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Note: This book is authored by Sheryl Jensen, a successful gluten-free convert and health advocate, and is not affiliated with or endorsed by any other companies

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'Grain Brain' diet claims carbs are destroying our brains Neurologist Dr. David Perlmutter says processed carbs and even whole grains are slowly killing us.

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The Grain Brain Cookbook is the authorized companion to the #1 New York Times bestseller Grain Brain, with more than 150 life-changing gluten-free recipes for

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