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Cerebro De Pan [Grain Brain]

#1 NEW YORK TIMES BESTSELLER

La devastadora verdad sobre los efectos del trigo, el azúcar y los carbohidratos en el cerebro (y un plan de 30 días para remediarlo)



DR. DAVID PERLMUTTER
KRISTIN LOBERG



Synopsis

Con un revolucionario plan de 30 días, Cerebro de Pan nos enseña cómo reprogramar nuestro destino genético para gozar de una vida plena. En este libro revolucionario, que conquistó rápidamente el primer puesto de todas las listas de los más vendidos en Estados Unidos, el renombrado neurologo David Perlmutter destapa un tema que ha estado enterrado en la literatura médica por demasiado tiempo: los carbohidratos están destruyendo nuestro cerebro. Y no solo los carbohidratos malos: también los carbohidratos saludables, como los granos enteros, pueden causar demencia, ansiedad, dolores de cabeza crónicos, depresión y mucho más. El doctor Perlmutter explica qué pasa cuando el cerebro encuentra ingredientes comunes tanto en el pan de cada día como en el plato de futas, por qué el cerebro se alimenta de la grasa y del colesterol, y cómo podemos estimular el crecimiento de nuevas neuronas a cualquier edad. También nos ofrece una mirada profunda sobre cómo podemos modificar nuestros genes por medio de elecciones precisas a la hora de comer y de cambios específicos en nuestro estilo de vida, mostrándonos cómo sanar de aquellos padecimientos a los que más tememos sin necesidad de medicamentos. Please note: This audiobook is in Spanish.

Book Information

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in Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

I don't like it at all because is too much information with many Medicine Quimetry words, wishes People did NOT understand...

Too repetitive. The diet feels somewhat unreal to follow because, basically if we can't afford the food recommended (the specific oil alternatives, meat from cows fed with grass, etc.) ...we are doomed ...is what I am getting from this book. And the author goes over and over and over with the death sentence. It would be more than enough to say: 'gluten is bad, this book is not about gluten but I am going to mention it every 4 or 5 pages or less....' . Diabetes is bad, sugar is bad, fruit is bad, vegetables are bad, eggs are questionably probably good.... ... ok, we get it. What else? It looks like the author spends more chapters than needed trying to convince about what he is probably not very sure either, but that is my perception. And I haven't finished the book but I am already feeling sick of it. Before starting this reading I recommend to prepare and have the open mind and mood needed to read a book about the end of the world. I am giving 3 stars because I found kind of informative some of these facts, studies and the very depressing verdict.

great book

It's just a cheap copy -printed- of the book, for that I rather prefer to download it in my kindle.

En general me gusto mucho, en mi opini3n solo faltó ser mas especifico en los snacks y las frutas que recomienda y las que no recomienda, recién termine de leerlo y voy a tomar varios tips de este libro, ya comentare mis resultados

Muy buen libro para educarnos en la alimentaci3n, da una visi3n muy documentada y con muy buenas referencias de los conceptos y las cifras mostradas a lo largo del libro.

Great Book

This book can change your life. I am really excited to start following it. Really recommendable and interesting guide to a healthy brain.

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