

# David Perlmutter

## Quotes

*Brain, Gluten, Blood, Genes, May, Risk, Medicine, Expression, Grain, Practice,  
Two, Behavior, Events, Alzheimer's, Decision, Disease, Majority, Perspective,  
Generations, Carbs*

We can change the expression of more than 70 percent of the genes that have a direct bearing on our health and longevity.

~David Perlmutter

Gluten is this Generation's Tobacco

~David Perlmutter

Food is medicine. We can actually change our gene expressions with the foods we eat.

~David Perlmutter

Two forms of fat that are vitally important for brain health are cholesterol and saturated fat.

~David Perlmutter

We may all be sensitive to gluten from a neurological standpoint.

~David Perlmutter

Even slight elevations in blood sugar have been shown to increase the risk of Alzheimer's disease.

~David Perlmutter

It may seem draconian, but the best recommendation I can make is to completely avoid grains.

~David Perlmutter

In general, the public knowledge base and thus decision-making behaviors are far more influenced by advertisement than with current science.

~David Perlmutter

Dementia is our most-feared illness, more than heart disease or cancer.

~David Perlmutter

Bad things happen. And the human brain is especially adept at making sure that we keep track of these events. This is an adaptive mechanism important for survival.

~David Perlmutter

Fat is your friend. The brain thrives on a fat-rich, low-carbohydrate diet.

~David Perlmutter

Carbs are devastating for the brain.

~David Perlmutter

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