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Nota di contenuto	Part I Welcome To The Grain Brain Whole Life Plan -- What Is The Grain Brain Whole Life Plan? -- The Chief Goals -- The Food Rules -- Part II The Grain Brain Whole Life Plan Essentials -- Getting Started: Assess Your Risk Factors, Know Your Numbers, and Prepare Your Mind -- Step 1--Edit Your Diet and Pill-Popping -- Step 2--Add Your Support Strategies -- Step 2--Plan Accordingly -- Troubleshooting -- Part III Let's Eat! -- Final Reminders and Snack Ideas -- The 14-Day Meal Plan -- The Recipes.
Sommario/riassunto	"With more than a million copies sold worldwide, Dr. Perlmutter's books have changed many lives. Now, he's created a practical, comprehensive program that lowers the risk for brain ailments while yielding other benefits, such as weight loss, relief from chronic conditions, and total

body rejuvenation. Science-based and highly accessible, GRAIN BRAIN FOR LIFE expands upon the core advice from Dr. Perlmutter's previous works, and introduces new information about the advantages of eating more fat, fewer carbs, and nurturing the microbiome. Including original recipes, tips and tricks for common challenges, meal plans, and advice on everything from sleep hygiene to stress management, exercise, supplements, and more, GRAIN BRAIN FOR LIFE shows how to live happily and healthily ever after."--
