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Dangerous Grains: Why Gluten Cereal

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Grains May Be ...

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

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negative impact of gluten grains.

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James Braly, M.D. is regarded as a leading authority on gluten sensitivity and food allergies.

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About Dangerous Grains. 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

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But now two American clinicians,
James Braly and Ron Hoggan, have

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published a book, *Dangerous Grains*, claiming that what was thought to be a relatively rare condition may be more widespread than was previously thought. Braly and Hoggan suggest that gluten intolerance does not just affect a few people with CD, but as much as 2-3% of the population.

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James Braly is the author of
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*Dangerous Grains by James Braly,
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wordery.com. Learn the shocking truth
about how gluten cereal grains effect
our health

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For me, as a newly diagnosed celiac patient, it was a life-changing eye-opener. But everyone should read it. The received wisdom that grains should be the major component of our diets is pervasive in our society and

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the general public is unaware of how wrongheaded - and even dangerous - this advice is.

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