

The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain By Dr. Steven R Gundry MD **Plant paradox book by steven gundry** Steven Gundry completed residencies in General Surgery and Thoracic Surgery at the University of Michigan and served as a Clinical Associate at the National Institutes of Health for years. **The plant paradox cleanse plan** Gundry is also the inventor of the Gundry Ministernomy the widely used minimally invasive approach to aortic or mitral valve repair the Gundry Lateral Tunnel a quot;livingquot; tissue that can rebuild parts of the heart in children with severe congenital heart malformations; and the Skoosh™ venous cannula the most widely used cannula in minimally invasive heart operations. **Plant paradox book by steven gundry** He holds patents on devices for connecting blood vessels and coronary artery bypasses without sutures as well as for repairing the mitral valve without the need for sutures or a heart lung machine. **The Plant Paradox epublising** He has served on the Board of Directors of the American Society of Artificial Internal Organs (ASIAO) and was a founding board member and treasurer of the International Society of Minimally Invasive Cardiothoracic Surgery (ISMICS). **Plant paradox book by steven gundry** Gundry has been elected a Fellow of the American College of Surgeons the American College of Cardiology the American Surgical Association the American Academy of Pediatrics and the College of Chest Physicians. **The plant paradox scam** Having experienced weight loss and the results of eating a lectin free and gluten free diet himself and inspired by growing research involving the NIH's Human Microbiome Project his commitment to better health and longevity through a better diet solidified. **Plant paradox book by steven gundry** Gundrys Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline; The Plant Paradox: The Hidden Dangers in quot;Healthyquot; Foods That Cause Disease and Weight Gain; The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight Heal Your Gut and Live Lectin Free; The Plant Paradox Quick and Easy: The 30 Day Plan to Lose Weight Feel Great and Live Lectin Free; The Longevity Paradox: How to Die Young at a Ripe Old Age; and The Plant Paradox Family Cookbook: 80 One Pot Recipes to Nourish Your Family Using Your Instant Pot Slow Cooker or Sheet Pan. **Plant paradox diet book** Steven Gundry freely shares his research on how to maintain a healthy microbiome and live a long vital life via his best selling books YouTube channel Gundry MD blogs and weekly health podcast The Dr. **The plant paradox family cookbook** 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. **The plant paradox book** 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. **The plant paradox book summary** 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: is a cum laude graduate of Yale University with special honors in Human Biological and Social Evolution. **Plant paradox diet** After graduating Alpha Omega Alpha from the Medical College of Georgia School of Medicine Dr. **Information-science The Plant paradox** There he invented devices that reverse the cell death seen in acute heart attacks; variations of these devices subsequently became the Gundry™ Retrograde Cardioplegia Cannula, **Plant paradox book by steven gundry** It has become the worlds most widely used device of its kind to protect the heart from damage during open heart surgery, **The plant paradox diet pdf** After completing a fellowship in congenital heart surgery at The Hospital for Sick Children Great Ormond Street in London Dr. **Information-science The Plant paradox** Gundry was recruited as Professor and Chairman of Cardiothoracic Surgery at Loma Linda University Medical Center. **Plant paradox diet** There he and his partner Leonard Bailey pioneered infant and pediatric heart transplantation. **The plant paradox family cookbook** Together they have performed such transplants than any other transplant surgeons in the world. **Plant paradox diet** Gundry pioneered the field of xenotransplantation the study of how the genes of one species react to the transplanted heart of a foreign species. **Information-science The Plant paradox** He was one of the original twenty investigators of the first FDA approved implantable left

ventricular assist device (a kind of artificial heart), **Plant based paradox book** One of the fathers of robotic surgery and a consultant to Computer Motion (now Intuitive Surgical) Dr: **Plant paradox book by steven gundry** Steven Gundry received early FDA approval to use robotic assisted minimally invasive surgery for coronary artery bypass and mitral valve operations, **Plant paradox book by steven gundry** He recently completed two successive elected terms as President of the Board of Directors of the American Heart Association Desert Division, **Plant paradox book by steven gundry** He is a member of numerous other surgical and medical societies, **Plant paradox book by steven gundry** Gundry has published three hundred articles chapters and abstracts in peer reviewed journals on surgical immunology genetics nutrition plant based diets and lipid investigations, **Plant paradox book by steven gundry** Gundry met someone who would change the trajectory of his career... and life: **The plant paradox scam** He crossed paths with an quot;inoperablequot; patient named "Big Ed": **The plant paradox diet pdf** Using a combination of dietary changes and nutraceutical supplements — Big Ed lost weight and cleared most of his arterial blockages. **The Plant Paradox epublising** Gundry adapted his Yale University thesis to design a diet for himself based on evolutionary genetic coding, **Plant paradox book by steven gundry** On this diet he lost weight — to the tune of 70 pounds — and reversed his own ailments such as migraines pre diabetic status and arthritis. **Plant paradox book by steven gundry** He stopped eating sugar grains peanuts and cashews nightshades and other lectin heavy foods: **Plant paradox book by steven gundry** No longer satisfied with repairing the damage of chronic diseases Dr: **Plant paradox book by steven gundry** Gundry open his own practice— The International Heart and Lung Institute and Center of Restorative Medicine in Santa Barbara and Palm Springs California. **Plant paradox book by steven gundry** His mission is to prevent and reverse chronic diseases of quot;agingquot; while increasing longevity with diet and nutraceutical products. **Plant paradox book by steven gundry** Gundry began writing books outlining his eating program and eventually he would create his own supplement line Gundry MD. **The plant paradox scam** He's always researching new methods discovering better health solutions and evolving his wellness philosophies. **Plant paradox diet** He is now the leading expert on the lectin free lifestyle as the key to reversing disease and healing a leaky gut: **The plant paradox cleanse plan** The Gundry MD site is a resource to learn about which foods to eat like olive oil and pressure cooked lentils and which to avoid such as grains and goji berries: **Plant paradox book by steven gundry** His work on balancing bacteria in your gut and aligning your lifestyle with the proper circadian rhythms has been groundbreaking, **Plant paradox book by steven gundry** And he continues to research blue zones best autoimmune practices and lectin free living, **Plant paradox book by steven gundry** Gundry MD also provides information and tips about dealing with challenges like rheumatoid arthritis Alzheimers disease and other health concerns that present in later years of life, **Plant paradox book by steven gundry** He also explores the tenets of the Ketogenic diet (and other diets) and shares his expertise on all things "lectins", **Information-science The Plant paradox** charity: water is dedicated to building new ways to get clean drinking water to communities in need. **The plant paradox scam** A portion of every Gundry MD product sold is donated to charity:water. **The plant paradox diet pdf** Gundry lives with his wife Penny and their dogs in Palm Springs and Montecito California, **Plant paradox book by steven gundry** For information about Gundry MD tune into his podcast and YouTube episodes: **Plant paradox diet** My autoimmune disease is gone and I'm 37 pounds lighter in my pleather. **Plant paradox book by steven gundry** Kelly Clarkson Most of us have heard of gluten a protein found in wheat that causes widespread inflammation in the body. **The Plant Paradox epublising** Americans spend billions of dollars on gluten free diets in an effort to protect their health: **Information-science The Plant paradox** But what if we've been missing the root of the problem? In The Plant Paradox renowned cardiologist Dr: **Plant paradox book by steven gundry** Steven Gundry reveals that gluten is just one variety of a common and highly toxic plant based protein called lectin, **Plant paradox book by steven gundry** 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): **Plant paradox book by steven gundry**

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: **The plant paradox family cookbook** Now in The Plant Paradox he shares this clinically proven program with readers around the world. **Information-science The Plant paradox** Gundry offers simple hacks we easily can employ to avoid them including: Peel your veggies, **Plant paradox book by steven gundry** 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. **The plant paradox scam** 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. **Plant paradox diet** Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress and are full of lectins: **The plant paradox cleanse plan** The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain This book is worth reading as it has some interesting new ideas on nutrition, **The plant paradox cleanse plan** I am not convinced that the science behind lectin toxicity is 100% accurate as many foods that get the green light still contain lectins. **The plant paradox scam** Been stable at 137 pounds for 3 months now after losing 80 pounds in around 3 months, **Plant paradox book by steven gundry** ALL my chronic pains are now GONE! Also all my blood tests are perfect now. **The plant paradox family cookbook** :) Inhalo also said I'm not suffering from sleep apnea any: **The plant paradox book summary** Steven R Gundry MD I know some people who went on plant paradox diet and actually felt better lost weight and few symptoms and illnesses: **The plant paradox diet pdf** Science is not solid as many references are not reliable form research point of view. **Information-science The Plant paradox** Here are few questions for you to answer before getting into Dr. **The plant paradox book** Steven R Gundry MD I really love this book it's informative witty and backed up with cited scientific research: **The plant paradox family cookbook** The anecdotes the quick lessons on human evolution and botany are inspiring and educational. **The Plant Paradox epublising** The experience the things this man has seen in the human body the effects of Dr, **Plant paradox book by steven gundry** Steven R Gundry MD This book starts out with a whole bunch of information from an evolutionary and biological perspective. **The plant paradox book** This is very helpful for those who want to know the "why?" behind things. **Plant paradox diet** It's also helpful to gain confidence that some plants we're fine to consume without much issue Dr: **Plant paradox book by steven gundry** Steven R Gundry MD Because I have had 'gut' issues my entire life I was ready to try this diet[1]

STEVEN GUNDRY MD F.A.C.S. F.A.C.C. During his tenure at Loma Linda Dr. Dr. Dr. As a medical researcher Dr. In 2002 Dr. An obese chronic "diet" failure himself Dr. His work creating nutraceutical products and supplements advanced. In order to help even people heal themselves Dr. These theories are outlined in his bestselling books: Dr. Dr. Gundry Podcast. Gundry MD is also a proud sponsor of charity: water. Dr. His two grown daughters live nearby. [www.gundrymd.com](http://www.gundrymd.com) / [www.drgundry.com](http://www.drgundry.com) I read this book it worked. At his waitlist only clinics in California Dr. The simple (and daunting) fact is lectins are everywhere. Thankfully Dr. Shop for fruit in season. Swap your brown rice for white. I presume the green list was established through trial Dr. Steven R Gundry MD \*\*6 months update. Ditching that awful CPAP Dr. Steven R Gundry MD Very good and informative material. Meal plans and recipes are not complicated to prepare. Dr. Steven R Gundry MD It was ok Dr. My surgeon suggested it. So when the book came I had already started the diet. I read the book in 3 days. I may re interpret some of the things Dr. Gundry says but I think he's hit the truth. I Dr. Steven R Gundry MD

NEW YORK TIMES BESTSELLER

# THE PLANT PARADOX



THE HIDDEN DANGERS IN "HEALTHY"  
FOODS THAT CAUSE DISEASE  
AND WEIGHT GAIN

STEVEN R. GUNDRY, MD