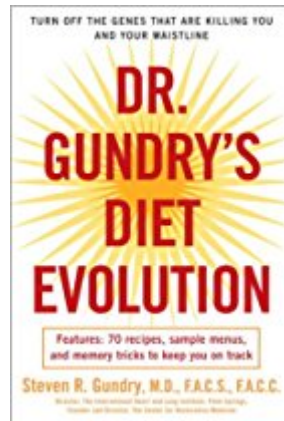


# Read PDF Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline By Steven R. Gundry



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"Dr. Gundry has crafted a wise program with a powerful track record." –Mehmet Oz, M.D. Does losing weight and staying healthy feel like a battle? Well, it's really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. Renowned surgeon and founder of Gundry MD, Dr. Steven Gundry's revolutionary book shares the health secrets other doctors won't tell you: • Why plants are "good" for you because they're "bad" for you, and meat is "bad" because it's "good" for you • Why plateauing on this diet is actually a sign that you're on the right track • Why artificial sweeteners have the same effects as sugar on your health and your waistline • Why taking antacids, statins, and drugs for high blood pressure and arthritis masks health issues instead of addressing them Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry's easy-to-remember tips will keep you healthy and on course.

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From Publishers Weekly Thoracic surgeon Gundry has invented many devices now commonly used in heart surgeries. Here, he shows readers how to avoid such surgeries as well as obesity, high cholesterol and blood pressure levels, diabetes and even cancer by outsmarting a genetic code set for survival when food was scarce and physical activity strenuous. Our culture, technology and lifestyles may have changed, Gundry says, but our genes have not. The first part of his three-phase diet aims to break reliance on high-carb, sugar-laden foods. In phases two and three, readers can broaden their eating plans somewhat, but the emphasis is on nutrient-dense, calorie-sparse greens. Some may wince at the "Gundryisms" that pepper the text ("If it's white, keep it out of sight"; "If it's beige, better behave"), but many will find them easy to remember. User-friendly exercise and meal plans, as well as recipes for some unusual foods (among them Chicken Under a Brick; Angelic Jungle Princess with Chicken, a Thai recipe adapted from a dish served at a restaurant on Oahu; and "pasta" dishes made with low-cal, high-fiber shirataki noodles) round out this surprising take on the epidemic of obesity-related diseases. (Mar.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Review "After my bypass surgery, I read every diet and health book I could find. Dr Gundry's book is revolutionary because its new science is presented in a creative, fun, and easy-to-understand way. You'll want to take immediate action for long-term results; the plan is simple and life-changing." —Greg Renker, co-founder of Guthy-Renker "A seasoned veteran of bypassing your heart blockages teaches you how to avoid his services. Dr. Gundry has crafted a wise program with a powerful track record." —Mehmet Oz, Professor and Vice Chair of Surgery, NY Presbyterian/Columbia Medical Center "After an impressive career as a physician and surgeon in the treatment of heart disease, Steve Gundry has been inspired to apply his experience, intellect and scientific background to preventive health measures. This practical and easily readable book describes Gundry's advice for heart health and general physical improvement. While people have no choice in their heredity and genetic composition, they can work with the inherited genes and improve their personal comfort and possibly extend life expectancy. His personal experience with control of obesity contains timely advice on this issue affecting modern society." —Denton A. Cooley, M.D., President and Surgeon-in-Chief, Texas Heart Institute, Houston, Texas From the Hardcover edition. About the Author STEVEN R. GUNDRY, M.D., F.A.C.S., F.A.C.C., is the inventor of some of the most widely used heart-surgery devices and is renowned as an infant heart-transplant surgeon. Now, through his Center for Restorative Medicine, he helps patients avoid cardiac and other surgical procedures by using nutrition to reverse heart disease, diabetes, and arthritis. By bridging the gap between Dr. Atkins and Dr. Ornish and combining the best of the raw-foods and sugar-free plans, Dr. Gundry brings us to the next stage of diet evolution.

Customer Reviews Most helpful customer reviews 345 of 361 people found the following review helpful. Healthy Living through proper eating! By crik I have been living a Paleo Lifestyle for about 15 months now and it has transformed my overall health and my body weight. Dr. Gundry's book is a natural extension of a Paleo Lifestyle that provides well researched information about how to maintain and extend a more healthful approach to what we do everyday... EAT. For myself, my GURD has completely healed and I no longer take medications to control acid reflux. Also, the inflammation that was at the root of my joint pain and dental issues has totally subsided... all without medication. I strongly encourage anyone who suffers from "aging" symptoms to increase your knowledge of how our diet practices directly effect our overall health and weight. 416 of 444 people found the following review helpful. Super red flags for me By Kathleen E. Chase I have been using Dr. Gundry's products for the past six weeks. I have found some limited results, and I think am willing to keep trying with the products I have. I am giving this review three stars because of Dr. Gundry's marketing techniques. These techniques have raised red flags to the point that I wonder if this isn't a scam and he is a QUACK. When I have ordered the products, the web site keeps trying to get me to order more and more. Certainly, it does not seem professional. Yesterday was the final straw.. I received a telephone call with a caller ID that was a local number. It was someone from Gundry's group trying to sell me more product. Super red flags for me! 230 of 247 people found the

following review helpful. Live long and prosper... if you can afford it. By Maria Excellent!!!! The only thing I didn't like about it is his selling of his products. For me, a 76 year old retired lower-middle class person, they are too expensive. Maria See all 952 customer reviews...

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