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Summary Study Guide: Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain - Including Cheat Sheet (Paperback)

By Lee Tang

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Heal and Protect Your Brain Including Diet Cheat Sheet The must-read summary of Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain - for Life, by Dr. David Perlmutter. This edition includes the diet cheat sheet. The rates of prevalence of chronic debilitating diseases such as autism, depression, Alzheimer s, and dementia are increasing. But advances in preventing and treating these diseases are almost nonexistent. The truth is, most doctors are trained to treat the symptoms, not the cause, of the disease; not seeking for ways to prevent it. The good news is that a medical revolution is underway that will forever change how we understand, prevent, and treat these diseases. This complete summary of Dr, David Perlmutter s book explains: The power of the new science by drawing on key clinical and laboratory studies and remarkable results from doctors and patients around the world, How lifestyle choices such as diet, exercise, sleep, and stress management influence our brain health and genetic expressions, and The essential keys to nourishing a healthy microbiome. This guide includes: Book Summary-The summary...



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