



## **Cerebro de pan: (Grain Brain) (Spanish Edition)**

*David Perlmutter M.D.*

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En este libro revolucionario, que conquistó rápidamente el primer puesto de todas las listas de los más vendidos en Estados Unidos, el renombrado neurólogo David Perlmutter destapa un tema que ha estado enterrado en la literatura médica por demasiado tiempo: los carbohidratos están destruyendo nuestro cerebro. Y no sólo 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 frutas, 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 así como sanar de aquellos padecimientos a los que más tememos sin necesidad de medicamentos. Con un revolucionario plan de 30 días, *Cerebro de pan* nos enseña como reprogramar nuestro destino genético para gozar de una vida plena.

“El doctor Perlmutter nos lleva de la mano por un tour detallado sobre los efectos destructivos que los ‘carbohidratos complejos y saludables’ tienen en nuestro cerebro. El trigo en la actualidad, en especial, es responsable de la destrucción de mas cerebros en el mundo que todos los derrames cerebrales, los accidentes automovilísticos y los traumas neurológicos combinados. El doctor Perlmutter aboga convincentemente por una vida libre de trigo para preservar la salud cerebro y revertir el daño”.

William Davis, autor de *Wheat Belly*

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