

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



Occupy Health
Friday at 11 AM Pacific
February 17th 2017: Gluten: Fad or Health Risk?

There has been a lot of talk recently about gluten, but a gluten free diet is more than a fad. According to Dr. Tom O'Bryan, the human body cannot digest gluten and even a small amount of gluten will set off a cascade leading to intestinal inflammation and permeability, resulting in systemic inflammation and autoimmune reactions. This cascade towards a chronic illness goes unnoticed as there may be no symptoms. Like previous programs on heart health, diabetes and cognitive decline, the disease process starts long before the doctor can measure it. Tune in to learn how gluten affects you

[Read more](#)



Tune in

Friday at 11 AM Pacific Time
on VoiceAmerica Health and
Wellness Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live! Call-In
Toll Free: 1-866-472-5792
Intl: 001-480-553-5759

Featured Guest



Tom O'Bryan, DC, CCN

Dr. Tom O' Bryan is an internationally recognized speaker and writer on chronic diseases and metabolic disorders. He is considered the world expert on the impact of wheat sensitivity on autoimmunity.

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG