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Lecture: Why Going Wheat Free Is Not A Fad

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Sayer Ji, author of *The Dark Side of Wheat* [3], explores the topic of wheat intolerance and celiac disease, introducing a radically new way of looking at the way wheat adversely affects human health, drawing from biology, genetics, history, pharmacology and various other disciplines. The lecture was presented at the Bonita Bay lecture series on Feb. 7th, 2012 in Bonita Springs, FL.

[2]



[4]

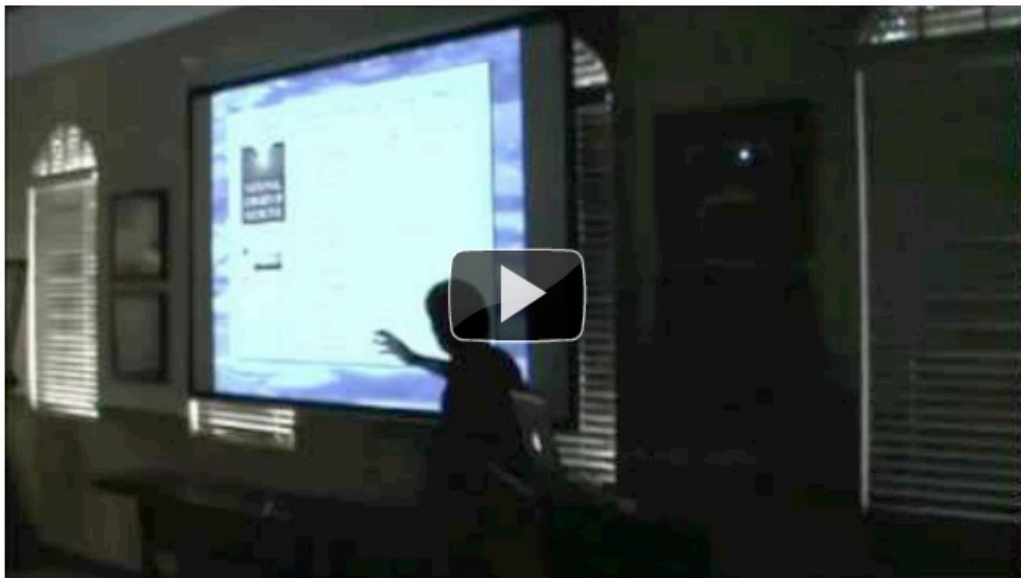
A critically acclaimed internet classic, *The Dark Side of Wheat* is now available to own as a downloadable document [3] exclusively from GreenMedInfo.com. It includes two hard-hitting essays that represent a sea change in the way wheat intolerance is comprehended; no longer a rare, strictly genetically-based disease, wheat is revealed to be a species-specific intolerance, whose role in health and disease has been greatly misunderstood since ancient times. The downloadable document also includes a 90-page quick reference guide containing hyperlinks to research on the National Library of Medicine on over 120 diseases that have been linked to wheat consumption.

The Dark Side of Wheat has changed many minds about the exalted status of wheat among secular and sacred institutions alike.

As Dr. Ron Hoggan, co-author of "Dangerous Grains" puts it in the foreword: "Sir Isaac Newton's famous metaphor (perhaps quoting others) said something to the effect that we see further, not because of any special endowment of our own, but because we are standing on the shoulders of giants. After reading Sayer's work on wheat, I felt as if I had just been boosted to a higher plane from which I could see and understand much, much more. Sayer's insights continue to shape and inform much of my effort to understand the various impacts of grains on human health."

The e-book can be [previewed](#) [4] and [purchased](#) [3].

Front Page



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