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The Plant Paradox The Hidden

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

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lurking in your salad bowl—and shows
you how to eat whole foods in a whole
new way.

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

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

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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 Plant Paradox: The Hidden Dangers in "Healthy" Foods ...
The Plant Paradox by Dr. Steven R.

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Gundry focuses on "The Hidden Dangers in 'Healthy' Foods that Cause Disease and Weight Gain." It is quite an interesting concept, and I do see the logic in many of Dr. Gundy's claims which are backed by scientific research, as noted in the notes section.

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The 'Summary of the Plant Paradox' by Alexander Jones is an excellent condensation of the original book by Dr Steven Gundry MD entitled "The Plant Paradox, The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain".

Summary Of The Plant Paradox: The

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

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 ...

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

The Plant Paradox, a book purported to expose the “hidden dangers’ in healthy foods, doesn’t even pass the whiff test. Learn more about the latest evidence-based nutrition research.

Dr. Gundry’s The Plant Paradox Is

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Disease and Weight Gain. Hardcover -
April 25 2017. by Dr. Steven R Gundry
MD (Author)

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

The lectin-free diet has been popularized since cardiothoracic surgeon Steven Gundry, MD, FACS, FACC, released the New York Times bestseller The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and

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Weight Gain in April 2017.
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Steven Gundry - Wikipedia

The Plant Paradox: The Hidden Dangers in Healthy Foods That 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

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delicious lectin-free recipes, The Plant
Paradox illuminates the hidden...

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

The simple (and daunting) fact is, lectins are everywhere. But in The Plant Paradox, Dr. Gundry provides simple hacks we easily can employ to avoid this

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insidious plant toxin, including :

Weight Gain
Vegetables like tomatoes and peppers
are full of lectins--but most are
contained in the skin and seeds.

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

Here are 5 of my favorite Big Ideas from
"The Plant Paradox" by Steven R.

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Gundry. Hope you enjoy! The Plant
Paradox. In a nutshell: The plants that
nourish u...

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