



# Grain Damage: Rethinking the High-Starch Diet

*Douglas N. Graham*

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# Grain Damage: Rethinking the High-Starch Diet

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**Grain Damage: Rethinking the High-Starch Diet** Douglas N. Graham

This little booklet packs a big message. The negative side of grain production and consumption is explored from angles such as the history of grain use, nutrition, ecology, energy, environment, sports performance, health, addictions, disordered eating, and much more.

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