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*Isabelle Edison*

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David Perlmutter is a certified neurologist and Fellow of the American College of Nutrition. What is most prominent in his books and his teachings is that he is not trying to find ways to cure disease but instead is looking for ways to prevent it. He believes that many problems can be solved by dietary and lifestyle changes and links many brain conditions through simple bad habits.

His book, 'Brain Maker' takes us through some incredible new research proving that the health of the brain is directly impacted by the health of your intestines.

We take you through the fundamentals of the gut and the brain, and then we take a look at seven ways to boost your brain by boosting your gut.

For more information we urge you to read 'Brain Maker' which takes a much deeper look at this phenomenal new way of living and thinking.

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