

## ***Dangerous Grains James Braly***

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Dangerous Grains. In their book, Dangerous Grains, James Braly, MD, and Ron Hoggan, MA point out that undiagnosed sensitivity to gluten in wheat, rye, barley, spelt, and kamut, and also to other proteins in grains: is the root cause of many cancers, autoimmune diseases, neurological diseases, chronic pain syndromes,...

### **Dangerous Grains | American Nutrition Association**

Review fully completed July 26, 2013 :) Dangerous Grains by Dr. James Braly and Ron Hoggan, MA Book description from Amazon.com Dangerous Grains turns the U.S. Food Guide Pyramid upside down by exposing the myriad health risks posed by gluten grains (wheat, rye, barley, spelt, kamut, and triticale). The authors, leading experts in the field...

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