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The Harmful Effects of Sugar (Dr. Lustig "Bitter Truth"/"Grain Brain"/"Sugar Coated") Sources and recommended reading "Pure, White and Deadly" by John Yudkin - <https://amzn.to/2PWXPf0> "**Grain Brain**" David ...

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Amazing Weight Loss Effects of a Low Carb "Ketogenic Diet" (Dr. Perlmutter "Grain Brain"/Volek) Sources and recommended reading "The Art and Science of Low Carbohydrate Performance" Jeff Volek & Stephen Phinney ...

What Does a Neurologist Eat for Breakfast? In my never-ending quest to enlighten you to the ways our diets and lifestyles affect our **brain** health and function, I went down to ...

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