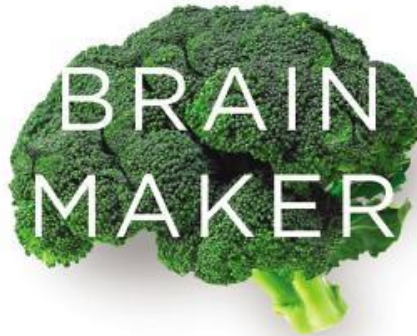


BY THE AUTHOR OF THE #1 NEW YORK TIMES
BESTSELLER **GRAIN BRAIN**

*The Power of Gut Microbes to Heal and
Protect Your Brain—for Life*



DAVID PERLMUTTER, MD

WITH KRISTIN LOBERG

Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life

David Perlmutter , Kristin Loberg

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The bestselling author of Grain Brain uncovers the powerful role of gut bacteria in determining your brain's destiny.

Debilitating brain disorders are on the rise—from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome - the vast population of organisms that live in your body and outnumber your own cells ten to one. What's taking place in your intestines today is determining your risk for any number of brain-related conditions.

In BRAIN MAKER, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become "sick," and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, BRAIN MAKER opens the door to unprecedented brain health potential.

Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life **Details**

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From Reader Review Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life for online ebook

Anne says

This guy likes to think of himself as a pioneer. But mostly he's a quack. He quotes real scholarly research and then wildly extrapolates way beyond the current knowledge and acts like he's totally sure of his understanding. Given all that, it did open up for me a new understanding about the ecosystem in my body of beneficial bacteria. Its amazing. And it did lead me in the direction of finding out about the human biome project, and great writing on the subject by Michael Pollan, who I respect as a much more careful and ethical writer. Also got me started on taking probiotics and making kombucha so I have to give the guy a little credit.

Annie Kate says

If you or your loved ones suffer from any autoimmune disease, mental health issue, or degenerative disease--any one of the many health issues that is poorly understood--you will want to consider the concepts in this book.

I plan to post a review of this book on my blog late February, 2016.

Chrisl says

Toddler temperament could be influenced by different types of gut bacteria

Date:

May 27, 2015

Source:

Ohio State University Center for Clinical and Translational Science

Summary:

The microbiome of a toddler's gut may influence their behavior, a new study suggests. Scientists found correlations between temperament and the presence of specific types of intestinal bacteria in both girls and boys. The researchers aren't looking for a way to help parents modify the 'terrible twos,' but for clues about how - and where - chronic illnesses like obesity, asthma, allergies and bowel diseases start.

*

<http://www.sciencedaily.com/releases/...>

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Been reading this type research for about 35 years. Mostly library borrowed. Rarely buy one after reading. Will be buying multiple copies of this one.

Bill Pardi says

Excellent. Been following a lot of the science found in this book for several years, and my take from living a lot of it is that a)it really works, and b)the American food supply, dietary recommendations, and obsession with antibiotics is slowly killing us.

My one gripe with this book is that his recommended way of changing your eating habits is to buy expensive, often difficult to find ingredients, and make ALL your own food. While that would certainly do it, my reaction when I read the sections on food and recipes was "but I already have a full time job." Over the past few years and a lot of experimentation I figured out how to take much of what he recommends make it work for me, but for someone just jumping in I wish he provided recommendations that were a lot more practical.

Charlene says

Perlmutter has a long history of pushing pseudoscience. He preys on those who lack scientific literacy, all so he can make a buck. There are other books written by credible researchers. Giulia Enders' Gut and the Sonnenburgs' The Good Gut are two good examples of scientifically sound books on gut microbes.

Do yourself a favor and don't waste your time and money on snake oil.

Stephanie *Very Stable Genius* says

The brain and your gut are related.

Do: Take probiotics

Don't: Take antibiotics for viruses

Do: finish all of your antibiotics when you need to take them

Don't: Eat too much sugar or corn syrup

Do: Eat fermented foods like sour kraut, kimchi, and pickles and like

Don't: drink diet soda

Do: drink Kombucha and Kefir

There. Or you can read the book. Seriously, you'll get more out of the book but that's the gist of it.

Ps. Get enough sleep and exercise!

Sarah Weber says

This is a fascinating book about how interconnected our gut and brain are. If you geek out on health sciences, I recommend this one.

Nancy Dardarian says

Very valuable information. I knew a lot of it already but wish I could get all my friends who are troubled by chronic medical issues to read it and experiment for themselves.

Jennifer says

3.5 on this one. I think Dr. Perlmutter's work is important in informing the general public about advances in understanding the human microbiome (gut bacteria), but I think the science is still too early to justify his "magic bullet" analysis. He makes it sound as if this is the cure-all for every type of disease. I find this field of research fascinating and look forward to what comes next.

Josh says

This was a very informative and excellent read, especially for a newbie like I am in the realm of the microbiome. It covers many bases, including:

- 1)Composition of microbiome and how this affects you.
- 2)How the your bacteria are determined in large part by your birth and early infancy.
- 3)Effects of diet and environment on your gut.
- 4)Links to multiple disorders including depression, autism, Tourette syndrome, obesity, neurological disorders, ADHD, and allergies.
- 5)Probiotics, prebiotics.
- 6)Types of food and drink you can eat/make.
- 7)Recipes for many different fermented foods.
- 8)Fecal Microbiota Transplant (FMT) information.

I'm not in agreement with the Doctor regarding limiting meat to 30% of your diet and focusing on vegetables and fiber. He also seems to believe that our past ancestors had access to much more vegetation than what anthropology evidences.

He also really pushes:

Local food
Organic food
Grass-fed meat

While I totally aspire to the above, much of this is not possible for the population. It is an access issue, money issue or both. Further, the central theme of the Brain Maker book, as well as the former Grain Brain

book, was to reduce inflammation. This can be done without having to latch on to all of the above. While it is admirable to ascribe to sustainable meat/ag, it may not be the most important thing for humans at the current time. We can work to get there, but trying to pile everything on at once can be a bit overwhelming for someone new coming into the fold.

Heidi says

This should be mandatory reading for everyone.

Jo-Ann Duff (Duffy The Writer) says

There are plenty of 'revolutionary' ideas around food and lifestyle at the moment. Pete Evans, with his controversial Paleo books, and the unfortunate business of blogger Belle Gibson, who lied about having cancer to all her followers and seemed to be beating the disease, simply by switching to a wholefood, healthy lifestyle. You only need to visit a food court in the CBD at lunchtime, or the cafes of Bondi, to see everyone enjoying an overpriced, yet delicious, cold pressed juice. So what are we doing wrong, and what should we be doing?

According to the author of Brain Maker, Dr David Perlmutter (best selling author of Grain Brain), we can prevent MS, Alzheimers, Depression and Anxiety by not having a c-section and eating a diet full of pre and pro biotics. If, like me, reading that statement throws you in spin and horrifies you, then this book is not going to be for you. His rationale is based on many hours of research, hundreds of mice having needless tests (surely you can do diet and food tests on humans without the undue stress placed on a small animal?) and the odd reference to Harvard. There are also lots of anecdotal examples of how Dr Perlmutter had sad, overweight, patients, even one who had MS, come into his office, only to be cured of all ills a few weeks later. He even has videos of successful before and after shots on his website.

I could do with losing a couple of pounds, and can feel heavy, sluggish and even a little down on the odd day. Anxiety also grips me on occasion, but I have no major body issues. The food suggestions make sense; Less carbs, more good fats, less processed foods, filtered water and reduce fructose intake, all good stuff right? After reading through this book I have decided I will consciously cut down on the carbs, ramp up the pro-biotics and add some kimchi into my diet. Will I pin any hopes of a radical transformation on it? No. It would be good enough to lose an inch or two and feel a bit lighter.

What if my partner had MS? What if my Mother's brain was failing with dementia? Would I cut out all modern treatment to follow the diet? No WAY! But, some will. They may believe the pages of Brain Maker and make the right decision; They may pin everything on the claims and still find heartbreak. This book, if claims are true, will build momentum, wipe out suffering, major diseases and the need for billion dollar pharmaceutical industries (which I do agree, want us to keep popping those pills and buying those scripts).

This book raised questions for me about my own diet, and raised more about the state of our health systems, and the power a book can be to peddle any kind of diet. The diet makes sense to me in places, as a healthy way to live, but I do not for one second think that dementia could be avoided completely by following this diet, or a child will get MS because she was born via C-section, took antibiotics and was formula fed. The claims of solving the worlds most debilitating diseases fell flat with me.

Take what you need from this book, enjoy the tasty recipes and read with an open mind. Learn all you can from each side of the fence before plunging in and following something which may or may not serve you.

2.5 stars from me (too many mice tests and grand claims of miracles in Dr's offices).

#healthyliving#diets#guthealth#brainhealth

Mark says

It's important to pay attention to the microbiome. Eat kimchi, yogurt, and kefir. There, I just saved you 9 hours.

Danielle Robertson Rath says

I really liked this book at the beginning, but after about a hundred pages I can't take it anymore. Each chapter is as formulaic and predictable as an episode of House, with as many health miracles and panaceas as a full season of Dr Oz, and as overloaded with "Bob and Susan" stories as 7 Habits.

Perhaps my expectations were set too high by the book "Nerve" by Taylor Clark Why I LOVE 'Nerve' . That book presented a desirable combination of personal stories and scientific evidence, and the personal stories were much more engaging. The problem was clearly laid out and relatable so by the end of the chapter, the author's insight was easy to receive. Perhaps it was quality over quantity: books like Brain Maker (and books by Dr. Amen) seem to ambush the reader with as many personal stories and clinical trials as possible, as if to hammer home the point that probiotics [or what-have-you] can cure all.

I can't help but read each section with skepticism. "Wow, this is so amazing and miraculous, how come we never knew this before?" It doesn't feel balanced, and it feels like a very dense lecture that I didn't know I had signed up for. Honestly, it's just too much information, it's just too dense, it's not convincing and ultimately it's not at all engaging.

Read this instead: Taylor Clark Nerve: Poise Under Pressure, Serenity Under Stress, and the Brave New Science of Fear and Cool

Jenju says

I solemnly swear to treat my microbiome better from now on, but I am not yet ready to go gluten free.
