

## Brain Maker: Summary Study Guide: The Power of Gut Microbes to Heal and Protect Your Brain - For Life: David Perlmutter, MD with Kristin Loberg (Paperback)



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## **BRAIN MAKER: SUMMARY STUDY GUIDE: THE POWER OF GUT MICROBES TO HEAL AND PROTECT YOUR BRAIN - FOR LIFE: DAVID PERLMUTTER, MD WITH KRISTIN LOBERG (PAPERBACK)**

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Study Guide. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Please note that this guide is a summary of the original book, Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain - for Life, by Dr. David Perlmutter. It is a supplement to the original book, to make its main ideas easier to understand and put to practice. About the Original Book 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 under way that will forever change how we understand, prevent, and treat these diseases. In his book, Dr. David Perlmutter explained in detail: 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. It is important to stay in charge of your healthcare through continued education and involvement. I recommend that you study Dr. Perlmutter s book and apply the ideas from the book to prevent and heal the debilitating illnesses that threaten you and your loved ones. The purpose of this guide is to help you understand and practice the ideas described in the book. It includes: A compact summary of the original book. The summary will help you understand the key ideas...



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