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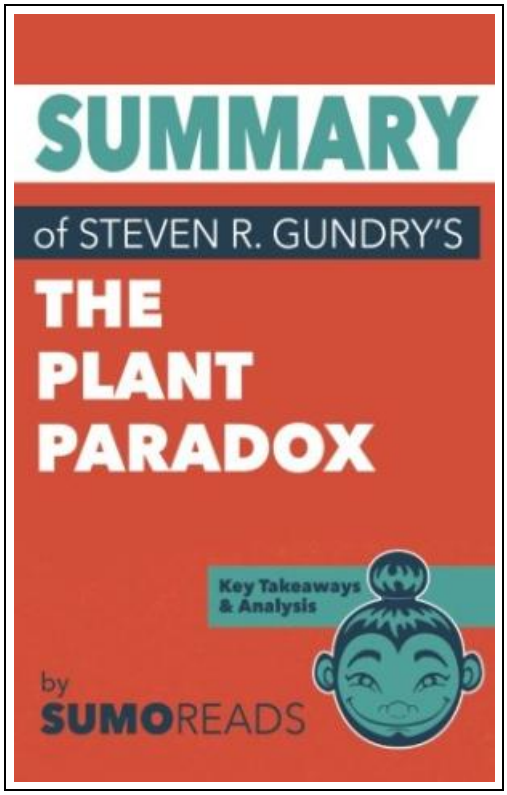

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SUMMARY OF STEVEN R. GUNDRY S THE PLANT PARADOX: KEY TAKEAWAYS ANALYSIS (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In his controversial new book, The Plant Paradox, Dr. Steven Gundry presents a new paradigm in dieting and healthy eating, arguing that plants--the primary source of nutrition for the human populace--are also the most potent adversaries of the wellness of people. This SUMOREADS Summary Analysis offers supplementary material to The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain to help you distill the key takeaways, review the book s content, and further understand the writing style and overall themes from an editorial perspective. Whether you d like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary Analysis Include? Executive Summary of the original book Editorial Review Key Takeaways Analysis Brief chapter-by-chapter summaries A short bio of the the author Original Book Summary Overview The Plant Paradox is a new and informative dieting approach. It revolutionizes your thoughts about building good health through dieting. In it, Dr. Gundry a world-renowned expert in cardiothoracic surgery, restorative medicine and immunologist, enlightens you on what keeps you in pain, sick and low on energy. As you flip the pages, you will understand how plant proteins known as lectins are behind numerous health issues and where it all started. Also, you will interact with several testimonies of Dr. Gundry s patients detailing how the plant paradox program reversed various autoimmune and chronic conditions. Finally, this book doesn t leave you guessing on how...

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