

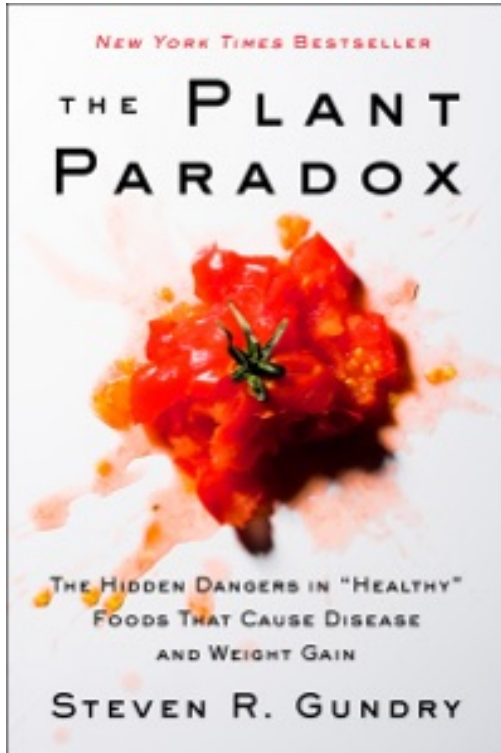
The Plant Paradox Download Online eBook Dr. Steven R. Gundry, M.D. Free eBook PDF/ePub/Mobi/Mp3/Txt, "I read this book... it worked. My autoimmune disease is gone and I'm 37 pounds lighter in my pleather." --Kelly Clarkson

gluten—a...

The Plant Paradox Download Online eBook

Dr. Steven R. Gundry, M.D. Download Ebooks

[EN] PDF, EPub, Mobi



The Plant Paradox Download Online eBook Dr. Steven R. Gundry, M.D. Free eBook PDF/ePub/Mobi/Mp3/Txt, "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 Plant Paradox Download Online eBook Dr. Steven R. Gundry, M.D. Free eBook PDF/ePub/Mobi/Mp3/Txt, "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

~~The Plant Paradox Download Online eBook Dr. Steven R. Gundry, M.D. Download Ebooks [EN] PDF, EPub, Mobi~~

The Plant Paradox Download Online eBook Dr. Steven R. Gundry, M.D. Free eBook PDF/ePub/Mobi/Mp3/Txt, Are you looking for the plant paradox PDF?. If you are a reader who likes to download the plant paradox Pdf to any kind of device, whether it's your laptop, Kindle or iPhone, there are more options now than ever before. Perhaps because of the growing popularity of Kindle, or competitors like The Nook, or maybe just because people want choices, it is now possible to get the plant paradox Pdf and any kind of Ebook you want downloaded to almost any kind of device!

Traditionalists may ask, what is so great about downloading the plant paradox Pdf? You may think better just to read the plant paradox Pdf the old fashioned way you know, as in paperbacks or hardcovers? The answer is that, while print books are great and will never become obsolete, there are definite advantages to the electronic format. Let us look at a few of these benefits.

For one thing, it is environmentally friendlier to read the plant paradox electronically, as you are saving all that paper. A related benefit is cost. It is much cheaper to read books that you download than to buy them. If you read lots of books, it can be quite expensive to buy them. Finally, the plant paradox Pdf in electronic format take up hardly any space. If you travel a lot, you can easily download the plant paradox Pdf to read on the plane or the commuter train, whereas print books are heavy and bulky.

Follow this link to read online and download the plant paradox Pdf from our online library.

[Download: **THE PLANT PARADOX PDF**](#)