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

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### **The Plant Paradox The Hidden**

The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain Hardcover – April 25, 2017. by Dr. Steven R Gundry MD (Author) 4.4 out of 5 stars 6,459 ratings. Book 1 of 5 in the Plant Paradox Series. See all formats and editions.

### **The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...**

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.

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## **The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...**

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 ...

## **The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...**

The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain. by. Steven R. Gundry. 3.55 · Rating details · 8,023 ratings · 729 reviews. Plants have an impressive array of defense tactics to protect themselves from predators of all shapes and sizes--including humans. Stephen Gundry believes that these defense strategies make the seemingly virtuous plants that we consume every day--fruits, vegetables, grains, nuts, and seeds--far less "good for us" than we ...

## **The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...**

Summary of *The Plant Paradox: The Hidden Dangers In Healthy Foods That Cause Disease And Weight Gain* Paperback - January 14, 2020. by. Knowledge Tree (Author) › Visit Amazon's Knowledge Tree Page.

## **Summary of The Plant Paradox: The Hidden Dangers In ...**

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 ...

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## **Amazon.com: The Plant Paradox: The Hidden Dangers in**

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The Plant Paradox Diet was first espoused in the book "The Plant Paradox: The Hidden Dangers in 'Healthy' Foods That Cause Disease and Weight Gain" by Steven Gundry, a former cardiac surgeon and...

### **What Is the Plant Paradox Diet, and Does It Work?**

The Plant Paradox THE HIDDEN DANGERS IN "HEALTHY" FOODS THAT CAUSE DISEASE AND WEIGHT GAIN By Dr. Steven Gundry. OILS • Algae oil • Olive oil • Coconut oil • Macadamia oil • MCT oil • Avocado oil • Perilla oil • Walnut oil • Red palm oil • Rice bran oil • Sesame oil • Flavored cod liver oil SWEETENERS

### **NEW YORK TIMES BEST SELLER The Plant Paradox**

In The Plant Paradox, renowned cardiologist and heart surgeon 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.

### **The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...**

The Plant Paradox simply sites the numerous studies showing these true hidden dangers. After 3 days on the diet I was a different person, after 6 weeks I restored my energy and overall vitality to my 20's and now that my gut is truly restored and I've eliminated lectin sourced poisoning, I'm instantly sick, fatigued and joint pain returns until my system has purged those lectins.

### **Dr. Gundry's The Plant Paradox Is Wrong | NutritionFacts.org**

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.

### **The Plant Paradox - HarperCollins**

The Plant Paradox: The Hidden Dangers in Healthy Foods That

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Cause Disease and Weight Gain by Gundry, Steven R., M. D. available in Hardcover on Powells.com, also read synopsis and reviews. From renowned cardiac surgeon Steven R. Gundry, MD, a revolutionary look at the hidden compounds in...

## **The Plant Paradox: The Hidden Dangers in Healthy Foods**

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If you eat plants or meat (so, if you're alive), the food you eat is waging war in your body. In *The Plant Paradox*, Dr. Gundry explains how your body processes food, what hidden elements of food to avoid, and how to equip your body to heal itself and carry you through a long, able life. Dr. Steven R. Gundry discovered the insidious way even the plants you eat try to bring about your doom.

## **Summary: The Plant Paradox - The Hidden Dangers in ...**

The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain Kindle Edition. by. Dr. Steven R. Gundry (Author) > Visit Amazon's Dr. Steven R. Gundry Page. Find all the books, read about the author, and more.

## **The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...**

In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a...

## **The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...**

Gundry conducted cardiac surgery research in the 1990s and was a pioneer in infant heart transplant surgery, and is a New York Times best-selling author of books such as *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*.

## **Steven Gundry - Wikipedia**

*The Plant Paradox: Hidden Dangers in "Healthy" Foods That Cause Disease* (DVD). Condition is "Very Good". Shipped with USPS Media Mail. Seller assumes all responsibility for this listing.

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