Introducing Dr. Perlmutter

So let's talk about a current doctor. We could talk a lot about, you know, previous people who were here who laid the foundation for us.

Books on brain and gut health

And in today's world, I don't want to say this too antagonistically, but I'm not impressed by too many MDs and that's not a ploy at them, But they're more products of their systemic failure from the collegiate institution that taught them one thing.

Well, Dr. Perlmutter is one of these current doctors who I have a high, high affinity for because this man took his amazing mind, his education, but dug deeper with his ability as a researcher to understand more about the human mind and the gut.

Gut health as the root of mental illness

Dr. Promutter has written a couple books. One is called Brain Brain, another one is Brain Maker. In those books, he amazingly puts together some current studies to back up some of the old pieces of information that previous predecessors would have shared.

But this man as a current practicing neurologist talks about the root of anxiety, depression, ADHD, Alzheimer's, dementia is from the gut. not the brain.

So he is not in favor of just pushing a medication to treat these diseases, but rather getting to the root cause of them. If you're interested in learning more about gut health, anxiety, depression, ADHD, yes, we at Synergy Nutrition and Wellness can absolutely help you.

Why his approach stands out

But to hear it and see it from a current neurologist not there to just push a medicine on you, check out Dr. David Perlmutter and his books Grain Brain and Brain Maker.