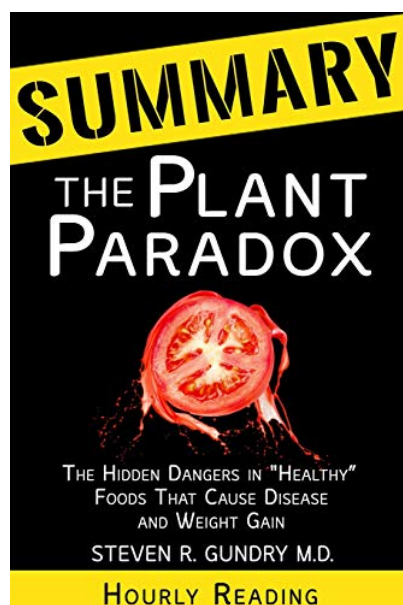


## QdCiO [GET] SUMMARY Of The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Dr Steven Gundry



CONTINUE ►

Summary Of The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain By Dr. Steven Gundry Eat your food as your medicine or, you'll have to eat medicine as your food. This statement from an unknown source has been quoted many times over. It speaks wisdom and, once you obtain a better understanding of how exactly your body reacts in relation to food, you'll know that it speaks the truth. It is clear, based on Dr. Gundry's The Plant Paradox Program, however, that what becomes of your destiny is the collective result of all the actions that you take now. He loves to emphasize that what you do not eat weighs in more than what you eat to be healthy. If you choose to do something about your weight or, if you're being weighed down by a chronic or autoimmune condition, The Plant Paradox has a sound recommendation for you: Eat the right kind of foods. Be ready to be surprised at Dr. Gundry's revelations about your body and what you eat. From the very start, he warns you to be prepared to unlearn what you think you know about eating healthy so that you can learn how to unlock your body's natural power to heal and rejuvenate itself. How sure are you that the tea you took this morning or, the beans that you stewed yesterday are doing your health any good? Are all vegetables healthy? Should you have fruits every day? Dr. Gundry tackles all of the major food groups one by one and you'll be surprised to know that learning to eat healthy begins by knowing how to nourish your gut health. Plants heal the body. It's a fact that our ancestors have always known and one that you should learn too if your objective is to live a long and healthy life. This book contains a comprehensive, well-detailed summary and key takeaways of the original book by Steven R. Gundry M.D. It summarizes the book in detail, to help people effectively understand, articulate and imbibe the original work by Dr. Gundry. This book is not meant to replace the original book but to serve as a companion to it. Here's What You'll Discover: Executive Summary of the original book Key Takeaways from each chapter Chapter-by-chapter summaries Conclusions from each chapter So What Are You Waiting For? The opportunity is there. Will you take it? Click the BUY button now!! Disclaimer: This is a summary of the book The Plant Paradox and not the original book. Tags: -the plant paradox, the plant paradox summary, summary of the plant paradox, Gundry, dr gundry, dr gundry books, steven gundry, dr gundry plant paradox, dr gundry cookbook, dr gundry diet evolution, plant paradox book, plant paradox, gundry plant paradox, dr steven gundry books

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