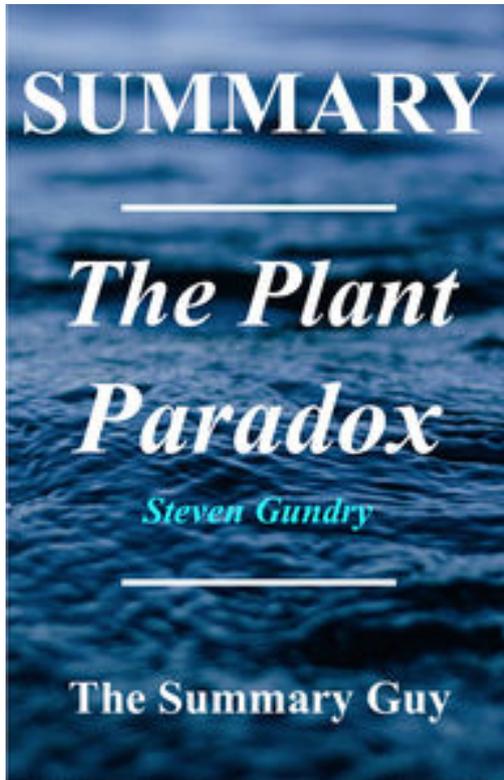


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The Summary Guy



The Plant Paradox download or read online The Summary Guy PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, The Plant Paradox: A Complete Summary - The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain

The Plant Paradox is a book written by Dr. Steven Gundry. The book is actually a follow-up to his book Diet Evolution. As such, it follows a similar pattern and has a similar message the author wanted to share with his readers.

The most important thing about this book is that it tries to discuss the source or the root causes of many health problems. The author invested many years of research in order to write this book and to come up with many of his ideas. The reason why this book was titled "The Plant Paradox" is that there are some plants we can eat in excess without getting sick. On the other hand, there are some plants, which, when consumed in small portions, are beneficial, but when consumed in large portions, can become unhealthy.

This book is a resource for tips and advice on how to control our food cravings and what we eat. Thus, this book is a good source of help for anyone and everyone who wants to know how to gain full control over their diet.

The fact that Dr. Grundy had invested many years in his research (including obtaining a medical degree from the Medical College in Georgia and working for sixteen years as a professor of surgery and pediatrics) only further emphasizes the quality of his work. Thus, The Plant Paradox is a book that is here to educate us and to show us that there is a better way when it comes to our food intake and diet.

Here is a Preview of what you will get: A Full Book Summary An Analysis Fun quizzes Quiz Answers Etc

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