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Good Questions Einkorn Spelt Emmer Farro and Heirloom

In recent weeks, a glut of questions about ancient and heirloom grains and wheat have arrived in my inbox. I hope this means that readers are beginning to re-embrace the idea of enjoying grains once again, though they still tend to be viewed as the bad boy of the ancestral health movement, with books like Grain Brain and Wheat Belly even taking the idea of grain-free diets mainstream.

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