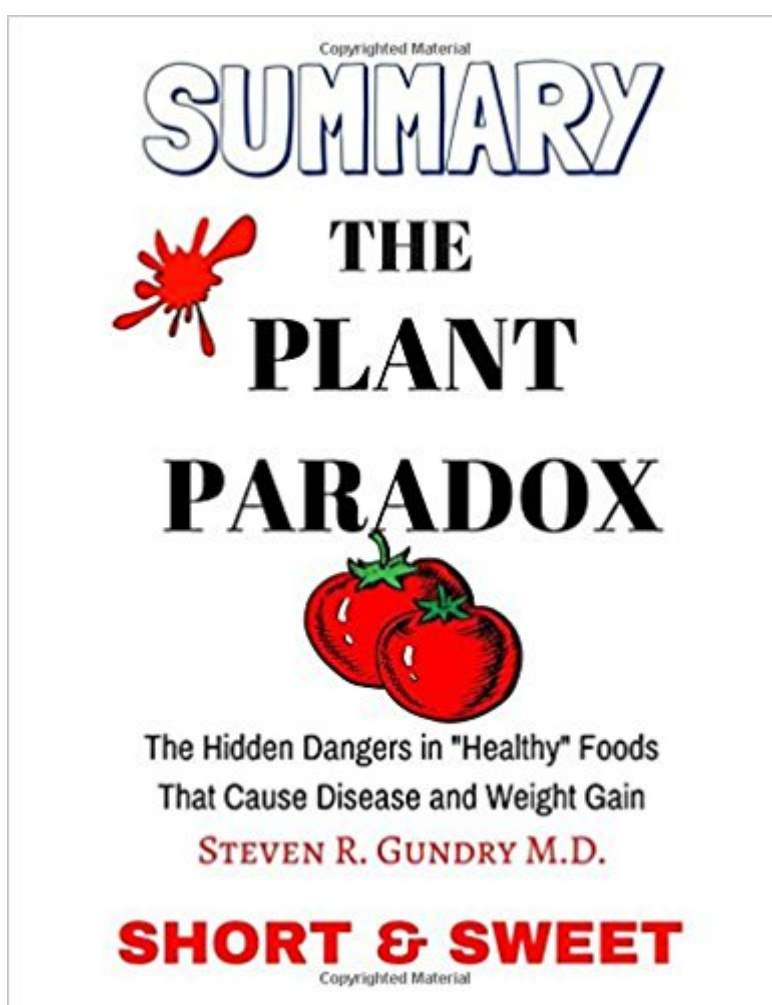


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# Summary: The Plant Paradox: The Hidden Dangers In "Healthy" Foods That Cause Disease And Weight Gain By Steven R. Gundry M.D.



## Synopsis

HELP! WE ARE BEING ATTACKED! Attacked by lectins, that is. These complex proteins are the defense mechanism of many "healthy" digestible plants, and are responsible for interfering with intercellular communication (think brain-fog), stimulating weight gain, triggering allergens, increased susceptibility to sickness, and more! Dr. Steven Gundry has created a stellar book that introduces a very bold claim backed by tests, trials, facts, and personal patient experience that say YES, we can cure extreme ailments like cancer, kidney failure, IBS, and many more using his ground breaking information and unorthodox methods about dieting and lifestyle. He has backed accounts of miraculous healings through his teachings on diet, gut health, and overall well-being. We liked the book SO MUCH that we summarized it for others to enjoy in this quick, effective, and efficient e-book. You can enjoy our thought-out and engaging sections today! You'll read about: 1) The unknown war between plants and animals, and how it is effecting us as humans. 2) What, why, and how lectins are so bad for your health. 3) The 3 phases of restoring and repairing your gut. 4) A detailed chapter-by-chapter summary of Dr. Gundry's work. 5) And so much more! NOTE TO READERS: This is a summary and analysis companion book based on The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Steven R. Gundry M.D. This is not the original book itself, and we strongly encourage you to buy it as well

## Book Information

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## Customer Reviews

The book is riddled with spelling errors, words used in the wrong context, and, for the purpose of being a summary of a book, it uses redundant words in the same sentence. The important lists were

all omitted to incentivize us to buy the original book. A total waste of time.

This is not what you think. This is not written by Steven Gundry but by Short and Sweet. It is a 40 page book (if you can call it that), I think the font is at 40 too that gives the most basic summary of the book. Do not buy this book! I have been waiting a week to read this book and start this program and now I have to wait another week for the real book to arrive!

Summary: The Plant Paradox is an easy-to-read, Sparknotes-style guide to the original book, The Plant Paradox, by Dr. Steven Gundry. It is phenomenally easy to read and details how the Standard American Diet (SAD) is crippling the population and leaving our guts unable to digest food and absorb nutrients. If you have been experiencing any ailment or disease, from inflammation to diabetes, you will absolutely find a scientific approach, backed by research and case studies, to ensure your diet as a means of holistic healing and preventative medicine. If any of this speaks to you, read this e-book companion and get ready to live a healthier, tastier life! And yes, recipes, meal plans, and ingredient suggestions are all provided! It's also super cheap or free with prime!

This summary is really helpful in letting you know what Dr Stephen Gundry's philosophies are in terms of health, dieting etc, and opening your mind up to a totally new way of thinking about what we are putting into our bodies. It certainly makes me want to study the text in great detail, and really understand the science behind his research, because without doing so it feels somewhat vague/unable to be grasped because of how unfamiliar it is.

Waste of money! The book is not a summary, it is large print kindergarden level reading. After reading the full version of the Plant Paradox I wanted something my husband could read and understand the concepts without all the case studies. In my opinion, this was a joke.

This summary was very informative and nails the main message . I never knew these supposed healthy foods were actually harming us. My eyes are now opened to harmful lectin and now can live alot more healthier.

bought this thinking i'd give it to friends who wont read. Stupid!!! It just tells HOW the book was written, not cliff notes, completely horrible. Threw this in the trash, don't wast your money, buy the real book, it's worth it!, and make your own notes

Do not waste your money !! This book is about like a child's coloring book. The print and size of the pages are huge. The content is so watered down it took 10 minutes to read the whole summary. If you want to understand Dr Gundry's concept you really need to buy the book. Very disappointed!!

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