

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

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SUMMARY Of The Plant Paradox HarperCollins

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> Summary of the Plant Paradox Createspace Independent Publishing Platform 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 of the Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Dr. Steven Gundry Independently Published "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

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 Genius Press

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 Plant Paradox: The Hidden Dangers In "Healthy" Foods That Cause Disease and Weight Gain By Dr Steven R. 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!

Summary & Study Guide - The Plant Paradox Blurb
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.
SUMMARY Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain 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 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.

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

From bestselling author Dr. Steven Gundry, a quick and easy guide to *The Plant Paradox* program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller *The Plant Paradox*, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in *The Plant Paradox Quick and Easy*, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including

ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

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

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 Independently Published

Book Summary 1 The Plant Paradox: The Hidden Dangers In "Healthy Foods" That Cause Disease And Weight Gain What would you do if someone told you that most of what you had believed about health and diet was just plain wrong? The book "The Plant Paradox: The Hidden Dangers In "Healthy" Foods That Cause Disease and Weight Gain" by Dr Steven Gundry points out exactly where and what went wrong with most commonly held views on food, health and diets. He sheds much needed light to dispel the myths about plant based foods, which were believed to be healthy, when they were actually causes of harm for the human body. If you happen to be doing all the exercises and sticking to strict diet regimes but don't seem to be seeing any improvements in health or weight issues, then you would have to pick this book up! Dr Gundry lets you know the REAL cause behind that stubborn weight gain, as well as the whole host of chronic diseases which seem to be plaguing the entire adult population at one point or other. This book holds a detailed, comprehensive summary of the original book by Dr Steven Gundry and it succinctly collates all the important facts into easy-to-remember points for quick and effective understanding of the original work, so that you can hit the ground running and start to see the benefits from the Plant Paradox in the shortest possible time! This book is meant to complement the original book and definitely not to replace it. Within the book, you will find Summaries of Each Chapter Executive Summary of The Book Crucial Facts and Deliverables Condensed Into Key

Knowledge Pointers This summary is now available in paperback, audible audio, and kindle editions.

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Disclaimer: This is a summary review of the book "The Plant Paradox" and not the original book.

SUMMARY of the Plant Paradox HarperCollins

Summary Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Dr. Steven Gundry

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

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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. 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 HarperCollins

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 Harmony The Ultimate Summary Of Dr. Gundry's Bestselling Book "The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain". Don't eat anything you call healthy before reading this summary of the Plant Paradox by Dr. Gundry. Dr. Gundry's bestselling book unearthed some things about diet and disease that very few nutritionists and other medical professionals have the courage to talk about i.e. the fact that some of the foods we are told to take to be healthy are the same ones that are messing us up! The 416-page book has lots of valuable information that everyone who is eager to know the link between food and disease should read. But let's be honest, reading a staggering 416

pages isn't everyone's cup of coffee in this day and age when we have so much to do, especially in a book that's as comprehensive as Dr. Gundry's. Don't worry though; you can read a summary of it to know the main points, which the author talks about. I am not in any way suggesting that you shouldn't read the original book; you should if you want to find all the details of Dr. Gundry's findings so you can make an informed decision as far as healthy eating is concerned. Whether you want to read the summary alone or as a reading companion when reading the original book, you will find this Plant paradox summary very useful in ensuring you understand everything you are learning. More precisely, this book covers the following: A quick overview of the book The foods you should eat i.e. the NO list and the YES list How the approach will help you lose weight The principles of the plant paradox diet and how to follow it Sample meal plan Delicious recipes, which you should be preparing And much, much more! I believe this book will open your eyes to the way food we've always considered healthy is hurting is so that you can do something about it before you can cause some untold damage. Click on the Buy NOW with 1 Click Now or Add to Cart to start reading this book NOW. Disclaimer: This is a summary and not the original book. You can find the original here <https://amzn.to/2q9mLox> [Summary of Steven R. Gundry's the Plant Paradox](#) 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. [Dr. Gundry's Diet Evolution](#) 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.

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

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

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

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!