatic acceptance of the ketogenic diet, which may not be sustainable for the majority of the population. However, the research, while new is exciting. I personally avoid most gluten containing items aside from treats, however, many Asian cultures consume gluten free carb sources with strong health barometers and brain health later in life. They also consume more fish, high in brain protecting Omega 3 fats and are less sedentary.

However the message is strong and much needed and the book's prescription for exercise, healthy eating, and sleep are great starts for protecting your brain for life.

Nilesh says

Grain Brain makes some important points, but in the style of a partisan propagandist aka politician. There is no balance to the arguments made and that's the reason why the readers have to be as mindful of the conclusions as readers of any books on ideology, religion or any occult sciences.

On the negative side, the author has pre-decided that he has hit on the eternal truth about the right eating and all else are wrong. While he provides proofs behind his theories in plenty (some definitely overstated), he has no time or space to harbour any doubts, discuss the possible counterpoints, warn the readers of side effects or even provide a balanced opinion on the simple fact of why so many others do not believe in these studies apart from attributing all such beliefs to marketing gimmicks of the rich corporates.

And the author's love for his own theories possibly cause him to exaggerate - attributing even some mental conditions to the carb/glutton-based food without any material evidence. He discusses his successes liberally but has nary a word about own failures.

Amid all the biased opinions, the author does make some good arguments. His advertisement-like style with strong conclusions and repeated hammering could cause many - including this reader - to change the food lifestyle at least for a while. For a balanced opinion, I will need to find some book that proposes exactly the

opposite. Would love to hear some suggestions.

Justin says

I don't even know why I read this. Listened to it. Whatever. It's 1:12am. I actually finished this like two weeks ago anyway.

Found it on Overdrive and needed something for the commute. I thought nonfiction might make me smarter, more informed, what have you. Instead it scared the hell outta me.

We all knew sugar, carbs, gluten, bread, candy, soda, etc. are all bad for us physically. This book breaks down how carbs, and grains especially, are eating away at our brains, giving us diabetes, and ultimately leading us down the terrifying road toward Alzheimer's and dementia.

The science of the book was fascinating. And, yeah, I get it. He's got an agenda so all of his research is biased since he wants to make his point, and there are other studies that provide conflicting information. I still liked how he focused on our brains and not our bodies to plead for us to eat more spinach and less brownies.

Then, it turned into a diet book and I sort of didn't care anymore. We have plenty of those already. I guess you can't really market this kind of book without a diet plan involved. I know what to eat and what not to eat, but I guess I can read a long food list again. And supplements. Lots of supplements.

Anyway, I like running. I love kombucha and almonds. I like grass-fed beef. But, man, I think the occasional pizza or nachos isn't going to hurt anyone. This is America! You can't take away our guns or our high fructose corn syrup!

I don't wanna live in a world where Frosted Flakes don't exist. They're grrrrrrreat!

And this book is just okay.

I hope all of you paleo vegan mediterranean vegetarian carnivores have a great night.

Patrick Visniewski says

Unfortunately, this book is more dogmatic than it is educational. The author might be right overall. No one in this day and age can know for sure due to the sheer complexity of human physiology and the lack of studies adequate to really provide us the knowledge we need.

The author has a case he wants to make and he does so by providing only the information that supports his case and he leaves out pretty much everything else including any established facts that might contradict his arguments, or that would educate you about potential drawbacks or even dangers of his views.

This is, again, not to say that his case is wrong. It is just to say that this a very one sided exposure to the subject and seems to even leave out anything that also might educate yourself about any possible drawbacks.

Personally I want to know as much as possible on the subject so I can make an informed decision for myself, and it seems like this book is not useful for that unless I can find a second book meant to either be a rebuttal of this or at least fill in the gaps left and provide the additional details that were definitely left out.

If you want to educate yourself on all the facts related to this subject, this is not the book for you.

If you already think gluten is evil and want a book to convince you of this without mentioning anything that might contradict those views then this is the book for you.

Miriam says

I have been obsessed with this book for months now. I can't stop talking about it. It's all about how you can take control of the health of your brain (and your body) by removing gluten from your diet. I thought it would be hard, but it's actually the best thing I've ever done. I highly, highly recommend this fascinating book. It is both informational and practical.
