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THE GRAIN BRAIN - David Perlmutter

browned, about 15 minutes more Again, remove the pan from the oven and place it on a wire rack to rest for 5 minutes Then, invert the tortilla onto a serving plate, cut into six wedges, and serve hot or at room temperature NUTRITIONAL ANALYSIS PER SERVING • CALORIES 399 •

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The Smoke and Mirrors behind Wheat Belly and Grain Brain

Therefore, a diet book titled Eat More Animals to Lose Weight would meet a mostly unfriendly audience Wheat Belly and Grain Brain take a backdoor approach to the Atkins low-carbohydrate method As the titles of these books suggest, wheat causes a big belly and grains damage the brain Within

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