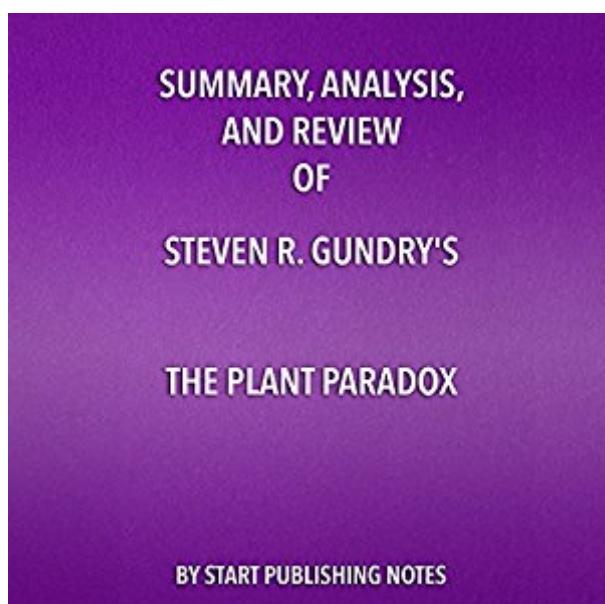


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Summary, Analysis, And Review Of Steven R. Gundry's The Plant Paradox: The Hidden Dangers In "Healthy" Foods That Cause Disease And Weight Gain



Synopsis

Please note: This is a key takeaways and analysis of the audiobook and not the original book. Start Publishing Notes' Summary, Analysis, and Review of Steven R. Gundry's The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain includes a summary of the audiobook, a review, analysis & key takeaways, and a detailed "About the Author" section.

Preview: 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.

Book Information

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