



Dangerous Grains

James Braly M.D., Ron Hoggan M.A

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Learn the shocking truth about how gluten cereal grains effect our health

Could gluten be contributing to your fatigue, stress, bloating, and ill health? Long before *Grain Brain* was a bestseller, *Dangerous Grains* was the first book to examine in depth the hazards of gluten cereal grains. James Braly, M.D., a renowned food allergy expert and Ron Hoggan, M.A., a respected patient advocate, reveal the negative impact of gluten grains. Discover the benefits of a gluten-free diet in relieving and preventing the ailments associated with celiac disease, gluten sensitivity, and more than 200 chronic illnesses, including:

- Cancer
- Autoimmune diseases
- Osteoporosis
- Brain disorders
- Intestinal disease
- Chronic pain
- Digestive disorders
- Infertility and problematic pregnancies

Tracking the genetic and evolutionary history of humans and grain consumption, *Dangerous Grains* can help you understand how grains can affect your health, and whether you are at risk for gluten-influenced illnesses.

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