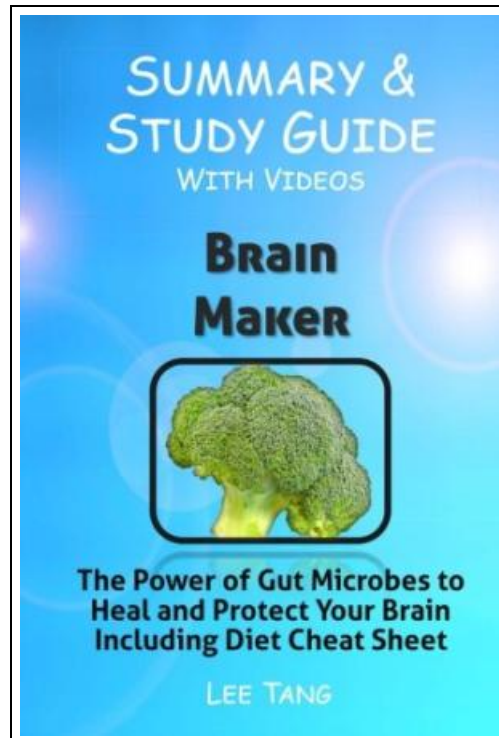


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Heal and Protect Your Brain Including Diet Cheat Sheet The must-read summary of Brain Maker: The 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 helps you understand the key ideas and recommendations. Online Videos-On-demand replay of public lectures, and seminars on the topics covered in the chapter. Diet Cheat Sheet-A concise summary of the dietary principles, including (a) general guidelines, (b) foods to eat daily, (c) foods to eat in moderation, and (d) foods to avoid. Value-added of this guide: Save time Understand key concepts Expand your knowledge It is important to stay in charge of your healthcare through continued education and involvement. Read this summary and apply the ideas to prevent and heal the debilitating illnesses that threaten you and your loved ones....

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