



Grain Brain: A Review

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Grain Brain is a catchy book title, but the subtitle holds the substance, “The Surprising Truth About Wheat, Carbs, and Sugar – Your Brain’s Silent Killers”. This book has been in process for years from the world’s preeminent Integrative Neurologist David Perlmutter, MD. With Grain Brain, Dr. Perlmutter has written a very easily understandable assessment of our modern Standard American Diet (SAD) assault on neurologic and overall health. His findings fit right in with the overwhelming body of evidence that glutens, other gluten-like peptides, and even small amounts of carbohydrates can (and do) cause considerable damage over our expanding lifetimes.

This book should become a guide for anyone looking to become healthy, not just those with the myriad of neurologic, psychiatric, and autoimmune problems who gravitate to books such as these when medicines have failed them. Any of you who have been to our website know the presentations we have been doing such as [“Is Gluten-Free the Way to Be?”](#) and [“Is Fat Where It’s At?”](#), both of which give more information about nutritional health, possibly in an even easier to understand way, than this book. What may come as a surprise to you is that Dr. Perlmutter is even more restrictive than I am when it comes to carbs, setting a limit of 60 grams per day. To give this some perspective that would mean if someone were to eat 2400 Calories in a day, only 10% would come from carbs! His evidence for these recommendations is thorough, Western, and Science-based.

What does one do with a book like this? Read it.... Yes. More importantly, enact a change in lifestyle that is permanent, sustainable, and enjoyable! Try the following:

1. **Healthy Fats:** Sweden became the first country to use science-based evidence to help with the obesity epidemic and recommend a high fat diet which would be naturally low in carbs. (<http://www.sbu.se/en> is the website—look for the English translation of the conclusions!) Also, the New England Journal of Medicine reported in the Nov 21, 2013 edition the profound health benefits of daily nut consumption (www.nejm.org –even non-subscribers can see abstracts) Other sources of healthy fats include organic grass-fed meats, organic, preferably raw dairy, and oils such as coconut and olive.
2. **“Paleo”:** “Eat Real Food” – not exactly a novel concept, our newsletter on the subject:

<http://www.middlepathmedicine.com/ArticlesandPublications/Newsletters/PaleoDiet.html>

3. **3 Weeks:** If you have a health or weight concern, take just three weeks to try this system and evaluate how you feel. Eliminate all processed foods (eat nothing with a wrapper), which also eliminates added sugars, eat no grain of any kind whatsoever including “pseudograins” like wild rice and quinoa, and eat no legumes. Follow the “So What Can I Eat” recommendations on the link above. If one feels hungry, they are not eating enough fats, the true satiety signal-inducer for us humans.
Enjoy! There are so many fun foods; it just starts with an attitude adjustment!
4. **Individualize:** After three weeks, what do you notice? Clearing the slate of all potential toxins just makes sense. Whichever legume or grain you miss, re-introduce one at a time and let your body tell you if you do well with it. Your “tell” might be sinus congestion, a rash, any digestive symptom, brain fog or a psychiatric symptom, headache or other aches and pains, almost anything! If your body tolerates that food, keep track of your weight if overweight or obesity is one of your symptoms, and consume it in moderation. In this way you are tuning into your own body and not eating a belief system! The goal is not to believe in Paleo, but to eat real foods and return to believing in yourself!

As you can tell from my “review”, I believe David Perlmutter MD has added a wonderfully written book to the burgeoning compendium of evidence on how to eat healthy for life. Slowly but surely we can all become our own best healers, and “Let our Food be our Medicine and our Medicine be our Food.”

Your Journey to Health and Healing,
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