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Speedy Publishing Books, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The Grain Brain Diet Journal complements the bestselling book, Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar-Your Brain's Silent Killers, written by renowned neurologist David Perlmutter, MD. This journal includes fill-in-the-blank sections for meals, weight, water consumption and a section for your feelings before and after each meal. It's important to note...

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- Authored by Healthy Diet Journal
- Released at 2015



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