

DANGEROUS GRAINS



**The Devastating Truth About
Wheat and Gluten, and
How to Restore Your Health**

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Dangerous Grains: Why Gluten Cereal Grains May Be Hazardous To Your Health



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Find out the shocking truth about how exactly gluten cereal grains impact our health and wellness Long before Grain Human brain was a bestseller, Dangerous Grains was the first book to examine comprehensive the hazards of gluten cereal grains. D. Discover the benefits of a gluten-free diet in relieving and preventing the ailments connected with celiac disease, gluten sensitivity, and more than 200 chronic ailments, including: Cancer Autoimmune diseases Osteoporosis Brain disorders Intestinal disease Chronic pain Digestive disorders Infertility and problematic pregnancies A., a respected individual advocate, reveal the harmful influence of gluten grains. Could gluten be adding to your fatigue, stress, bloating, and ill wellness?, a renowned food allergy professional and Ron Hoggan, M. Monitoring the genetic and evolutionary background of humans and grain consumption, Harmful Grains will help you understand just how grains can affect your health, and whether you are at risk for gluten-influenced ailments. James Braly, M.



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World of difference in this book I loved scanning this book, but it was AFTER I had kicked wheat/barley/rye out of my diet. I've known others to it, and especially the very long list of suspected chronic ailments comprehensive behind the book. I never really considered it affecting the organic killer cells in the immune system. Integrative or functional medication doctors will be the ones in the us who use these ailments, as they often require Sherlock Holmes-type sleuthing for the best answers, each folks differ. Need way more than ten minutes and a prescription.2): There is a fair amount of overlap between celiac types (small number of people have this condition) and the much bigger (est as high as 90 million People in america?) group with non-celiac type gluten sensitivity. Had I not read about the non-celiac condition initial elsewhere, I would not need obviously pulled out those variations out of this book.3): Discussion is seriously lacking how to proceed if you happened to find this out following the age of say, 35? This is why it is recommended to work with a Naturopath or an integrative doctor. Every few years it seems as though someone has cracked the code and includes a magic pill to every health problem you have...Well worthwhile, that is a life-enhancing problem for many people, not as simple. Not sure that it will create lasting changes in a person's diet if they're not celiac as it's challenging in order to avoid grains.4): Some comments appear tangential: Consider the China Study is no much longer valid (if it ever was), as western fast food provides invaded China in force.] Gluten-free & US-elevated cattle is chaos of antibiotics and medicines used to fatten, these are getting into our bodies, so seek grass-fed options. However, flour and flour items are so pervasive in our diets that if you don't make a super effort to remove them, you are not giving Gluten Free a fair trial. Eating properly could be a challenge with one of these pitfalls, add the gluten-free necessity and anyone may go in circles for a time.5) The best part is few to no Americans are obtaining a sufficient amount of trace and essential minerals from foods grown in depleted soils because the 1930's (this is simply not a typo). Therefore, particular attention to mineralization is needed in US than may be required in Australia. If one has a lifetime of depleted nutrient absorption, turn-around time could be a lot longer than that of the younger set. thus when may be the last time you found a standard medicine doctor offering vitamin and mineral prescriptions?!. EXCELLENT book for all those looking to see if a Gluten Free of charge Diet would be for them A few years ago I bought four or five 5 books on Gluten Free diets to see if it was something I - among others in my family - should try. A book that though a bit older still has some great insights into the gluten issue. As a matter of known fact, this recent purchase was for someone else who was simply having some difficulty determining why they weren't feeling well, and they, as well found it helpful. Very down to earth and useful. I firmly believe going Gluten Free isn't just a fad - the flours we have been eating today aren't anything like they were 50 - 100 years ago, and they are affecting many people badly. And we have to watch out for seafood containing high plenty of mercury. And I also think that a large proportion of our human population is being adversely affected, but doctors aren't aware of how gluten in the diet may actually manifest itself in people's lives. Browse the book and really try a Gluten Free diet . . . Within a fortnight the pain was gone. Much less in-depth as "Good Calories-Bad Calories" Good information, well-written if you are exploring the possibility of a gluten sensitivity. These two books will be the best in focusing on how to help/understand/deal with gluten issues. "Great Calories-Bad Calories" (Gary Taubes) is what you might term a "scientific tome" you need to slog through. Everything gets whittled right down to a unitary thing or idea. If cost is a problem, "Dangerous Grains" is a good place to start. In case you have ANY chronic health problems, you need to follow the suggestions in this book! As a nurse with a private practice for those who have chronic health issues, I urge EVERY one of my customers to check out the gluten free procedures in this publication for AT LEAST 8 weeks to observe how it affects them. Just about any one person with a chronic health problem sees some degree of improvement in their health using the principles in this publication- some also see 'miraculous' improvements simply because they have undiagnosed gluten sensitivity and prevent eating grains. If you have a medical condition, I URGE

you to learn this book- today!. Therefore, I stopped using grains for good..To your wellbeing,Kerri Knox, RN- The DISEASE FIGHTING CAPABILITY Queen[. Veganism may be only a fad, it really is helpful for a few years, and most people revert back again to some other eating design.As a health researcher (46 years duration) - I came across Dr...and explained that this was an indication that he had been fed too many starchy grains. My mother continuing to feed him grains and he finished up with a a number of health issues.. pain-free. excruciating discomfort in my arms and shoulders; At 73 I am still gluten-free & It is a "must-read" for every family who is interested in health. Being into health analysis - I didn't take medication.I looked back my food journal - and immediately stopped the grains. I believe you'll be surprised at the difference in the way you feel! 90 days afterwards, as an experiment I added them back. In two weeks the same unbearable pain returned. AND follow the suggestions. couldn't lift my arms over my shoulder level; and the only time I ate them regularly was for per month in 1986 - and I wound up with arthritis symptoms; Pain-free: When I was 9, my grandmother called me into the bathroom showing me my 3 yr old brother's frothy floating elimination. James Braly's Dangerous Grains - extremely worthwhile. and horrific pain in my own joints, too. This book was the very best of the bunch, and I have since recommended it to numerous other people who also have found it extremely helpful. I must say i appreciated the descriptions of epidermis ailments which can be indicative of gluten sensitivity.Several extra points to consider:1): Not a great book to take to a standard physician. This is a classic work in the field of gluten . But, it seems sensible in light to the fact that too much sugar in the bloodstream raises the triglyceride (bloodstream fat) levels which creates an environment which creates the setting for all sorts of undesirable mishaps. I really believe that some of the best books on this issue are the gluten effect and gluten free for dummies. Dangerous Grains by Braly Awesome book about Celiac/gluten issues and what health issues it could cause. No Grain No Discomfort by Peter Osborne can be an awesome reserve with details about eating. You may want this as an intro to the gluten query. Interesting read Very interesting read. Makes you think about the way the human diet has evolved. 25 years ago or earlier? But it's worthy of the read. Every few years it seems as if someone has cracked ... With a close romantic relationship between lack of nutrients being absorbed from foods, including most minerals and vitamins. For further information I'd suggest "Why We Get Fat: And How to proceed ABOUT ANY OF IT" by Gary Taubes. I was blown back by the countless conditions gluten sensitivity and or celiac is normally connected to. This is a different perspective.. I hardly ever ate grains, because they produced me gain weight; This is a classic work in the field of gluten and wheat allergies. Everyone should read it who is concerned. Many people seem to be suffering a variety ailments from gluten and GMOs. A must have! This book is packed full of information regarding gluten intolerance and how it affects and influences the body all together. It's a great reference to have on hand. To Gluten or not to Gluten? This book sheds light on many of the problems gluten causes. I tried a gluten free diet for a while but the only thing I found was that I was weaker, having a harder period staying healthy, and heading broke supplementing my ever present need for Xanthan gum. It raises a clear argument whether gltuen should be considered in anyone's diet. Five Stars Very interesting and easy to read.



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