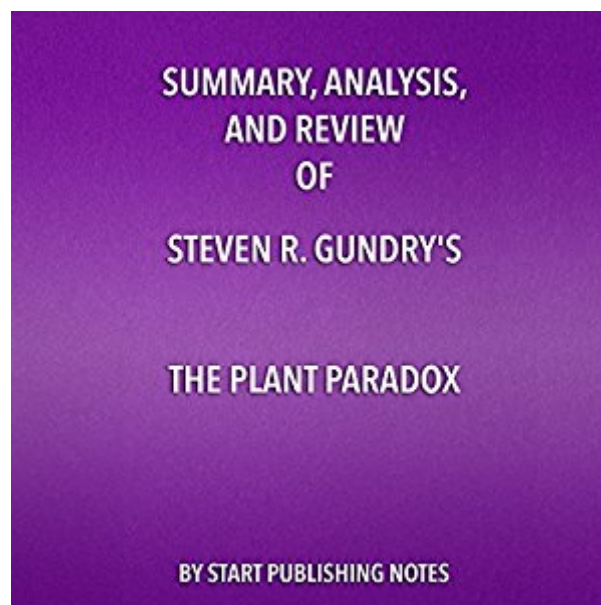




The book was found

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

Audible Audio Edition

Listening Length: 27 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Start Publishing Notes

Audible.com Release Date: August 25, 2017

Language: English

ASIN: B07532CTNV

Best Sellers Rank: #52 in [Books > Audible Audiobooks > Nonfiction > Study Aids](#) #863

in [Books > Education & Teaching > Studying & Workbooks](#) #1555 in [Books > Education & Teaching > Test Preparation](#)

[Download to continue reading...](#)

Summary, Analysis, and Review of Steven R. Gundry's The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain Summary: The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Steven R. Gundry M.D. The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain Summary of Steven R. Gundry's The Plant Paradox: Key Takeaways & Analysis Summary - The

Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1)
 Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)
 Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)
 Overcoming Lyme Disease: The Truth About Lyme Disease and The Hidden Dangers Plaguing Our Bodies
 Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss
 Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)
 Summary: The Obesity Code: Unlocking the Secrets of Weight Loss by Dr. Jason Fung and Timothy Noakes: Understand Main Takeaways and Analysis (Summary Takeaways ... Low Carb, Insulin Resistance, Vegan Diet)
 CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods
 BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge
 Whole Foods Diet
 Whole Foods Cookbook
 Whole Foods Recipes (Whole Foods - Clean Eating)
 Turning Pro by Steven Pressfield Summary & Analysis
 The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback, Hardcover, Summary Book 1)
 Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover)
 Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes and Tips to Reduce Heart Disease, Lose Weight, and Preserve the Environment
 Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73)
 Vegan: 101 Simple, Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

