



The Better Brain Book

By David Perlmutter, Carol Colman



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From the author of the #1 New York Times bestseller *Grain Brain* and New York Times bestseller *Brain Maker*...

Loss of memory is not a natural part of aging—and this book explains why.

Celebrated neurologist David Perlmutter reveals how everyday memory-loss—misplacing car keys, forgetting a name, losing concentration in meetings—is actually a warning sign of a distressed brain. Here he and Carol Colman offer a simple plan for repairing those problems, clarifying misconstrued connections between memory loss and aging, and regaining and maintaining mental clarity by offering the tools for:

Building a better brain through nutrition, lifestyle changes, and brain workouts

Coping with specific brain disorders such as stroke, vascular dementia, Alzheimer's, Parkinson's, multiple sclerosis, and Lou Gehrig's disease

Understanding risk factors and individually tailoring a diet and supplementary program

Features a "Life Style Audit," quizzes, a brain fitness program with the most effective ways to exercise your brain, and a nutritional program that details the best brain food and supplements.

From the Trade Paperback edition.

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Editorial Review

From Publishers Weekly

Playing into our culture's obsession with maintaining youthfulness, neurologist Perlmutter and coauthor Colman say the "typical" signs of brain aging—losing your keys, forgetting appointments, having trouble multitasking—aren't necessarily inevitable and are actually preventable. They divide their book into three tiers: factors affecting mental function, tools for developing a better brain and specific brain disorders. Perlmutter, who runs a Florida health center, is quite concerned with showing how brain aging can be prevented and clarity can be regained by making dietary adjustments. He and Colman also warn of the dangers of using prescription or OTC drugs that may be "interfering with your brain's ability to function at optimal levels." From stomach acid suppressors to antidepressants, medications lower brain antioxidants, they say, leaving dangerous free radicals room to roam. Perlmutter and Colman recommend the usual supplemental solutions, but also pay attention to new memory rejuvenating therapies like hormone replacement. There's also an illuminating chapter on the brain toxins present in the average daily diet (e.g., aluminum and mercury), with advice on how to eliminate them. Although the authors sometimes favor an alarmist tone, their book is an informative explanation of how the brain ages and how it can be protected, and it presents novel, practical ideas.

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Review

Praise for *The Better Brain Book*

"This is the first book I've seen that addresses factors that can influence brain health for better or worse."
--**Andrew Weil, MD**

Praise for *Grain Brain*

"Dr. Perlmutter outlines an innovative approach to our most fragile organ, the brain. He is an absolute leader in the use of alternative and conventional approaches in the treatment of neurologic disorders. I have referred him patients with wonderful results. He is on the cutting edge and can help change the way we practice medicine." --**Mehmet Oz, MD**

"Dr. Perlmutter takes us on a detailed tour of the destructive effects that 'healthy whole grains' have on our brains. Modern wheat, in particular, is responsible for destroying more brains in this country than all the strokes, car accidents, and head trauma combined. Dr. Perlmutter makes a persuasive case for this wheat-free approach to preserve brain health and functioning, or to begin the process of reversal." --**William Davis, MD**, author of *Wheat Belly*

"If you want to boost your brain power, keep your memory, and lift your mood and energy, as well as heal from a host of other common complaints, Dr. Perlmutter is your guide. This is the definitive instruction book for the care and feeding of your brain!" --**Mark Hyman, MD**, author of *The Blood Sugar Solution*

"Dementia and many other brain diseases are not inevitable, nor are they genetic. They are directly and powerfully linked to a diet high in sugar and grains. *Grain Brain* not only proves this, it also gives you everything you need to know to protect your brain--or a loved one's--now." --**Christiane Northrup, MD**, author of *Women's Bodies, Women's Wisdom*

About the Author

David Perlmutter, MD, FACN, ABIHM is a Board-Certified Neurologist and Fellow of the American College of Nutrition who received his M.D. degree from the University of Miami School of Medicine where he was awarded the Leonard G. Rowntree Research Award. He has contributed extensively to the world medical literature with publications appearing in *The Journal of Neurosurgery*, *The Southern Medical Journal*, *Journal of Applied Nutrition*, and *Archives of Neurology*. He is the author of: *The Better Brain Book* and the #1 *New York Times* Bestseller, *Grain Brain*. He is recognized internationally as a leader in the field of nutritional influences in neurological disorders. Dr. Perlmutter has been interviewed on many nationally syndicated radio and television programs including 20/20, Larry King Live, CNN, Fox News, Fox and Friends, The Today Show, Oprah, Dr. Oz, and The CBS Early Show. In 2002 Dr. Perlmutter was the recipient of the Linus Pauling Award for his innovative approaches to neurological disorders and in addition was awarded the Denham Harmon Award for his pioneering work in the application of free radical science to clinical medicine. He is the recipient of the 2006 National Nutritional Foods Association Clinician of the Year Award. Dr. Perlmutter serves as Medical Advisor for The Dr. Oz Show.

Carol Colman is the **New York Times** bestselling co-author of **Curves**.

Users Review

From reader reviews:

Wendell Holloway:

The particular book *The Better Brain Book* will bring one to the new experience of reading some sort of book. The author style to spell out the idea is very unique. Should you try to find new book you just read, this book very appropriate to you. The book *The Better Brain Book* is much recommended to you to see. You can also get the e-book in the official web site, so you can more readily to read the book.

Ralph Wood:

Your reading 6th sense will not betray you, why because this *The Better Brain Book* book written by well-known writer we are excited for well how to make book which can be understand by anyone who all read the book. Written with good manner for you, still dripping wet every ideas and producing skill only for eliminate your hunger then you still hesitation *The Better Brain Book* as good book not only by the cover but also through the content. This is one book that can break don't judge book by its deal with, so do you still needing yet another sixth sense to pick this!? Oh come on your reading through sixth sense already alerted you so why you have to listening to one more sixth sense.

Maxine Ford:

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John Yates:

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