

The Plant Paradox The Hidden Dangers In Healthy Foods That Cause Disease And Weight Gain

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The Plant Paradox The Hidden Dangers In Healthy Foods That Cause Disease And Weight Gain

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

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!!

SUMMARY of the Plant Paradox LMT Press

Prevent and Reverse Autoimmune Disorders, Diabetes, Leaky Gut Syndrome, Heart Disease, and Neurodegenerative Diseases. This book is a summary of "The Plant Paradox: The Hidden Dangers in 'Healthy' Foods That Cause Disease and Weight Gain," by Steven R. Gundry, MD While many plant foods are good for you, others can make you sick and overweight. Most of us have heard of gluten, a protein in wheat that can cause widespread inflammation in the body, resulting in serious illnesses. Gluten is just one of a variety of toxic plant-based proteins called lectins. For millions of years, plants protected themselves and their offspring from insects by producing toxins in their seeds and other parts. These toxins can paralyze insects and make them sick. They can also destroy your health. In The Plant Paradox, Dr. Gundry explains the hidden dangers of "healthy" foods that can cause disease and weight gain. The Plant Paradox Program is a protocol used by Dr. Gundry in his California clinic to treat patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases. It includes a step-by-step detox and eating plan detailing which plant foods to eat, which to avoid, and how to prepare certain foods to mitigate the impact of lectins. Read this book to find out which plant foods to eat, which to avoid, and how to prepare certain foods to mitigate the impact of lectins. This guide includes: * Book Summary—helps you understand the key concepts. * Online Videos—cover the concepts in more depth. Value-added from this guide: * Save time * Understand key concepts * Expand your knowledge

Summary: Dr. Steven R. Gundry's the Plant Paradox Createspace Independent Publishing Platform

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.

Dr. Gundry's Diet Evolution Independently Published

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

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.

Summary: the Plant Paradox: the Hidden Dangers in Healthy Foods That Cause Disease

and Weight Gain by Steven R. Gundry M. D. Createspace Independent Publishing Platform Summary Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Dr. Steven Gundry

Summary of the Plant Paradox Independently Published

The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain Precise Summary Discover the Secrets of Losing weight with this Ground Breaking Research By Dr Steven Gundry Get your InstantReads Summary of Dr. Steven R. Gundry's The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain and read it today in less than 30 minutes Attention: This is a supplementary guide meant to enhance your reading experience of Dr. Gundry's The 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 The main points made by Dr. Steven R Gundry in The Plant Paradox Key Takeaways from each chapter and Brief chapter-by-chapter summaries Ultimate list of lectin free foods For Easy Weight Loss You can Finish this InstantReads in an hour or less and get all the valuable information from the original book. 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. Enjoy this edition instantly on your Kindle device Enjoy this edition instantly on your Kindle device Scroll Up Now and Click The Buy Button To get Started Immediately

Summary Createspace Independent Publishing Platform

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.

The Plant Paradox Family Cookbook 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 Createspace Independent Publishing Platform

In the book "The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain", Dr. Steven Gundry presents detailed information on the different myths surrounding plant based foods. He exposes the true reason behind the weight gain even with the different diets available. Using a detailed step by step process, he creates a better heaven which has worked for many people who wish to achieve and maintain a normal weight as well as live a long life. This book is for anyone who is experiencing different weight problems and other weight related diseases as he guides the reader through a healthy journey that will last you a lifetime. This comprehensive, well detailed and easy-to-read summary contains all the information you need to fully understand and use the original book to your health. It also contains an analysis on how the program works and a carefully examination on its true effects on the human body. It will serve as a quick read to help you better understand all about The Plant Paradox. It will serve as your best companion in your journey with Dr Steven R. Gundry M.D. Within this book, you will find A comprehensive general overview of the topic The Plant Paradox Key Takeaways for each chapter Concise summary of the most important information you need Analysis and review of the topic with reference to the health impacts and authors suggestions What are you waiting for? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! PS: This is a summary, review of the book "The Plant Paradox" and not the original book!!!

Summary of the Plant Paradox Independently Published

Steven R. Gundry M.D on this Groundbreaking Plant Paradox Book, states that Lectins are the plant world's way of fighting back against predators, such as ourselves who kill plants and feast on them. Lectins are toxic plant proteins that can force their way through the mucosal wall of our guts into the intestinal capillaries and thus throughout the body. Leaky gut syndrome (intestinal wall hyper-permeability) results and leads to lectins confusing our immune system (autoimmune diseases) and disrupting cellular communication (diabetes and thyroid disorders, etc.) Peanuts, cashews, legumes and tomatoes contain lectins and are very toxic. Tomatoes and legumes can be "defused" and eaten safely. Discover this and More In this Plant paradox Summary Book. You are what you eat (as well as WHAT YOU EAT, ATE.) Corn fed beef and chickens therefore are filled with lectins too! Rules for Eating Healthy in the Plant Paradox:" What you stop eating has far more impact on your health than what you start eating."There are three more rules. Discover this and More in this Plant Paradox

Summary His idea is to live well with good health. Our current health care system prolongs life with symptom-addressing technology, even though the patient may be living a miserable poor health existence. Dr. Gundry's motto: "Die young at an old age." This book contains a comprehensive, well detailed summary and Analysis 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 Gundry. This book is not meant to replace the original book but to serve as a companion to it Contained in the Plant Paradox Summary is an: Executive Summary of the original book Key takeaways of each chapter and Brief chapter-by-chapter summaries Sample Meal For the Plant Paradox that you can start making Now to Burn Fat Forever To get this book, Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Disclaimer: This is a summary, review of the book Plant Paradox and not the original book.

Summary Of The Plant Paradox Createspace Independent Publishing Platform

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](#) The Plant ParadoxThe Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain Explains what your body is "thinking" and tells you why your genes actually want you to be fat, and that by deactivating these "killer genes," you can reprogram your body for the health, life, looks, and longevity you desire. Reprint.

[Summary of the Plant Paradox: the Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Steven R. Gundry M. D.](#) 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 on 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.

The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain - by Dr. Steven R. Gundry M. D Independently Published

Most Americans have heard of gluten. Gluten is a protein that is found in wheat. It causes widespread inflammation in the body. Many Americans spend billions of dollars to protect their health by pursuing gluten-free diets. However, we should ask ourselves if we've been missing the root of the problem. In the book *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*, renowned cardiologist and bestselling author Dr. Steven Gundry reveals that gluten is just one variety of lectin, a very common and highly toxic plant-based protein. The book contains a full list of lectin-containing foods and simple substitutes for each. Dr. Gundry also provides a step-by-step detox and eating plan, together with delicious lectin-free recipes. His book *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* illuminates the hidden dangers that are lurking in your salad bowl. It shows you how to eat real whole foods in a whole new way. In this comprehensive look into *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* by Dr. Steven R. Gundry, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 "done-for-you" discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate "if this was you" discussions And more! Please Note: This is a companion guide based on the work *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* by Dr. Steven R. Gundry not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

[SUMMARY Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain](#) HarperCollins

HELP! WE ARE BEING ATTACKED! Attacked by lectins, that is. These complex proteins are the defense mechanism of many "healthy" digestible plants, and are responsible for interfering with

intercellular communication (think brain-fog), stimulating weight gain, triggering allergens, increased susceptibility to sickness, and more! Dr. Steven Gundry has created a stellar book that introduces a very bold claim backed by tests, trials, facts, and personal patient experience that say YES, we can cure extreme ailments like cancer, kidney failure, IBS, and many more using his ground breaking information and unorthodox methods about dieting and lifestyle. He has backed accounts of miraculous healings through his teachings on diet, gut health, and overall well-being. We liked the book SO MUCH that we summarized it for others to enjoy in this quick, effective, and efficient e-book. You can enjoy our thought-out and engaging sections today! You'll read about: 1) The unknown war between plants and animals, and how it is effecting us as humans. 2) What, why, and how lectins are so bad for your health. 3) The 3 phases of restoring and repairing your gut. 4) A detailed chapter-by-chapter summary of Dr. Gundry's work. 5) And so much more! NOTE TO READERS: This is a summary and analysis companion book based on *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* by Steven R. Gundry M.D. This is not the original book itself, and we strongly encourage you to buy it as well

[Summary: the Plant Paradox - the Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Steven R. Gundry, MD](#) Blurb

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. If you're looking for the original book, search this link: <http://amzn.to/2zeK1EA>) 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.com 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 Get your Copy Delivered to Your Doorstep 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. If you're looking for the original book, search for this link: <http://amzn.to/2zeK1EA> [The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Dr. Steven R. Gundry](#) 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

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Learn the Invaluable Lessons from *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* by Steven R. Gundry and Apply it into Your Life Without Missing Out! What's it worth to you to have just ONE good idea applied to your life? In many cases, it may mean expanded paychecks, better vitality, and magical relationships. Here's an Introduction of What You're About to Discover in this Premium Summary of *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* by Steven R. Gundry: Dr. Gundry, a former heart surgeon, published the book *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*. It was published by Harper Wave on April 25, 2017. The book is about the diet regimen formulated by Dr. Gundry after studying humans' eating behavior through history. He found out that gluten is one of the components of a hazardous plant-based protein called lectin. Lectin is present in wheat, fruits, vegetables, nuts, beans, and dairy products. The proteins in the plants are present in seeds, grains, and the leaves of the plants. They serve as protective mechanisms in plants against predators. Once eaten, lectin reacts with the chemicals in the body, which causes inflammation and detrimental health conditions. According to Dr. Gundry, lectin-containing foods have been part of people's diet since it was introduced 10,000 years ago. It brought about dramatic changes in the health of the people. Grundy emphasizes the need to avoid lectins. The book, *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* provides a long list of foods that are considered safe. The list of lectin rich foods are also offered in the book as a precaution. The book also features a step by step detox process, eating plan, and lectin-free recipes. Plus, - Executive "Snapshot" Summary of *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain - Background Story and History of The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* for a Much Richer Reading Experience - Key Lessons Extracted from *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* and Exercises to Apply it into your Life - Immediately! - About the Hero of the Book: Steven R. Gundry - Tantalizing Trivia Questions for Better Retention Scroll Up and Buy Now! 100% Guaranteed You'll Find Thousands of Dollars Worth of Ideas in This Book or Your Money Back Faster You Order - Faster You'll Have it in Your Hands! *Please note: This is a summary and workbook meant to supplement and not replace the original book.

[Summary of the Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Dr. Steven Gundry](#) Createspace Independent Publishing Platform

The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain - Book Summary - Diana Logan 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 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 original book Key Points of each chapter and Brief chapter-by-chapter summaries. To get this book, Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Enjoy this edition instantly on your Kindle device! Now available in paperback and digital editions. Disclaimer: This is a summary, review of the book "The Plant Paradox" and not the original book.