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Listen to the latest episode of the Dr. Gundry Podcast, where Dr. G., author of the bestselling Plant Paradox series of books, gives you the tools you need to balance all the important guts that will help you become younger as you age! Also, you'll hear some of the greatest experts in the wellness industry offer ideas on how to live your healthy life! Listen to the latest episode of Dr. Gundry's new podcast on health and wellness.

Dr. Gundry gives you all the tricks and information you need to crack your vitality, avoid dangerous food health, and balance out all the important guts. Dr. Gundry's long-awaited second book, Plant Paradox is now the New York Times Best Seller. Order your copy now!

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Its mission is to improve health, happiness and longevity through a unique vision of human nutrition. During his 40-year career in medicine, he has performed countless children's heart transplants, developed patented, vital medical technologies, and published more than 300 articles and chapters of books on his research. In 2008, his best-selling book, Dr. Gundry's Diet Evolution, focused on diet and nutrition as a way to help people avoid surgery. He currently runs his private practice at the Center for Restorative Medicine, with offices in Palm Springs and Santa Barbara, California.

Dr. Gundry's thirty years of experience in medicine have made him an invaluable resource for people around the world. His provocative strategies will help you achieve the sustainable, healthy and vital life you deserve.

Anthony Robbins, author of the bestselling Awakening Giant Inside and Unlimited Power, originally published in 2008, The Evolution of Dr. Gundry's Diet has become a bestseller in the health category. More importantly, it has changed the lives of thousands of Americans struggling with weight, diet and health problems. For people who have tried dozens of fad diets and failed, this book offers a whole new approach.

The evolution of diet is not a dietary system. Instead, Dr. Gundry identifies some unexpected foods that may be the cause of many of your weight and health problems. It then offers dozens of healthy recipes and countless exclusive tips to help you feel better, live longer, and avoid surgery.

Gundry Philosophy is a radical break with traditional dietary wisdom that not many Americans have over the past few decades. Dr. Gundry's work offers a breakthrough for those of you who have struggled for years with your energy level, your weight, and your health. If you tried everything and nothing worked ... Dr. Gundry offers you HOPE.

His philosophy is centered around the fact that your digestive system needs key energy sources that are not present in Diet. At the same time, it is damaged by a huge number of foods that are part of our Standard American Diet. To see our frequently asked questions about Covid-19, click here.

Dr. Gundry is one of America's greatest and most knowledgeable physicians. For years, I have had the good fortune to benefit from his care. Now, with Plant Paradox, everyone can have access to Dr. Gundry's groundbreaking insight.

-Tony Robbins, author of The New York Times's Bestselling Book.

The plant paradox elegantly explains how plants protect themselves from human consumption, and how eating the wrong at the wrong time immeasurably harms our health. Let's learn the discovery to read.

- Dr. Mehmet Oz, MD, Professor of Surgery, New York Presbyterian/Columbia University and host of Dr. Oz Show.

Dr. Gundry is a true trailblazer, always at the forefront of scientific knowledge. Plant Paradox shows the world what the pioneer is thinking about and is a must-read book for those interested in how healthy how nature has developed them to be.

-Alejandro Junger MD, New York Times bestselling author of Pure, Clean Gut and Pure Eats Is It Possible That All You've Heard About Diet, Weight, and Nutrition Wrong?

Dr. Gundry's second book promises to break almost every myth you've been told about what makes up a healthy diet. The plant paradox shows #1 in the American diet: a toxic protein hidden in plants called lectins. Lectins are found in hundreds of common foods such as wheat, beans, potatoes, nuts and dairy products. Plant Paradox offers a complete list of foods high in lectin, simple replacements, a step-by-step detox plan, and delicious lectin recipes for free.

This program, outlined in the book and backed by scientific research, has helped thousands of Dr. Gundry's patients lose weight and recover from long-standing health disorders. Turn off the genes that kill you and your waistline.

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Helped me take responsibility for my life and start the healing process.

The evolution of Dr. Gundry's diet is revolutionary and filled with science and We no longer have to feel trapped in our genetics. It helped me learn about the real reason for the reason.

Take responsibility for your life and start the healing process as I look forward to better health and longevity. I'm so grateful I started this journey eight years ago.

- Kim D.

What do I think? If you don't get yourself either in paperback or kindle copy of this book you're crazy! This is the most exciting and intelligent approach I've ever read about nutrition, weight loss and how our genes work.

This book has it all.

Dr. Gundry is a well-known cardiovascular surgeon who also has patents on some cardiac surgical devices, and he has done a lot of research. He used himself, his staff, and dozens of very sick heart patients as case studies for this successful life style.

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I have an MBA and I have also been on many diets in my life, I think my point is I think I am somewhat smart and I know pain is gaining weight - so I hope these powers convince you, I know what I'm talking about when I give this book my ultimate recommendation!

To me this book, as the secrets of the metabolic universe is revealed, everything that Dr. Gundry discovered and explains here makes the most sense. Not only will you get detailed instructions like that, but you'll also get detailed explanations of why - why diets fail, why your body plateaus on diets, why some so-called healthy foods are anything but sugar bombs, and just so much rich information your head will spin!

And I really laugh out loud as I read this book because Dr. Gundry is a fun, lively, humorous writer!

You'll also get the fabulous recipes I made one tonight that left me thinking: Is this a diet? It was just a wonderful base to stir the roasted brussels sprouts, walnuts and red peppers made in olive oil and seasoned with black pepper and sea salt - used to top with fried chicken breast - just heavenly!

This book gives you meal plans, ideas for shopping lists, and chock full of motivation when you read about people with severe heart disease actually getting better from these foods!

We are talking about people who need bypass surgery, people in the 70s and 80s, people with severe hypertension, diabetes and so on - healing and not interfering I carry this book with me everywhere, so I'm when I shop, so I can refer to it when I cook, or just reread the many, many sections I've highlighted.

Get this book, do what he says and I firmly believe that you lose lose Keep it, live longer life expectancy and have an increased range of health too!

This is the best gift you could ever give your family as well!

I love one of Dr. Gundry's phrases that I feel really sums up this book and gives the most encouragement: Do what you can with what you have, wherever you are. ... More - Stacey Sims and Selena Yeager

Dr. Dean Ornish Program for Reversing Heart Disease

Serene Ellison and Pearl Barrett

Terry Walsh M.D. and Eva Adamson

Blood Type O Foods, Beverages and Supplement Body Lists

Reset Diet Blood Cookbook

Type B Foods, Beverages and Blood Lists

Type A, Drinks and Supplement Lists

Good Calories, Bad Calories, Bad Calories, Not That (Revised) , MD, PhD

Breaking Free from Emotional Nutrition

Muestra 4.45 11 5

Autor: Readtrepreneur Publishing

Narrador: Russell Newton

Audiolibro.

Dr. Gundry's Diet Evolution: Turn Off the Genes That Kill You and Your Waistline - Book Summary - Readtrepreneur (Disclaimer: This is not an original book, but an unofficial resume.)

Losing weight and staying healthy is not only a battle of will, but also a war against your genes. Can you outsmart them? With the evolution of Dr. Gundry's diet, it is very possible.

With Dr. Gundry's evolution diet you will have a winning chance to lose weight and stay healthy.

This title debunks many of the diet myths out there about what is good and bad for you. Misinformation is one of the most common causes of a failed diet. Do you think calluses are good for you when trying to lose weight? Think again!

You can read all about it in Dr. Gundry's book on top of many helpful tips and recipes to make sure you have the best diet plan. (Note: This summary is fully written and published by Readtrepreneur It is not related to the original author in any way)

Micronutrients. His introduction shot the first warning - Steven R Gundry.

Steven R Gundry is not afraid to speak your mind and letting you know what other doctors can avoid telling you. In this title, you'll have all the right tools on hand to have the best diet possible for you.

Not only do you have a meal planner, but also inspiring stories that will help you keep motivated and simple tips for further improving your health.

Stephen R Gundry stresses the importance of recognizing that losing weight and staying healthy is all about your genes and knowing how to outsmart them is the key to getting results.

Thinking that just eating the right food will make you lose weight is a mistake and it will cost you a lot of time, money and energy.

P.S. Dr. Gundry Diet Evolution is an extremely useful book that finally got you the results you wished for all along. With just effort and the right concepts, you'll be well on your way to completely

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Category: Personal Growth

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