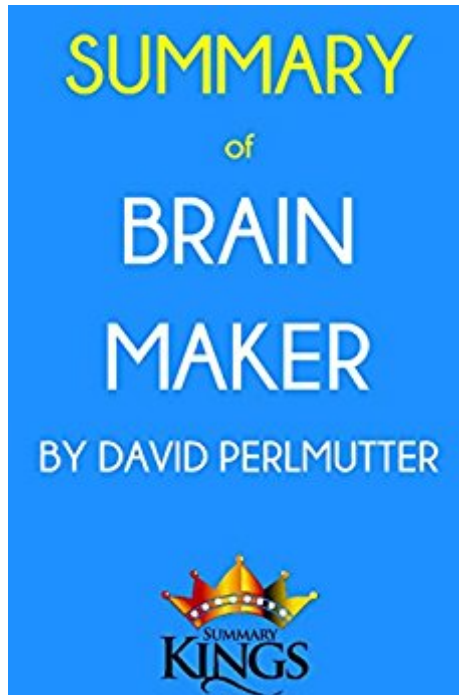


The book was found

Summary Of Brain Maker: By David Perlmutter



Synopsis

Gain the Healing Power of Gut Microbes Quickly with this Summary of Dr. Perlmutter's Brain Maker
Do you want to learn about your gut microbiome, but don't have the time to read an entire book? When you read this summary book you will learn:
What gut microbes are and why you need them
Why your gut flora is in trouble
How what is going on in your gut is directly related to the health of your brain
How your lifestyle choices are making your gut sick and how to fix it
How you can open the door to unlimited brain health potential
The best foods and supplements for your gut and your brain
And much more... Buy the book today to heal and protect your brain for life!

Book Information

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#30 in Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness & Dieting

Customer Reviews

A good summary and introduction to Dr. Perimeter's recent book, Brain Maker. It is a quick read and now I know something about what to expect in the book. Sounds like a good guide to dietary changes that can improve overall brain function. I will get the book and start looking at the foods that he recommends. Recommended.

Followed the diet for past 4 months but we've followed organic diet with no processed food for years. We are in our 70s - lost weight, arthritis pain gone, back to jogging after implementing Perlmutter's dietary recommendations. Wish we could get our friends to try it and maybe kick all the toxic medications they take. Best part- we don't miss the sugar and carbs at all!

This was a very short summary. I guess I was expecting a little more content than what appeared.

This summary provided the nuts and bolts of the Brain Maker book quite well. It is written in clear, user-friendly language. I wish it had a bit more detail, but I guess I need to read the real book for that.

This is a silly book. Buy the real thing, not this robotic "summary". I did not intend to buy it; I was misled by its inclusion in a listing of books "by David Perlmutter". (Incidentally, Perlmutter's book is GREAT.)

Very comprehensive and well written. Dr. Perlmutter has presented here a viable course of health care that reflects some extensive research and he is a very important member of the medical pioneers that are bringing prevention of illness and disease rather than a pharmaceutical band-aid to mask the symptoms.

this was all I needed. Key points to implement into my every day without too much information weighing me down and think about.

Great thoughts on health beginning with what's good for you in the areas of proteins, fats, carbohydrates, and the best ones to choose from. I recommend this to anyone who wants a summary of the books referred to. It is concise and informative. I am Bill Houssian and have extensive education in health, etc.

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