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The Plant Paradox —HarperCollins

The Plant Paradox - Summarized for Busy People: The Hidden Dangers in "Healthy" Foods that Cause Disease and Weight Gain. Goldmine Reads. \$2.99; \$2.99; Publisher Description. This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not ...

The Plant Paradox Ser.: The Plant Paradox : The Hidden ...

In the book, The Plant Paradox: The Hidden Dangers In 'Healthy Foods' That Cause Disease And Weight Gain, Dr. Steven Gundry sets out to demystify long-held myths about plant-based foods. These foods, believed for the most part, to be healthy, have been responsible for hurting the human body for so long.

The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...

In The Plant Paradox, renowned cardiologist and heart surgeon 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. Find many great new & used options and get the best deals for The Plant Paradox Ser.: The Plant Paradox : The Hidden Dangers in Healthy at the best online prices at eBay! Free delivery for many products!

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The Plant Paradox: The Hidden Dangers in "Healthy" Foods ...

The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain. Audio CD. - Audiobook, Unabridged. by M.D. Gundry, Steven R. (Author), Christopher Solimene (Narrator) 4.4 out of 5 stars 3,936 ratings. Book 1 of 5 in the Plant Paradox Series. See all 5 formats and editions.

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Dr. Gundry's The Plant Paradox Is Wrong | NutritionFacts.org

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