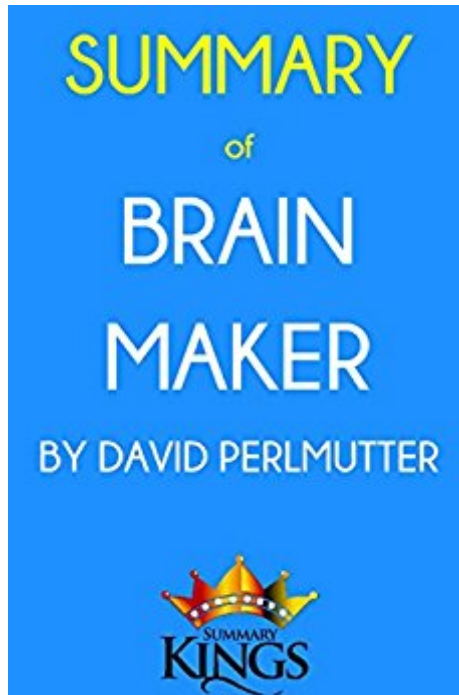


The book was found

# 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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#15 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System  
#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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The Maker's Guide to the Zombie Apocalypse: Defend Your Base with Simple Circuits, Arduino, and Raspberry Pi  
The Wine Press and the Cellar: A Manual for the Wine-Maker and the Cellar-Man (Classic Reprint)  
Healthy Bread Cookbook: The Top 50 Most Healthy and Delicious Bread Recipes (banana bread, bread pudding recipes, daily bread, zucchini bread, monkey bread ... bread maker)  
(Top 50 Healthy Recipes)  
The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain

Function, Mood, Memory, and Mental Clarity ADHD Diet for Kids: Brain Food to Help Your Child Fight Symptoms of Attention Deficit Hyperactivity Disorder The Goldfinch: An Amazing Summary & Analysis About This Book of Donna Tartt!! (BONUS: FUN QUIZZES TO HELP YOU LEARN THE GOLDFINCH) (The Goldfinch: An Amazing ... Analysis; Paperback, Audiobook, A Novel) Summary - The Goldfinch: Novel By Donna Tartt -- An Incredible Summary! (The Goldfinch: An Incredible Summary -- Audiobook, Paperback, Novel, Ebook) Grain Brain: The Surprising Truth About Wheat, Carbs and Sugar - Your Brain's Silent Killer The Coconut Oil and Low-Carb Solution for Alzheimer's, Parkinson's, and Other Diseases: A Guide to Using Diet and a High-Energy Food to Protect and Nourish the Brain Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Wired for Healing: Remapping the Brain to Recover from Chronic and Mysterious Illnesses The Neurogenesis Diet and Lifestyle: Upgrade Your Brain, Upgrade Your Life Two Steps Forward: Embracing life with a brain tumor Cell Phones & Brain Cancer: Is There a Connection? Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Summary, Audible, Novel, Audiobook) Whole Brain Teaching: 122 Amazing Games!: Challenging kids, classroom management, writing, reading, math, Common Core/State tests Summary of Brain Maker: by David Perlmutter The Sun Still Shines: How a Brain Tumor Helped Me See the Light Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime Brain Maker: Summary and Analysis, David Perlmutter's Brain Maker in 7 Minutes + 4 Bonus Books

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