

The Plant Paradox The Hidden Dangers In Healthy Foods That Cause Disease And Weight Gain

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The Plant Paradox The Hidden

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The Plant Paradox NEW YORK TIMES BEST SELLER The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain By Dr Steven Gundry

THE Plant Paradox

is hidden inside, just as problematic lectins lurk sneakily in many foods Equally important to the dietary changes you will make in the Plant Paradox Program is the removal of products that are Trojan horses In addition to eliminating broad- spectrum antibi - otics (with your physician's permission, of ...

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Lectins - ALCAT test

dietary lectins in his 2017 book The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain²³, linking them to a number of disorders including obesity, cardiovascular disease, allergies, autoimmune disease, and cancer The book provides specific lists of foods to include or avoid along with recipes, meal

How to Reduce Lectins in Your Diet - Pathway

explained in Dr Steven Gundry's book, "The Plant Paradox: The Hidden Dangers in 'Healthy' Foods That Cause Disease and Weight Gain," some plant lectins can contribute to leaky gut by binding to receptor sites on your intestinal mucosal cells, thereby interfering with the absorption of nutrients across your intestinal wall

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