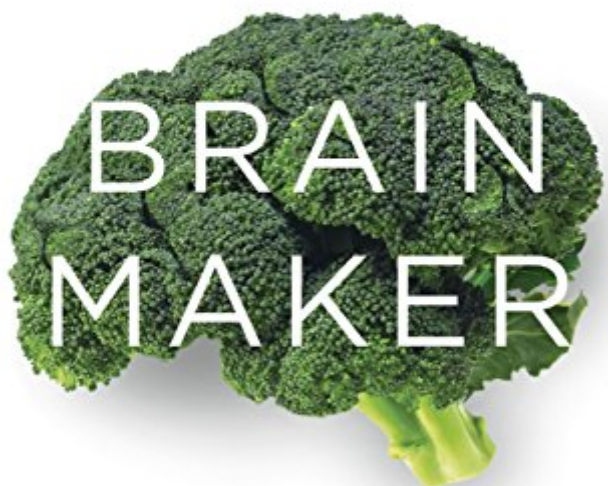


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Brain Maker: The Power Of Gut Microbes To Heal And Protect Your Brain - For Life

BY THE AUTHOR OF THE NO.1 NEW YORK TIMES
BESTSELLER **GRAIN BRAIN**

*The Power of Gut Microbes to Heal and
Protect Your Brain – for Life*



DR DAVID PERLMUTTER

WITH KRISTIN LOBERG



Synopsis

Debilitating brain disorders are on the rise - from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem. Astonishing new research sheds light on the influence of the human microbiome in every aspect of health, including your nervous system. In BRAIN MAKER, Dr Perlmutter explains the connection between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on the environment, how it can become 'sick', and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, BRAIN MAKER opens the door to unprecedented brain health potential.

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Customer Reviews

After reading all of Dr. Perlmutter's amazing books, Brain Maker is by far the most cutting-edge. You'll learn why you want to include certain foods and avoid certain substances so you can optimize and reprogram the communication between your body's trillions of gut bacteria and your brain.

You'll be surprised to learn the list of compounds that disturb your brain's critical set point: they are in diet drinks, animal products, and household cleaning supplies. Dr. Perlmutter shares new research about bacterial-derived compounds that are causing disease in children as well. (The section about autism and gut bacteria was my favorite part of the book. Not many authors are sharing natural ways to minimize the bacterial-synthesized compounds that are causing erratic behavior in children.) Last but not least, Dr. P has new recipes and brain-maker food plans that are not found anywhere else. This book contains health tips to give you a completely new take on foundational issues, such as weight loss, improved blood sugar control, sharper memory, and balanced behavior in adults and children. It's a great read.

I listened to the audio version of this book, and as a veterinarian who has studied comparative nutrition since 1966 I was completely impressed. Dr. Perlmutter is right on the button with regard to his conclusions, and they are based on his own clinical experience and on mainstream peer-review papers. Everyone is entitled to their own opinion about nutrition, but when he cites *The New England Journal of Medicine* and *The Lancet* you have to be willing to listen. My own personal experience bears his opinions out totally. A month ago I was so sick I wanted to die. I had insomnia due to inability to breathe at night with nasal congestion, eyes felt like they had sand in them, anxiety and depression, zero energy, mood swings, brain fog, digestive tract problems including cramps and diarrhea, and chronic muscle pains that came and went. After a month on a grain-free diet I am sleeping like a baby, in perfect health, and exercising every night. No more afternoon naps, I am too full of energy. No more nose, eye, brain, muscle, or GI problems of any kind. And, I have lost 5 lbs. to boot. If you are having any of the problems listed in Dr. Perlmutter's book, give his dietary advice a try for one month. What do you have to lose? Eat veggies, meat, fish, fowl, nuts, and enjoy yourself. If after a month you see no improvement in your medical condition, you have still eaten plenty of good delicious food and improved your health and probably your weight. Nothing to lose but your sickness.

Dr. Perlmutter's advice in *Grain Brain* (lower carbohydrates, add healthful fats, eliminate gluten) helped me regain normal blood glucose levels, lose weight, decrease joint pain, get better appearing skin, and more back in 2014. So I am hooked on his writings. I read *Brain Maker* cover to cover. Probiotics, discussed in *Grain Brain*, occupy front and center place in *Brain Maker*, complete with recipes, meal plans, his current view on supplementation, how to give yourself a probiotic enema, and more. The latest research is provided for further reading. Case studies of Dr.

Perlmutter's patients who showed drastic improvement after healing their respective gut microbiomes are presented for consideration. Although each case differs, this is very encouraging for people who are facing (or have loved ones struggling with) conditions such as ms or autism. Very informative and practical reading. As one example, I now know to avoid wheat gluten not only because it can trigger leaky gut and inflammation, but also because I don't want gluten to play a role in LPS leaking from the gut, where it belongs, into systemic circulation, where it can wreak havoc by causing inflammation. So in addition to gluten and absorbed carbohydrate effects, an expanding list of different substances and their collective role in whole body inflammation is put forth in this new book. On the practical side, chapter 8 outlines key operating principles to heal the gut so the rest of the body can enjoy good health. There are fermented food recipes, and recommended prebiotic foods. I already find fermented foods to aid sleep and decrease anxiety. I have a new appreciation for onions as a prebiotic, and we are consuming more of them. Maybe I will even attempt a probiotic enema at an undisclosed time and place of my choosing! I'm sure in days and years to come we will have more books coming out, because the gut microbiome is still a wide open field of study.

I am so impressed by this book. I've been working with human gut microbes for over thirty years. Their effects on brain health are especially important. Only David Perlmutter could make this complex field clear and understandable for non-scientists and provide valid, actionable steps that people can take to improve mental and neurologic health by enhancing the beneficial effects of gut microbes. Brain Maker is an amazing accomplishment. As a practicing physician who's referred patients to David, I can see his clinical wisdom reflected in every page. I've recommended Grain Brain to many of my patients. Now I'm recommending Brain Maker, its logical sequel.

Excellent book! I had no idea before reading this book that our gut microbes are so important to our health. I have had digestion issues all my life. I have been working on trying to heal. I started including more of all the foods Dr. Perlmutter recommends. I also found out that I have had overgrowths of bad bacteria. So it will take a little while to heal all this but I think I'm finally on the right track! Thanks for writing a book that is so easy to understand and giving us an action plan to heal!

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