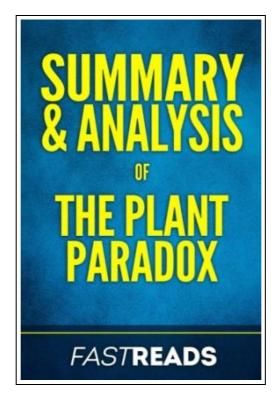
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## Reviews

This written publication is wonderful. It is rally fascinating through reading period. I discovered this book from my dad and i suggested this publication to find out.

(Keshaun Daugherty)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*.Dr. Steven Gundry presents one of the most radical diets to date in his revolutionary and controversial book, The Plant Paradox. This FastReads Summary Analysis will help you understand the basic tenets of the science behind this ground-breaking diet while offering an editorial review of the book as a whole. Please note this summary does NOT include the specifics of The Plant Paradox diet. This summary analysis distills the key takeaways, helps you review the book s content, and allows you to further understand its value from an editorial perspective. Whether you d like to supplement your understanding, refresh your memory, or simply decide whether or not The Plant Paradox diet is for you, this FastReads Summary Analysis is here to help. Absorb everything you need to know in under 20 minutes. What does this FastReads Summary Analysis Include? A short synopsis of the original book Editorial Review of the writing style and content Key takeaways of the author s main points Brief chapter-by-chapter summaries A short bio of the author Original Book Summary Overview Can you imagine that plants may resent us for eating them, and that they might have set up some defenses so that we get sicker and sicker whenever we consume them? Dr. Steven Gundry, an expert on health and nutrition, drops some controversial revelations about how some foods we have been considering healthy, are actually contributing to our illnesses and decline in quality of life. Hard as it is to believe, Dr. Gundry explains that grains and whole wheat are causing obesity and a number of seemingly unrelated conditions, such as arthritis, migraines, and autoimmune responses, as part of their defenses against being eaten by predators like...

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