

LOSE WEIGHT • END ANXIETY & DEPRESSION • REMOVE TOXINS • FIND BALANCE

# BRAIN BODY DIET

40 DAYS TO A LEAN,  
CALM, ENERGIZED,  
AND HAPPY SELF



**SARA GOTTFRIED, MD**

*New York Times* bestselling author of *The Hormone Reset Diet*

FOREWORD BY DAVID PERLMUTTER, AUTHOR OF *GRAIN BRAIN*

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**PRESS KIT**

## Dr. Sara's Bio

Dr. Sara Gottfried M.D. is a Harvard-educated physician, speaker, and author of three New York Times bestselling books, *The Hormone Cure* (Scribner, 2012), *The Hormone Reset Diet* (HarperOne/HarperCollins, 2015) and *Younger* (HarperOne/HarperCollins, 2017). Her new book is *Brain Body Diet: 40 Days to a Lean, Calm, Energized, and Happy Self* (HarperOne/HarperCollins, 2019).

For the past 20 years, Dr. Gottfried has been dedicated to helping women feel at home in their bodies.

After graduating as a physician-scientist from Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco. She is board-certified in Obstetrics and Gynecology, a teacher of the adjunct faculty at Touro University College of Osteopathic Medicine, and a mentor to medical students in her virtual medicine practice and online learning center, The Gottfried Institute.

The Gottfried Institute is an enormously successful virtual practice. Dr. Gottfried has a disruptive model of how to deliver cutting-edge women's health to as many women as possible by using technology — including teleseminars, group coaching, webinars, and social media — to reset hormones, reduce stress, and lengthen healthspan among today's overly busy women, regardless of age and location. As a result, her innovative methods for sharing medical information make her a popular keynote speaker.

As an integrative gynecologist who practices personal lifestyle medicine, Dr. Gottfried is a firm believer in treating the root cause of problems, not just the symptoms. She believes in leafy greens and nutrient-dense foods, together with evidence-based integration of botanicals and bioidentical hormones, rather than just prescribing medication. "My method is not one-size-fits-all. My mission is to help women feel sexy, vital and balanced from their cells to their soul," claims Dr. Gottfried, adding, "I believe that managing and optimizing your health is your divine responsibility and path to personal power."



Dr. Sara Gottfried has been featured in publications such as O Magazine, Real Simple, Cosmopolitan, Glamour, Family Circle, Natural Health, Women’s World, Redbook and Yoga Journal in addition to appearing in the award-winning film, “Yoga Woman” for her expertise. She has appeared on national and international TV, including Fox News, 20/20, The Ricki Lake Show, and Good Morning Norway.



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Dr. Sara lives in Berkeley, California with her husband and 2 daughters. Her husband, David Gottfried, is the founder of the US Green Building Council and LEED. In her personal time, you can find her working at her treadmill desk, hiking in the Berkeley Hills, practicing yoga, lightly cooking kale (which her family refuses to eat), and biohacking her own neurohormonal dashboard. “I’ve had nearly every hormonal problem a woman can get — I’ve done the leg work and reviewed the studies exhaustively so you don’t have to!” exclaims Dr. Gottfried.

**“My method is not one-size-fits-all. My mission is to help women feel sexy, vital and balanced from their cells to their soul.”**

# CUTTING-EDGE PROTOCOL FOR THE FEMALE BRAIN UNLOCKS THE KEY TO HEALTH STRUGGLES THAT PLAGUE MILLIONS OF WOMEN

Smart women are taught to lead with their heads, yet 100 million women suffer from weight gain, foggy thinking, anxiety, depression, addiction, forgetfulness, overwhelm, exhaustion, and other seemingly brain-related problems at double the rate that men experience these symptoms. Leading women's health expert and three-time *New York Times* bestselling author Sara Gottfried, MD says it's time to repair the brain/body disconnect.

In her new book, **BRAIN BODY DIET: 40 Days to a Lean, Calm, Energized and Happy Self** (HarperOne; March 2019), Dr. Gottfried's research demonstrates a vitally important insight about the interconnectedness between brain and body: you can't have a healthy brain if your body is out of whack, and you can't have a healthy body if your brain is out of whack. The book offers a leading-edge approach to reversing brain/body breakdown and restoring the delicate balance between the two with an evidence-based, easy-to-implement food and lifestyle redesign.

*Brain Body Diet* reveals how to address the myriad symptoms of an imbalanced brain body and:

- Change the body weight set point in the brain that makes it so difficult to lose weight.
- Clear out toxins, including dementogens and obesogens that change your mind, generate negative habits and obsessions, make you hungrier and fatigued, and increase your risk of cognitive impairment and memory loss—generally making you not feel like yourself.
- Recover the gray matter lost from pregnancy and/or excess alcohol.
- Regain and stabilize mental health and prevent burnout, depression, and anxiety.
- Deepen sleep, enhance the glymphatic system, and clear more amyloid beta—the potential toxin that contributes to Alzheimer's disease.
- Reclaim the balance in your gut flora that helps weight loss and prevents inflammation, autoimmunity, and hormone problems.
- Prevent or reverse brain-related neuroinflammation and degenerative disease, such as memory loss, Alzheimer's, and multiple sclerosis.
- Create a greater sense of integrated wholeness—what Dr. Gottfried calls neurospirituality.

For the first time, Dr. Gottfried shares the personal experience that led her to uncover the brain body axis, how mainstream medicine often fails us, and ultimately how to lose weight and restore health in 40 days by balancing the brain and body to once again work in harmony.

## Interview Questions

- 1 What are the top three points you want readers to take away from this book?
- 2 How do you describe the through line of all of your books, including the new one?
- 3 Why did you write the book?
- 4 What does “brain body” mean to you?
- 5 What are the role of toxins in brain/body disconnection
- 6 Why do women forget about the brain when it comes to weight loss, and how do you address it through the brain/body connection?
- 7 What is the “adipostat”?
- 8 Why do we need to care about our brains in our forties or fifties, let alone our thirties?
- 9 What do you mean by the term “neurospirituality”?
- 10 Why is the Brain Body Diet an important book for women?

A FOOD FIRST  
PHILOSOPHY IS  
THE FOUNDATION



OF A ROBUSTLY  
HEALTHY  
BRAIN.



SARA GOTTFRIED, MD

Certain symptoms reflect a  
brain body out of balance.  
These are sacred  
messages, not  
diseases to be  
medicated into  
submission.



— Sara Gottfried, MD

If you are struggling to  
lose weight, sleep at night,  
find more energy, access  
more joy, or simply want  
to maximize your  
health and longevity,  
*Brain Body Diet* is the  
answer you have  
been waiting for.



SARA GOTTFRIED, MD

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**Conventional medicine will  
keep prescribing a pill for every  
ill, and tell you that lifestyle  
changes aren't enough.**



**That's not what I've  
found as a leader  
in the functional  
medicine movement  
and practicing  
physician.**

## The brain represents 2 to 3% of total body weight.

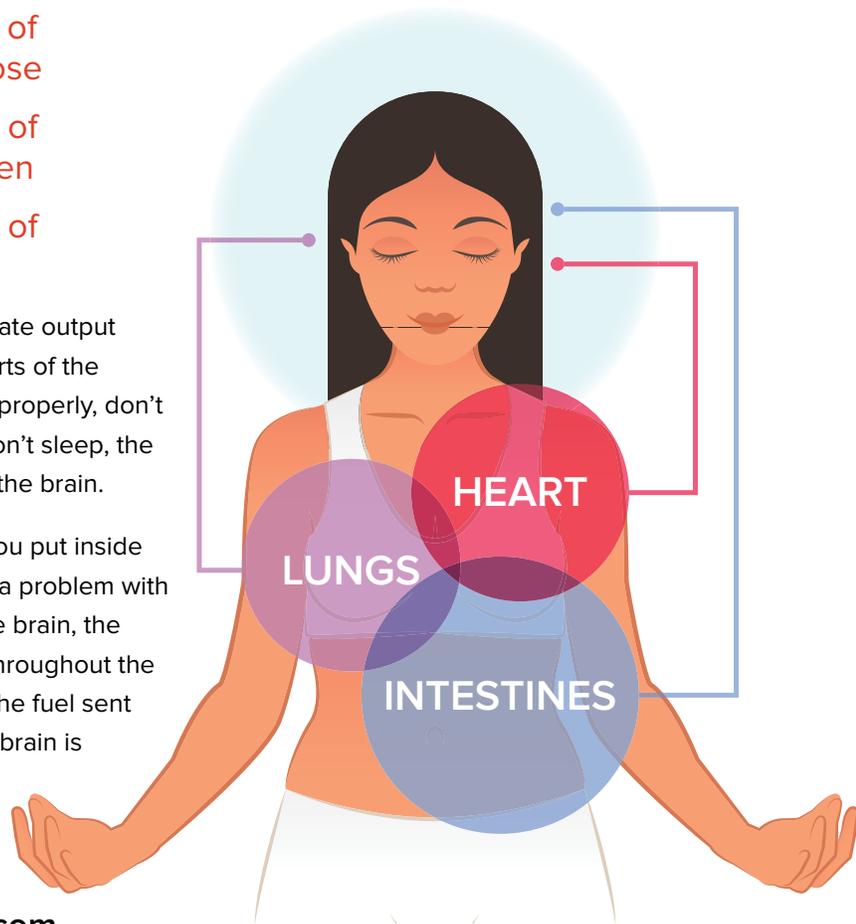
Consumes 25% of total body glucose

Consumes 20% of total body oxygen

Consumes 20% of cardiac output

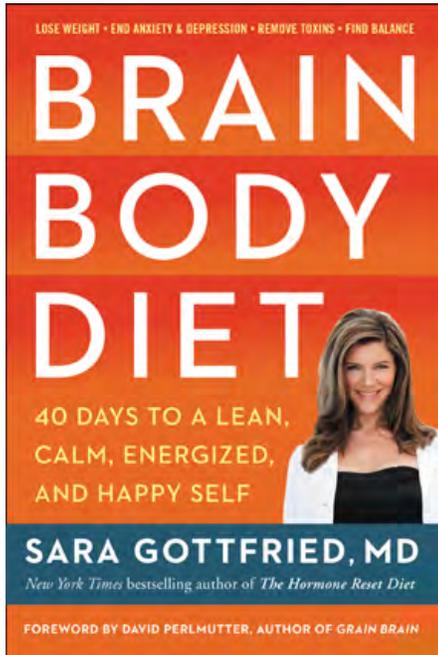
The brain is the ultimate output center for all the efforts of the body. If we don't eat properly, don't exercise right, and don't sleep, the primary impact is on the brain.

It sucks up the fuel you put inside your body. If there is a problem with the metabolism in the brain, the problem will be felt throughout the body. Conversely, if the fuel sent from the body to the brain is of poor quality, the brain will suffer.



**BrainBodyDiet.com**

## Brain Body Diet Book Cover



## Dr. Sara's Headshot



For other high resolution photos go to:

[http://www.saragottfriedmd.com/  
media-press/](http://www.saragottfriedmd.com/media-press/)

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