

# The Plant Paradox Cookbook

**Dennis Stanley**

*The Plant Paradox Cookbook* Steven R. Gundry, MD, 2018-04-10 From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

**The Plant Paradox Family Cookbook** Dr. Steven R. Gundry, M.D., 2019-11-19 From the New York Times bestselling author of *The Plant Paradox* comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of *The Plant Paradox* in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In *The Plant Paradox Family Cookbook*, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains,

legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The Plant Paradox Family Cookbook includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, The Plant Paradox Family Cookbook will help the whole family experience the incredible benefits of the Plant Paradox program.

The Plant Paradox Cookbook: 100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free (the Plant Paradox, 2) [Spiral-Bound] Dr. Steven R Gundry MD Steven R. Gundry, 2018-04-10

**The Plant Paradox Family Cookbook** Steven R. Gundry, MD, 2019-11-19 From the New York Times bestselling author of The Plant Paradox comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of The Plant Paradox in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In The Plant Paradox Family Cookbook, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The Plant Paradox Family Cookbook includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, The Plant Paradox Family Cookbook will help the whole family experience the incredible benefits of the Plant Paradox program.

**The Plant Paradox** Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling The Plant Paradox is a revolutionary look at the hidden compounds in healthy foods like fruit, vegetables, and whole grains that are causing us to gain weight and develop chronic disease. Most of us have heard of

gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the “gluten-free” foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

*Lectin Free Instant Pot Cookbook* James Smith, Original Life-Saver Publishers, Plant Paradox Cookbook, 2018-06-28 Do You Want Loss Fat and be Healthier This Year? Do You want to lose weight Easily without Dieting? Do you want to Look Younger and Healthier? IF YES.... Then this is For You... Introducing the All New Lectin Free Instant Pot that will help you lose weight fast. This will be the last diet book you will read this year Also, you'll discover The Hidden Dangers in 'Healthy Foods' That Cause Disease and Weight Gain. In *The Plant Paradox Book*, Dr. Steven Gundry presents detailed information on the different myths surrounding plant based foods. He exposes the true reason behind the weight gain even with the different diets available. Using a detailed step by step process, he creates a better haven which has worked for many people who wish to achieve and maintain a normal weight as well as live a long life. However, if you're one of those people who seem to be eating right and doing all the right exercises, yet suffering weight problems and related diseases, then this recipe book is for you. As A companion recipe book, you'll get all the right information you need to get started now and lose weight in no time. In this *Lectin Free Instant Pot CookBook*, We have prepared some Delicious and Exceptionally Healthy Recipes that are

Lectin-Free and will help prevent any chronic Disease. With Over 50 Mouthwatering Lectin-Free Instant Pot Recipes that that you can start making Now to jumpstart your weight Loss. This is what you've been looking for. Don't let this Valuable Information Pass you By For each copy of the The Lectin Free Cookbook sold, one meal will be donated to a family in need though Feeding America Get This Book Now, Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away

**The Plant Paradox Quick and Easy** Steven R. Gundry, MD, 2019-01-15 From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in The Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

*Plant Paradox Diet Recipe* James Smith, Original Life-Saver Publishers, Plant Paradox Cookbook, 2018-06-25 Do You Want Loss Fat and be Healthier This Year? Do You want to lose weight Easily without Dieting? Do you want to Look Younger and Healthier? IF YES.... Then this is For You Introducing the All New Plant Paradox Diet recipes that will help you lose weight fast. This will be the last diet book you will read this year Also, you'll discover The Hidden Dangers in 'Healthy Foods' That Cause Disease and Weight Gain. In The Plant Paradox Book, The Famous Dr. Gundry exposes the real cause of weight problems, and if you're one of those people who seem to be eating right and doing all the right exercises, yet suffering weight problems and related diseases, then this recipe book is for you. As A companion recipe book, you'll get all the right information you need to get started now and lose weight in no time. In this Plant Paradox Diet Recipe Book, We have prepared some Delicious and Exceptionally Healthy Recipes that are Lectin-Free and will help prevent any chronic Disease. With Over 50 Mouthwatering Lectin-Free Recipes that that you can start making Now to jumpstart your weight Loss. This is what you've been looking for. Don't let this Valuable Information Pass you By Get This Book Now, Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away

The Longevity Paradox Steven R. Gundry, MD, 2019-03-19 From the author of the New York Times bestseller The Plant Paradox comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to

age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

**The Plant Paradox Cookbook** Jennifer Howard, 2020-10-03 *The Plant Paradox Cookbook* Get your copy of the best and most unique recipes from Jennifer Howard ! Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, *Healthy Weekly Meal Prep Recipes* can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. □ Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook □ In this book : This book walks you through an effective and complete anti-inflammatory diet--no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, *The Plant Paradox Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals--a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be

always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

*The Plant Paradox Recipe Journal* Michael Davis, Original Life-Saver Publishers, Plant Paradox, 2018-06-20 This blank Plant Paradox recipes journal will make your Cooking Effortless and Easy. This Journal is used to record all your favorite Lectin Free recipes. Unique Features of The Plant Paradox Recipes Journal Introduction into The Plant Paradox Diet with Food Ideas This Cookbook Journal is Printed on 8.5 x 11 inches with lots of blank space and broader lines to write on. Contains Over 100 Pages to help you record more than 100 of your Favorite Lectin free Recipes Shopping List for Healthful Lectin Free Foods Space For recording recipe name, preparation time, servings. Space for Ingredients and Instructions - Space for notes -Printed page numbers on each page for easy referencing Printed on a Mate Cover for durable and stylish look This is undoubtedly the perfect gift for families and friends. Buy two book today and share with that person who wants to eat Healthy and Lose Weight Fast Scroll Up Now and Click the Buy Button To get Started Immediately

**The Plant Paradox Cookbook** Reece Monica, 2023-12-20 The Plant Paradox Cookbook A Complete Guide to Weight Loss, Wellness, and Lectin-Free Living This book embarks on a journey to discover the relationship between plants, their hidden toxins and their effect on our health. As you delve into the science and principles behind The Plant Paradox, this guide provide you with actionable insights and practical strategies to optimize your well-being.

**The Plant Paradox Cookbook** Lisa Randall, 2020-11-17 The Plant Paradox Cookbook Get your copy of the best and most unique recipes from Lisa Randall ! Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. □ Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook □ In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prep ahead of time, and even use your leftovers for other recipes. and detailed nutritional information for every recipe, The Plant Paradox Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments

sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

**The Unofficial Plant Paradox Cookbook 2018** Dennis Stanley,2018-07-23 Are you considering a lectin free diet? The lectin free diet sounds really good, so how do you start? This book is unlike any other as it aims to give you all the necessary information that you need about the plant paradox and lectins. With this book, you will become an educated dieter whose passion for cooking will all be transformed. What will you find in this book: What is the core concept of Plant paradox? What are Lectins? The Plant-Paradox Food List Smart ways to minimize Lectins further Over 60 delicious recipes: Breakfast Main dishes Snacks Soup and salad Desserts 14-day Meal plan And much more... What are you waiting for? Get your copy now!

*Plant Paradox Diet* Leah Myers,2023-05-11

The Plant Paradox Family Cookbook Fiona Young,2020-11-17 The Plant Paradox Family Cookbook Get your copy of the best and most unique recipes from Fiona Young ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. □ Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook □ In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prep ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe, The Plant Paradox Family Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

The Plant Paradox Quick And Easy Cookbook Pippa Slater,2020-10-03 The Plant Paradox Quick And Easy Cookbook Get your copy of the best and most unique recipes from Pippa Slater ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. □ Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook □ In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prep ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe, The Plant Paradox Quick And Easy Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

**10 Plant Paradox Diet Recipes Cookbook** Ella Chapman,2020-09-09 10 Plant Paradox Diet Recipes Cookbook Get your copy of the best and most unique recipes from Ella Chapman ! Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? Do you want to learn new recipes that will leave your family hungry for more? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits! □ Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook □ In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prep ahead of time, and even use your leftovers for other recipes. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your

cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now!

**The Plant Paradox Cookbook 2018** Steven Lee, 2018-06-25 The Plant Paradox Cookbook 2018 is now the most popular and effective diet in the world! Lectins are now regarded as the culprit for the increase of inflammatory diseases. Initially thought to be harmless, this protein is present in a variety of foods that we previously considered Healthy and is slowly breaks down our body from the inside! Afraid? Well, don't be! The Plant Paradox (Lectin Free) Diet is here to save the day. Since the sections and recipes in this book are dedicated to novices, the first few chapters fully explain the fundamental concepts of Lectins and Plant Paradox diet while walking you through the basics of healthy eating as well. Once you learned the basics, the amazing healthy and delicious Lectin Free recipes will inspire you to explore the Plant Paradox Diet further and stay healthy for the long run! Inside this book, you will find many delicious and easy-to-follow recipes, including: Breakfast Recipes Fish and Seafood Recipes Meat Recipes Vegan and Vegetarian Recipes Soup and Stews Recipes Snack and Desserts Recipes By following this book, not only will you have your favorite recipes, but also will have a complete knowledge about Plant Paradox Diet, which will lead you to a healthy lifestyle, heal your gut, lose your excess weight and live Lectin-Free! What are you waiting for? Scroll up to click the BUY NOW WITH 1-CLICK button!

The Unofficial Plant Paradox Cookbook Chef Cross, 2017-10-15 The Plant Paradox: The Hidden Dangers in Healthy Foods That Cause Disease and Weight Gain by Steve Gundry changed my life, and I wanna help change yours! Are you interested in becoming a better, healthier you? Then check out my Plant Paradox cookbook - it comes with a full summary and analysis of Gundry's work, too! The cause for the unprecedented rise of diabetes, autoimmune disorders, asthma, arthritis, cancer, heart disease, and much more is due to something called lectins. It is a protein that can actually bind to cell membranes and offer a way for molecules to stick together. Lectins are the result of plant defensive evolution; they deter pests, insects, and micro-organisms. Gluten is evidently one of thousands of these lectins. When ingested often, they can affect us in many ways: they interfere with inter-cellular communication (think brain-fog, as the author puts it) stimulate weight gain trigger allergens increase susceptibility to sickness and more! The summary and analysis of The Plant Paradox by Steve Gundry will entertain and engage you to learn more about staying healthy; and then you can try the AWESOME RECIPES! You have 30 to choose from, here are a few examples: Garlic Roasted Cabbage Wedges Lectin-Free Rice Pudding Bean and Tomato Free Beef Chili and many more! NOTE TO READERS: This is a summary and analysis companion book based on The Plant Paradox by Steve Gundry. This is meant to enhance your original reading experience, not supplement it. You are encourage to purchase the original book as well.

## Whispering the Secrets of Language: An Emotional Journey through **The Plant Paradox Cookbook**

In a digitally-driven world where screens reign great and instant conversation drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words usually go unheard. However, located within the pages of **The Plant Paradox Cookbook** a fascinating fictional value pulsating with natural thoughts, lies an extraordinary quest waiting to be undertaken. Composed by a skilled wordsmith, this charming opus encourages viewers on an introspective journey, softly unraveling the veiled truths and profound impact resonating within ab muscles cloth of every word. Within the mental depths of this moving review, we shall embark upon a heartfelt exploration of the book is key styles, dissect their fascinating writing model, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

[baby don't go ãçâ, -â, çt go ãçâ, -âœ stephanie bond](#)

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## **The Plant Paradox Cookbook Introduction**

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