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He revised and updated his best-selling 2013 book "Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers."

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How Giving Up Refined Sugar
Changed My Brain

“ People are cooking at home more than they ever have, ” notes Fenn, herself spending this pandemic writing a cookbook, tentatively titled “ The Brain Health Kitchen ... I like

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A Gift to Remember: Watch and learn how doctors and scientists eat to mind their matter at the Brain-Healthy Cooking Series

Brizendine, a neuropsychiatrist whose first book, "The Female Brain," was an

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home made of clear-grain redwood
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I had many inspirations when writing

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David Perlmutter, and I ' ll send him book on individuals ... Different drugs affect the brain in different ways. The simplest way it was explained to me, is that the grain is the messaging ...

FBI Pittsburgh Hosts Substance Abuse

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A skilled and prolific writer of books, television screenplays, movie scripts, opinion pieces and book reviews, Young died June 3 after a 10-month battle with brain ... the grain and hired women ...

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David Perlmutter, 'China Beach' co-creator and 'West Wing' writer, dies

And when he was asked to develop an idea around X-Men, he picked an obscure character who never had his own superhero costume or appeared in a comic book title ... care for the

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15 Innovators Reshaping Texas

“ Every other city there ’ s usually a grain ... book on Stoic philosophy with my friend Andrew. We ’ d meet up regularly for coastal walks where we would debate and discuss various

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aspects of the ...

Walking across Sydney in lockdown:
mobile Margaritas, designer dogs and
a strange sense of peace

Living near the ocean, as wonderful as
it can be, has its drawbacks. Such as
hurricanes, rip currents ... and sharks.

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Family favors seashore despite shark uproar

"I mean, the heart, brain, and gut are always in the news ... The biggest source is sugar-sweetened beverages like soda and sports drinks, grain desserts, fruit drinks, candy, and dairy-

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Diet Habits That Are Terrible for Your
Liver, According to Science

At the same time, when these very
good students get opportunities to
travel out on scholarship and gain the
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