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The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Dr Steven Gundry

The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free

The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Dr. Steven Gundry

Key Takeaways & Analysis

The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by OneHour Summaries

The Plant Paradox: The Hidden Dangers in "healthy" Foods That Cause Disease and Weight Gain

WORKBOOK For The Plant Paradox

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain

Summary of The Plant Paradox

Summary

SUMMARY Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain

Turn Off the Genes That Are Killing You and Your Waistline

Summary: the Plant Paradox: the Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Steven R. Gundry M. D.

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain: by Fireside Reads

SUMMARY of the Plant Paradox

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The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Steven Gundry

SUMMARY Of The Plant Paradox

How to Die Young at a Ripe Old Age

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The Plant Paradox - The Hidden Dangers in "Healthy" Foods that Cause Disease and Weight Gain A Comprehensive Summary to the Book of Steven Gundry

ELAINA CASSANDRA

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Summary Of The Plant Paradox By Dr Steven Gundry Steven Gundry's The Plant Paradox is a diet book, which argues that many fruits and vegetables are dangerous to your health. Gundry says that a plant protein called lectin is responsible for obesity and many autoimmune disorders. Gundry offers a diet that

eliminates lectins, GMOs, and other toxins. This diet will allow people to reduce weight, improve health, and eliminate a wide range of conditions including diabetes, heart disease, lupus, and more. Lectins are plant toxins. Plants evolved lectins as poisons to discourage insects from eating plant seeds or other parts of the plant. Lectins are in most plants and can cause sickness in humans. Eating good plants is vital for health, but many plants we typically think of as "healthy" are actually full of lectins, which cause damage to the body. Click Buy now with 1-Click to Own Your Copy Today!

The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free Blurb

Summary Of The Plant Paradox By Dr Steven Gundry Steven Gundry's The Plant Paradox is a diet book, which argues that many fruits and vegetables are dangerous to your health. Gundry says that a plant protein called lectin is responsible for obesity and many autoimmune disorders. Gundry offers a diet that eliminates lectins, GMOs, and other toxins. This diet will allow people to reduce weight, improve health, and eliminate a wide range of conditions including diabetes, heart disease, lupus, and more. Lectins are plant toxins. Plants evolved lectins as poisons to discourage insects from eating plant seeds or other parts of the plant. Lectins are in most plants and can cause sickness in humans. Eating good plants is vital for health, but many plants we typically think of as "healthy" are actually full of lectins, which cause damage to the body. **SCROLL UP NOW and Click Buy now with 1-Click to Own Your Copy Today!**

The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Dr. Steven Gundry Independently Published

If you want to understand why you're not losing weight despite your best efforts, read on... The Plant Paradox by Dr. Steven R. Gundry exposes the hidden dangers in plants and animal meat that are making people fat and sick. The aim of the book is to educate people about foods that are commonly regarded as healthy but are actually designed by nature and evolution to harm people that consume them. What is alarming is that foods that fall under this category are included in several dietary regimens whose goal is to achieve optimum health and wellness. This is a book written for people to understand why they are not

losing weight despite their best efforts. It is also for patients who are diagnosed with diabetes, cancer, and autoimmune diseases so that they can better understand the diseases that plague them and find the right solution to reverse their effects In this book summary, you'll discover: How plants use gluten and lectin as part of a built-in defence system to fight against plant-eaters (Chapter 1) A critical discovery that earned humans a weapon and a key advantage in the war with plants (Chapter 2) How lectins can attach themselves to the border of every intestinal cell and cause the body's immune system to weaken and eventually fail (Chapter 3) How 7 deadly disruptors come together and conspire with Lectins to make people fat and sick (Chapter 4) How the modern diet makes you fat - and sick (Chapter 5) A workaround for vegetarians who find it difficult to give up food like pasta, beans and grains - chapter 6 How overconsumption of animal protein encourages ageing - (Chapter 6) List of foods you can consume during Phase 1 cleansing - (Chapter 7) How the Incas managed to remove the lectin from pseudo grains like Quinoa - one of the two worst lectin additions in modern diet (Chapter 8) A supplement you can take to protect the lining of the gut as well as prevent dementia and neurological issues associated with ageing (Chapter 8) Two strategies you can use to restrict animal protein consumption without feeling deprived (Chapter 9) A critical reason why fruits - which are high in fructose, should not be part of the diet of cancer patients(Chapter 10) An executive summary of the original book, a concise chapter by chapter summary, as well as, key takeaway from each chapter. A list of Food to eat and those to avoid is tabulated at the end of the book to help you with the program.

...and much, much more! If you're ready to take back control of your health, grab your copy of this book summary today! Start taking control of your life by learning how to eat right, feel right and live a healthier lifestyle. Scroll to the top of the page and click the "BUY NOW" button!

[Key Takeaways & Analysis](#) Createspace Independent Publishing Platform

You are what you eat. But do you know that the food that your food eats is also important? In this summary and analysis of the #1 Best Seller from Steven R. Gundry, *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*, you will learn: how your body works; a new perspective on diets; why it's called the Plant Paradox; the seven deadly disruptors; ... and much more! In today's digital age, we can access millions of information within our fingertips. But how do you know which ones are relevant to you? That is why we have carefully curated all the essential points from *The Plant Paradox* into an easy-to-read, short but concise summary book. This summary and analysis can be: your sneak peek before you buy the original book; your reading companion while reading the original book; your supplementary material after you read the original book. "What the Plant Paradox Program removes from your diet is more important than what it adds." *This is an unofficial summary and analysis of Steven R. Gundry's *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*. This book only serves as a guide, is not the original book, and is not endorsed by Steven R. Gundry or his publisher.

The Hidden Dangers in Healthy Foods That Cause Disease and

Weight Gain by OneHour Summaries HarperCollins

The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain - Workbook What if I tell you in the next few pages of this book that all the things you once believed about your diet, your weight and your health are wrong? In the book "*The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease and Weight Gain*", Dr. Steven Gundry sets out to demystify long-held myths about plant-based foods. These foods, believed for the most part, to be healthy, have been responsible for hurting the human body for so long. This workbook will help you put in practical all you've learnt in the Book to help you Achieve your Ultimate Health Goals!!

[The Plant Paradox: The Hidden Dangers in "healthy" Foods That Cause Disease and Weight Gain](#) Createspace Independent Publishing Platform

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yours, but because you're mostly misinformed. This book contains a comprehensive, well detailed summary and key takeaways of the original book by Steven R. Gundry M.D. It summarizes the book in detail, to help people effectively understand, articulate and imbibe the original work by Dr. Gundry. This book is not meant to replace the original book but to serve as a companion to it. Contained is an; Executive Summary of The Plant Paradox book Key Points of each chapter and Brief chapter-by-chapter summaries This summary is now available in paperback, audible audio, and kindle editions. Click On The Buy Now Button To Get Started Disclaimer: This is a summary, review of the book "The Plant Paradox" and not the original book.

WORKBOOK For The Plant Paradox HarperCollins

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In his controversial new book, "The Plant Paradox," Dr. Steven Gundry presents a new paradigm in dieting and healthy eating, arguing that plants--the primary source of nutrition for the human populace--are also the most potent adversaries of the wellness of people. This SUMOREADS Summary & Analysis offers supplementary material to "The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain" to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? Executive Summary of the original

book Editorial Review Key Takeaways & Analysis Brief chapter-by-chapter summaries A short bio of the the author Original Book Summary Overview "The Plant Paradox" is a new and informative dieting approach. It revolutionizes your thoughts about building good health through dieting. In it, Dr. Gundry a world-renowned expert in cardiothoracic surgery, restorative medicine and immunologist, enlightens you on what keeps you in pain, sick and low on energy. As you flip the pages, you will understand how plant proteins known as lectins are behind numerous health issues and where it all started. Also, you will interact with several testimonies of Dr. Gundry's patients detailing how the plant paradox program reversed various autoimmune and chronic conditions. Finally, this book doesn't leave you guessing on how to take steps in your new dieting program. You'll find plenty of instructions on different meal plans and recipes that include locally available ingredients that match the plant paradox program. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "The Plant Paradox."

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain Independently Published

A Complete Summary of The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain The Plant Paradox is a book written by Dr. Steven Gundry. The book is actually a follow-up to his book Diet Evolution. As such, it follows

a similar pattern and has a similar message the author wanted to share with his readers. The most important thing about this book is that it tries to discuss the source or the root causes of many health problems. The author invested many years of research in order to write this book and to come up with many of his ideas. The reason why this book was titled "The Plant Paradox" is that there are some plants we can eat in excess without getting sick. On the other hand, there are some plants, which, when consumed in small portions, are beneficial, but when consumed in large portions, can become unhealthy. This book is a resource for tips and advice on how to control our food cravings and what we eat. Thus, this book is a good source of help for anyone and everyone who wants to know how to gain full control over their diet. The fact that Dr. Grundy had invested many years in his research (including obtaining a medical degree from the Medical College in Georgia and working for sixteen years as a professor of surgery and pediatrics) only further emphasizes the quality of his work. Thus, The Plant Paradox is a book that is here to educate us and to show us that there is a better way when it comes to our food intake and diet. Here Is A Preview Of What You Will Get: - In The Plant Paradox, you will get a summarized version of the book. - In The Plant Paradox, you will find the book analyzed to further strengthen your knowledge. - In The Plant Paradox, you will get some fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about The Plant Paradox .

Summary of The Plant Paradox The Plant ParadoxThe Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain From the author of the New York Times bestseller The Plant

Paradox comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

Summary HarperCollins

Summary Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Steven Gundry
Attention: This is a supplementary guide meant to enhance your reading experience of Steven Gundry's Plant Paradox. It is not the original book nor is it intended to replace the original book. In this fast guide you'll be taken by the hand through a summary and analysis of; Executive Summary of the Plant Paradox Book, The Key Takeaways from each chapter and Brief chapter-by-chapter summaries You can start and finish this in an hour or less and get all the valuable information from the original book to help shape your life for a new beginning. This book will help enhance your reading experience. It will give you deeper insight, fresher perspectives, and help you Obtain Ultimate Comprehension. Perfect for a quick refresh on the main ideas of discussion. Click On The Buy Now Button To Get Started

SUMMARY Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain Genius Press

The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain - Book Summary What if I tell you in the next few pages of this book that all the things you once believed about your diet, your weight and your health are wrong? In the book "The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease and Weight Gain", Dr. Steven Gundry sets out to demystify long-held myths about plant-based foods. These foods, believed for the most part, to be healthy, have been responsible for hurting the human body for so long. Dr. Gundry exposes the real cause of weight problems, and if you're one of those people who seem to be eating right and doing

all the right exercises, yet suffering weight problems and related diseases, then you'll want to read this book. Gundry's book contends that your weight loss efforts are failing not because of any fault of yours, but because you're mostly misinformed. This book contains a comprehensive, well detailed summary and key takeaways of the original book by Steven R. Gundry M.D. It summarizes the book in detail, to help people effectively understand, articulate and imbibe the original work by Dr. Gundry. This book is not meant to replace the original book but to serve as a companion to it. Contained is an; Executive Summary of The Plant Paradox book Key Points of each chapter and Brief chapter-by-chapter summaries This summary is now available in paperback, audible audio, and kindle editions. Click On The Buy Now Button To Get Started Disclaimer: This is a summary, review of the book "The Plant Paradox" and not the original book.

Turn Off the Genes That Are Killing You and Your Waistline LMT Press

The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain Book Summary OneHourReads In the book "\The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain," Dr. Steven Gundry sets out to demystify long-held myths about plant-based foods. These foods, believed for the most part, to be healthy, have been responsible for hurting the human body for so long. Gundry exposes the real cause of weight problems, and if you're one of those people who seem to be eating right and doing all the right exercises, yet suffering weight problems and related diseases, then you'll want to read this book. Gundry's book contends that your weight loss efforts are failing not because of any fault of

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Summary: the Plant Paradox: the Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Steven R. Gundry M. D. Harmony

A Complete Summary of The Plant Paradox The Plant Paradox is a book written by Dr. Steven Gundry. The book is actually a follow-up to Diet Evolution. As such, it follows the similar pattern and similar message the author wanted to say to his readers. The most important thing about this book is that it tries to discuss the source or the root causes of many health problems. The author invested many years of research in order to write this book and to come up with many of his ideas. The reason why this book was titled "The Plant Paradox" was there are some plants we can eat in excess without getting sick. On the other hand, there are some plants, which, when consumed in small portions, are beneficial, but when consumed in large portions, can become unhealthy.

This book is a resource of tips and advices on how to control our food craving and how to control what we eat. Thus, this book is a good source of help for anyone and everyone who want to know how to gain full control over their diet. The fact that Dr. Grundy had invested many years in his research (including obtaining a medical degree from the Medical College in Georgia and working for sixteen years as a professor of surgery and pediatrics) only further emphasize the quality of his work. Thus, The Plant Paradox is a book that is here to educate us and to show us that there is a way when it comes to our food intake and diet. Here Is A Preview Of What You Will Get: In The Plant Paradox , you will get a full understanding of the book. In The Plant Paradox , you will get some fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about The Plant Paradox .

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain: by Fireside Reads Independently Published

The Plant Paradox is a must-read for every. single. person! Not just for people who are looking for an all-time, successful, and forever solution to losing weight. Neither is it just for people who want to cure their autoimmune problems nor gastrointestinal issues. The plant Paradox eBook is truly the perfect book for people who want to live longer, achieve good health, enjoy optimal well-being, and reap the benefits of a healthy body while also reaping the benefits of losing weight! This Plant Paradox Summary eBook is the perfect go-to book to easily understand the basics behind the Plant Paradox. It is summed up into digestible nuggets of facts that's perfect for people on the go! You can easily finish a chapter while commuting to and from

work. While waiting in your doctor's office, you can easily finish a chapter. The most wonderful thing about this eBook is that it gives you the in-depth and necessary details to have a good and solid understanding of the Plant Paradox Diet. And most of all, aside from giving you a good and stable background on the plant paradox idea, it also helps you how and what to do in order to embrace the non-lectin movement. It helps you how to properly choose your food in such a way you eliminate a lot of lectin in your diet. Here's a quick run of what you're getting from this Plant Paradox Diet Summary: Understand how lectin attacks the body Know where lectin can come from Start the Diet by cleansing your body Learn how to choose the foods to eat Learn how to achieve the desired health state And so much more!

SUMMARY of the Plant Paradox Createspace Independent Publishing Platform

"I read this book... it worked. My autoimmune disease is gone and I'm 37 pounds lighter in my pleather." --Kelly Clarkson Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the "gluten-free" foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators

(including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain Independently Published

The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Steven R. Gundry - Book

Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) Gluten has been considered a menace due to the widespread inflammation in the body it's able to cause. However, what if wheat is not the core of the problem? The Plant Paradox is based on the premise that Americans are redirecting their whole attention to the wrong enemy (gluten) while the root of the problem lies on another plant-based protein which gluten is just a variation of it. This means that millions of Americans are consuming what they consider to be "healthy" foods but they are actually dangerous. (Note: This summary is wholly written and published by Readtrepreneur. It is not affiliated with the original author in any way) "The Plant Paradox Program is actually a microbiome- and mitochondria-centric program that recommends a diverse array of the right plant foods at the right time, prepared the right way, in the right amounts." - Steven R. Gundry According to Steven Gundry, the root of the problem is actually a plant-based protein called lectin. The point of this title is revealing that "gluten-free" foods contain this protein as well and it can be dangerous to go through diet plans which include them. Steven Gundry reveals the secret to eating properly without unleashing a chemical warfare within your body that can have very dangerous consequences. Steven R. Gundry has treated tens of thousands of patients suffering from ingesting lectin in a large amount. Now, he offers a clinically proven program to avoid people from getting sick due to unwise consumption of food. P.S. The Plant Paradox is a game-changing book that will teach you how to avoid lectin which is the chemical that is detrimental to your health. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-

Click" Button to Grab your Copy Right Away! Why Choose Us, Readtrepreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

[Summary of The Plant Paradox](#) Createspace Independent Publishing Platform

Concise Reading offers an in-depth and comprehensive encapsulation of bestseller "The Plant Paradox: The Hidden Dangers in 'Healthy' Foods That Cause Disease and Weight Gain" by Steven R. Gundry M.D.; illuminating the hidden dangers lurking in our diet and sharing a protocol that detoxes the cells, repairs the gut, and nourishes the body. This Summary book will help you to save time and money while taking in the essence and wisdom of the original book; and also provides contemplative discussions that will allow you to appreciate the book even more. It contains many tantalizing sections including:* Book Summary* Background Information About The Author* Discussion QuestionsAnd much more!Great for New Year Resolution! Download and start reading immediately.*Note: This is an unofficial companion book of Steven R. Gundry's "Summary of The Plant Paradox: The Hidden Dangers in 'Healthy Foods' That Cause Disease and Weight Gain".-It is designed to enrich your reading experience and not the original book.

The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain Createspace Independent Publishing Platform

If you want to understand why you're not losing weight despite your best efforts, read on... The Plant Paradox by Dr. Steven R.

Grundry exposes the hidden dangers in plants and animal meat that are making people fat and sick. The aim of the book is to educate people about foods that are commonly regarded as healthy but are actually designed by nature and evolution to harm people that consume them. What is alarming is that foods that fall under this category are included in several dietary regimens whose goal is to achieve optimum health and wellness. This is a book written for people to understand why they are not losing weight despite their best efforts. It is also for patients who are diagnosed with diabetes, cancer, and autoimmune diseases so that they can better understand the diseases that plague them and find the right solution to reverse their effects In this book summary, you'll discover: How plants use gluten and lectin as part of a built-in defence system to fight against plant eaters (Chapter 1) A critical discovery that earned humans a weapon and a key advantage in the war with plants (Chapter 2) How lectins can attach themselves to the border of every intestinal cell and cause the body's immune system to weaken and eventually fail (Chapter 3) How 7 deadly disruptors come together and conspire with Lectins to make people fat and sick (Chapter 4) How the modern diet makes you fat - and sick (Chapter 5) A workaround for vegetarians who find it difficult to give up food like pasta, beans and grains - chapter 6 How overconsumption of animal protein encourages ageing - (Chapter 6) List of foods you can consume during Phase 1 cleansing - (Chapter 7) How the Incas managed to remove the lectin from pseudo grains like Quinoa - one of the two worst lectin additions in modern diet (Chapter 8) A supplement you can take to protect the lining of the gut as well as prevent dementia and neurological

issues associated with ageing (Chapter 8) Two strategies you can use to restrict animal protein consumption without feeling deprived (Chapter 9) A critical reason why fruits - which are high in fructose, should not be part of the diet of cancer patients (Chapter 10) An executive summary of the original book, a concise chapter by chapter summary, as well as, key takeaway from each chapter. ...and much, much more! PLUS, BONUS MATERIALS: a list of Food to eat and those to avoid is tabulated at the end of the book to help you with the program. If you're ready to take back control of your health, grab your copy of this book summary today! Start taking control of your life by learning how to eat right, feel right and live a healthier lifestyle. Scroll to the top of the page and click the "BUY NOW" button! Disclaimer: This is a Summary Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Dr. Steven Gundry. It summarizes the book in detail, to help people understand and implement the original work by Dr. Gundry. This book is not meant to replace the original book but to serve as a companion to it.

Summary of the Plant Paradox Independently Published

If you are looking for new beginning in life you should look no further than the "Plant Paradox Program" instituted by cardiovascular surgeon, Dr. Steven R. Gundry. Dr. Gundry has spent many years in the field treating patients suffering from a wide range of ailments. Many of these ailments were autoimmune diseases such as psoriasis, asthma, and Crohn's disease. At first Gundry struggled to treat his patients with conventional methods, but they only seemed to get worse. But then he found a common thread in their suffering-they all partook

of diets that consumed a large amount of plant-based lectin. Gundry then had his patients dramatically reduce this lectin intake, and was astonished at the results. His patient's disorders managed to correct themselves and they also lost a lot of weight in the process. In short, they were healthier and happier than ever before simply by tweaking their diet. The interesting thing about Dr. Gundry's discovery was that his patients whom he had "cured" in this manner, were not junk food junkies, they were individuals who worked out, and ate what they believed to be "healthy diets" with plenty of veggies. It was then that Dr. Gundry understood the paradox that they faced. He realized that even though vegetables are indeed good for us, if too much of certain kinds of veggies are eaten in certain ways, it can have disastrous consequences. It was then that Grundy devised his plan to walk us through the mine field. He wrote as much in his book, and it makes for a lengthy read. If, however you do not have the time to go through some of the lengthier material in his text, this summary highlights the most important aspects of Grundy's Plant Paradox Program, allowing you to jump right into the mix. Buy this book today! In this book you will learn how you can: Mindfully eat your veggies Understand the difference between good and bad bacteria Improve Your Gut Health Maintain your Microbiome Lose Weight Get Healthier And More! Disclaimer: This work is a summarized edition of the book "The Plant Paradox" and is not the original book.

[The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain](#) HarperCollins

From the New York Times bestselling author of The Plant Paradox comes a guide to one-pot cooking for the whole family, with a

special focus how to make the Plant Paradox program kid-friendly. Since the publication of The Plant Paradox in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In The Plant Paradox Family Cookbook, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The Plant Paradox Family Cookbook includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead

breakfasts to snacks and even lunchbox-ready meals, The Plant

Paradox Family Cookbook will help the whole family experience the incredible benefits of the Plant Paradox program.