



Grain Brain: by David Perlmutter MD | A Concise Summary & Analysis: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brains Silent Killers

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PLEASE NOTE: This is a summary of the book and NOT the original book.

Grain Brain: by David Perlmutter MD | A Concise Summary & Analysis: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brains Silent Killers. If you are looking for a full copy of this outstanding book, this can be found back on the Amazon search page.

What you get from an Adept Summary & Analysis:

- An overview of the entire book
- Key takeaways from the book
- Easily accessible, easy to remember information
- Actionable and new ideas

A preview:

Dr. Perlmutter is not just against sliced white bread – he’s against our eating 100% whole wheat loaves and has a dim view of carbohydrates in general. He agrees with authors who’ve blamed our carbohydrate-laden diets on the diabetes and obesity epidemics but accuses them of ignoring the damage these diets do to our brains. He promises in this book to explain how grains and other carbohydrates are responsible for diseases ranging from depression to Alzheimer’s disease.

The human brain is designed to seek foods high in fat and sugar. This was the energy source needed for survival of the ancient humans who spent long days hunting. Unfortunately, humans today have the same cravings and these cravings are so easily met that our diets have changed enormously from our ancestors. While we eat the same amount of protein – about 20% of calories – the ancient diet was 75% fat compared to our 20% and theirs had only 5% carbohydrates while our diets have 60%.

Researchers believe this huge increase in carbohydrates is behind the obesity and diabetes epidemics and also explains why Alzheimer’s disease and other degenerative diseases have become all too common.

First, diabetes. Cells use glucose, a sugar, for energy. The human body was developed at a time when natural sugars were scarce so we have several ways to convert other foods to glucose. The easiest foods to convert are starches and other sugars; fats and proteins can be converted but require more energy to do so...

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Debbie Jones:

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Latasha Hisle:

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Alma Hillyer:

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Salina Rodriguez:

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