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The Smoke and Mirrors behind Wheat Belly and Grain Brain -

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Guacamole, Gruyere-Glazed Pork Chops and Cauliflower "Couscous," and many more --The Grain Brain Cookbook gives you all the tools you need to build a gluten-free diet full of wholesome, flavorful, easy-to-make meals.

The Grain Brain Cookbook: More Than 150 Life-Changing ... -

- Keep in mind the other cornerstone of the Grain Brain program is to choose foods that won't have a significant effect on blood sugar. And that means cutting out carbs whether gluten-free or not. This is the optimal diet for brain health, and health in general.

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