

# Dr Gundry Diet Evolution

## Onehour Reads

**Dr. Gundry's Diet Evolution** Dr. Steven R. Gundry, 2008-03-11 A renowned heart surgeon presents an accessible, research-based program to teach you how you can “reset” your genes to restore your health, lose weight, and extend your life. Does losing weight and staying healthy feel like a battle? Well, it’s really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. Dr. Steven Gundry’s revolutionary book shares the health secrets other doctors won’t tell you: • Why plants are “good” for you because they’re “bad” for you, and meat is “bad” because it’s “good” for you • Why plateauing on this diet is actually a sign that you’re on the right track • Why artificial sweeteners have the same effects as sugar on your health and your waistline • Why taking antacids, statins, and drugs for high blood pressure and arthritis masks health issues instead of addressing them Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry’s easy-to-memorize tips will keep you healthy and on course.

**SUMMARY: Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline by Dr. Steven Gundry | The MW Summary Guide** The Mindset Warrior, 2018-03-21 An Easy to Digest Summary Guide...  
☐☐BONUS MATERIAL AVAILABLE INSIDE☐☐ The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? ☐ Maybe you haven't read the book, but want a short summary to save time? ☐ Maybe you'd just like a summarized version to refer to in the future? ☐ In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. NOTE: To Purchase the Dr. Gundry's Diet Evolution(full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

**Summary of Dr. Gundry's Diet Evolution** Smart Reads, 2021-02-27 NOTE: This is an unofficial summary & analysis of Dr. Steven Gundry's Dr. Gundry's Diet Evolution designed to offer an in-depth look at this book so you can appreciate it even more. Smart Reads is responsible for this summary content and is not associated with the original author in any way. It contains: -Chapter by chapter summaries -Trivia questions-Discussion questions And much more! Author Dr. Steven Gundry in school, his interest was in Human Evolutionary Biology -- an interest that has informed all of his medical work, but that has become particularly relevant in his current work with the Diet Evolution program. He completed his undergrad degree in the

Honors program at Yale University, graduated Alpha Omega Alpha from the Medical College of Georgia School of Medicine, completed residencies in General Surgery and Thoracic Surgery at the University of Michigan, and served as a Clinical Associate at the National Institutes of Health. At the NIH, he developed methods and treatments to prevent and reverse damage in coronary arteries and heart muscle cells -- a precursor to his later inventions. Upon recognizing the power of proper diet and lifestyle choices on health and longevity, Gundry left his post at Loma Linda University to open The International Heart and Lung Institute. There, he began offering the Diet Evolution program to former heart surgery patients as a restorative method. Before long, however, others began showing up, looking for help in their weight loss and health. He continues to practice surgery part-time, but most of his days are devoted to training and supporting people in the methods of the Diet Evolution. Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline details the exact program that has changed the lives of so many of Dr. Steven Gundry's patients. And in three stages, he explains how you can do the same. Gundry's background is in heart surgery, and he had become accustomed to fixing the body's warning signs in his patients through drug prescriptions and surgeries. In 2001, however, everything changed for him. He met a patient who had reversed severe and inoperable arterial damage simply by changing his diet. Gundry then began studying the effects of diet through a human evolutionary biology lens and started to develop the Diet Evolution. As he worked with patient after patient, guiding them through the program, he consistently saw the same results: completely regained health, along with substantial weight loss. He left his position as a cardiothoracic professor and department chair to build a new career advocating this new-found knowledge. The premise of the program is simple: Human genes evolved over time to make certain specific interpretations about you based on the foods that you consume. Your genes' #1 objective is to preserve and propagate the species -- and you are either helping that endeavor, or you're hindering it. The foods you eat, meanwhile, act like keys that unlock certain codes in your genes. Just like the Internet is vast and essentially limitless in what you can do with it -- your genes hold nearly infinite possibility. And just like typing an address into a Web browser, which tells your computer where specifically to go, the food you eat tells your genes what specifically to do. The modern diet sends messages to your genes that indicate that you are interfering with the continuation of the species. Consequently, your genes unleash killer processes that cause you to deteriorate more quickly. By reversing your diet backward in time -- so that it more closely resembles that of our early ancestors -- you can send new signals to your genetic autopilot that shuts down those killer processes and turns on life-giving processes. The Diet Evolution is a three-phase program that gradually transitions you from a modern diet to a largely plant-based, raw diet.

*Summary of Dr. Gundry's Diet Evolution by Dr. Steven R. Gundry Conversation Starters* Bookhabits, 2019-05-22 Dr. Gundry's Diet Evolution by Dr. Steven R. Gundry Conversation Starters Dr. Gundry's Diet Evolution is the first diet, nutrition, and wellness book written by Dr. Steven Gundry. The book was first published in 2008. In his book, Dr. Gundry promises to

help people learn how to turn off the genes that are contributing to their weight gain. He also explains why plants are healthy to eat and why meat is not healthy to eat. Dr. Gundry discusses why hitting a plateau when dieting is a positive sign and why artificial sweeteners are no different than sugar in the ways they affect your heart. Including in the book are over 70 healthy recipes. According to Dr. Mehmet Oz, Dr. Gundry's Diet Evolution is a wise program with a strong record of helping people become healthier. Greg Renker, who co-founded Guthy-Renker, suggests that people begin following Dr. Gundry's ways to healthiness immediately. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to... Create Hours of Conversation: - Promote an atmosphere of discussion for groups - Foster a deeper understanding of the book - Assist in the study of the book, either individually or corporately - Explore unseen realms of the book as never seen before Disclaimer: This book you are about to enjoy is an independent resource meant to supplement the original book. If you have not yet read the original book, we encourage you to before purchasing this unofficial Conversation Starters.

**Summary of Dr. Gundry's Diet Evolution** Readtrepreneur Publishing, 2019-05-24 Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) Losing weight and staying healthy is not only a battle of wills but also a war against your genes. Can you outsmart them? With Dr Gundry's Diet Evolution, it's extremely doable. With Dr Gundry's Diet Evolution you will have a winning chance to lose weight and stay healthy. This title debunks many of the dieting myths out there about what's good and bad for you. Disinformation is one of the most common causes of an unsuccessful diet. Did you think corns 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 useful tips and recipe to ensure you have the best diet plan. (Note: This summary is wholly written and published by Readtrepreneur It is not affiliated with the original author in any way) Micronutrients. Its introduction fired the first warning - Steven R Gundry. Steven R Gundry is not afraid of speaking his mind and letting you know what other doctors might avoid telling you. In this title, you will have all the necessary tools at hand to have the best diet possible for you. Not only will you have the meal planner, but also inspirational stories that will help you keep motivated and easy tips to further improve your health. Steven R Gundry stresses the importance of acknowledging 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 right will make you lose weight is a mistake and it will cost you a lot of time, money and energy. P.S. Dr Gundry's Diet Evolution is an extremely helpful book that will finally get you the results you have been desiring all this time. With just a little bit of effort and the right concepts, you'll be well on your way to being completely healthy. The Time for Thinking is Over! Time for Action! Scroll

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● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

**Summary** Speed-Summary,2019-05-08 A Complete Summary of Dr. Gundry's Diet EvolutionThis book discusses the Diet Evolution, which consists of three phases. What's great about this diet plan is that it teaches you a new routine and habits along with exercise. It is not just a diet but also a way of life. The diet evolution aims to hinder the killer genes from activating so that you will have a long and healthy life. Also, after three months into the program, you will have a new set of healthy cells. It's like being an entirely different person.Phase 1 or the Teardown phase encourages you to lose weight by increasing the intake of greens and opting for meat that comes from plant-eating animals only. Animals that eat plants act as mediators so that you can gain plant nutrients and proteins.Phase 2 or the Restoration phase requires that you eliminate the mediator and concentrate on the greens. It's like turning vegan. You are also recommended to take supplements to compensate for the other nutrients and to gain muscle mass. Nuts, salads, and smoothies are your main foods.Phase 2 is where you also need to exercise. Either you go long distances in a slow and steady motion, or you go for short distances and sprint quickly. He also recommends a few minutes of strength training to increase muscle mass and tone.The longevity phase or phase three is not for everyone. This is because most of the foods you eat will be raw. This is how your ancestors ate their food and is the secret to long life. Not a lot of people like eating raw foods so this may not be for you.For people who are hesitant and don't know where to start, there is a meal plan and some recipes suited for the phase that you are in. You don't have to worry about what to eat. Another thing is that the menu in phase 1 can be recycled in phase 2 with slight changes. This means that you don't have to adjust again to the new food. Your eating habits will remain the same, and you'll get used to it.Most of the diet evolution Club members were former patients who decided to change their lifestyle. Word-of-mouth is a successful method of advertising this diet plan. More people approach very eager to try this diet strategy mainly due to its successes. There were insulin-resistant patients who've had to deal with obesity for so long. There were also surgery patients with hip replacements due to obesity.In this diet evolution, you are motivated to become a new person inside and out. Your lifestyle will change, and you will become healthier, better-looking, and feel good about it. Diet Evolution certainly aims to make people healthier and live longer.Here Is A Preview Of What You Will Get: In Dr. Gundry's Diet Evolution , you will get a full understanding of the book. In Dr. Gundry's Diet Evolution , you will get an analysis of the book. In Dr. Gundry's Diet Evolution , you will get some fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about Dr. Gundry's Diet Evolution .

Summary of Dr. Steven R. Gundry's Dr. Gundry's Diet Evolution Everest Media,2022-06-10T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Your genes control your appearance and many

other aspects of your life. They also play a more clandestine role in controlling your weight. They are telling you that you're in poor health and overweight because you're feeding them the wrong things. #2 Our genetic code is dependent on our bodies to protect it and house it until a new computer, in the form of our offspring, can take on these tasks. We need our genes as much as they need us. #3 Your fate is being controlled by a hidden system that runs most of your cellular, hormonal, nervous system, and aging processes without your conscious input. It does this so that the thinking you doesn't screw up the process of moving genetic material forward in time. #4 Our genes are programmed to send messages to our bodies to keep our metabolism low and to eat high-calorie foods. They also drive us to this behavior. We cannot suppress the drive to obtain the most energy in the form of calories for the least effort.

**Dr. Gundry's Diet Evolution** Steven R. Gundry, 2008

**Dr. Gundry's Diet Evolution Summary** Createspace Independent Pub, Readtrepreneur Publishing, 2018-02-06 Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline | Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2A2zEa6>) Losing weight and staying healthy is not only a battle of wills but also a war against your genes. Can you outsmart them? With Dr Gundry's Diet Evolution, it's extremely doable. With Dr Gundry's Diet Evolution you will have a winning chance to lose weight and stay healthy. This title debunks many of the dieting myths out there about what's good and bad for you. Disinformation is one of the most common causes of an unsuccessful diet. Did you think corns 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 useful tips and recipe to ensure you have the best diet plan. (Note: This summary is wholly written and published by readtrepreneur.com It is not affiliated with the original author in any way) Micronutrients. Its introduction fired the first warning - Steven R Gundry. Steven R Gundry is not afraid of speaking his mind and letting you know what other doctors might avoid telling you. In this title, you will have all the necessary tools at hand to have the best diet possible for you. Not only will you have the meal planner, but also inspirational stories that will help you keep motivated and easy tips to further improve your health. Steven R Gundry stresses the importance of acknowledging 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 right will make you lose weight is a mistake and it will cost you a lot of time, money and energy. P.S. Dr Gundry's Diet Evolution is an extremely helpful book that will finally get you the results you have been desiring all this time. With just a little bit of effort and the right concepts, you'll be well on your way to being completely healthy. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away! Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book,

search for this link:<http://amzn.to/2A2zEa6>

*Summary: Steven R. Gundry's Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline* Sarah Fields, 2019-02-17 Founder of Gundry MD and renowned surgeon Dr. Steven Gundry shares wonderful health secrets in his new book *Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline*. Sometimes staying healthy and losing weight may feel like a battle but the truth is that it's really a war. The enemies are our genes that are backed by millennia of evolution. The only way for us to win is to outsmart our genes. In this book, Dr. Gundry will answer why plants are good because they're bad and why meat is bad because they're good. He also discusses why plateauing is a good sign, why artificial sweeteners are as bad as real sugar and why taking statins, antacids and drugs for hypertension and arthritis do not address health issues but mask them. The book features delicious recipes, meal planners and inspirational stories to keep you healthy. In this comprehensive look into Dr. Gundry's *Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline* by Steven R. Gundry, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline* by Steven R. Gundry not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

9 Transformational Lessons I Learned From Dr. Gundry's Diet Evolution John Korsh, 2025-06-29 9 Transformational Lessons I Learned From Dr. Gundry's *Diet Evolution: Inspired by Dr. Steven Gundry (Personal Reflection)* - How to Heal Your Gut and Reverse Aging In the spring of 2019, I sat in a quiet café just off Lexington Avenue, idly flipping through a book a friend had insisted I read. It was one of those overly confident health books—full of promises, suspicious before-and-after photos, and more leafy greens than a farmer's market. But this one was different. Titled *Dr. Gundry's Diet Evolution*, it didn't try to scare me with charts or shame me with beach-ready body ideals. Instead, it told a story. Not just the story of food, but the story of evolution. Of how our bodies—ancient machines in modern chaos—are rebelling against the very world we've built around them. It's a strange thing to realize that the food you eat—the thing you've trusted since birth to nourish you—might also be the thing quietly killing you. Stranger still is the idea that the way to reverse the clock, to reclaim your energy, your focus, even your skin, lies not in the clinic or the cosmetic aisle but in the gut. That hidden ecosystem inside you, which you've ignored most of your life, might be the key to turning everything around. Grab a copy of this book now!

Summary of Dr. Gundry's Diet Evolution by Dr. Steven R. Gundry Dependable Publishing, 2019-09-07 - One of the best books on the interactions between nutrition, genetics, metabolism and disease! - An excellent guide to improving your heart

health, personal physical comfort and overall health! - Will teach you and spur you to improve your health, energy level and easily control your weight! - A motivating and very practical, step-by-step book, very easy to read and understand! - A must-read for everyone who seeks excellent health and increased longevity! DR. GUNDRY'S DIET EVOLUTION by Dr. Steven R. Gundry, is one of the best books you'll ever read on the interactions between nutrition, genetics, metabolism and disease. The book presents Dr. Gundry's wealth of wisdom and guidance on how you can improve your heart health; your physical health; your personal physical comfort; attain and maintain overall excellent health and extend your life expectancy significantly. This book will encourage you and teach you how to improve your well-being and health; how to finally control your weight, improve your energy level and easily develop a positive mindset and outlook on life. This book is interesting, motivating and very practical. It presents easy-to-follow concepts and straight-forward plans. Everything you need to do is spelled out clearly in a step-by-step manner. What foods you need to buy; how you need to prepare the food; and how the recipes may be altered at any given phase, are all explained carefully in this book. Indeed, this book is very easy to read and understand. And this is a very well-written summary and guide to the book. Indeed, this summary is a must-read for everyone who seeks to know how to attain and maintain excellent health! This book explains it all and breaks it all down to very simple and easy to understand lessons. Indeed, this is the guide you need to excellent health! And oh, the book also has some wonderful, healthy recipes! So, go right ahead! Do not hesitate or procrastinate! BUY THIS SUMMARY NOW!

**Summary of Dr. Gundry's Diet Evolution** Alexander Cooper, 2021-03-20 Summary of Dr. Gundry's Diet Evolution This book discusses the Diet Evolution, which consists of three phases. What's great about this diet plan is that it teaches you a new routine and habits along with exercise. It is not just a diet but also a way of life. The diet evolution aims to hinder the "killer genes" from activating so that you will have a long and healthy life. Also, after three months into the program, you will have a new set of healthy cells. It's like being an entirely different person. Phase 1 or the Teardown phase encourages you to lose weight by increasing the intake of greens and opting for meat that comes from plant-eating animals only. Animals that eat plants act as mediators so that you can gain plant nutrients and proteins. Phase 2 or the Restoration phase requires that you eliminate the mediator and concentrate on the greens. It's like turning vegan. You are also recommended to take supplements to compensate for the other nutrients and to gain muscle mass. Nuts, salads, and smoothies are your main foods. Phase 2 is where you also need to exercise. Either you go long distances in a slow and steady motion, or you go for short distances and sprint quickly. He also recommends a few minutes of strength training to increase muscle mass and tone. The longevity phase or phase three is not for everyone. This is because most of the foods you eat will be raw. This is how your ancestors ate their food and is the secret to long life. Not a lot of people like eating raw foods so this may not be for you. For people who are hesitant and don't know where to start, there is a meal plan and some recipes suited for the phase that you are in. You don't have to worry about what to eat. Another thing is that the menu in phase 1 can be recycled in phase 2 with

slight changes. This means that you don't have to adjust again to the new food. Your eating habits will remain the same, and you'll get used to it. Most of the diet evolution "Club members" were former patients who decided to change their lifestyle. Word-of-mouth is a successful method of advertising this diet plan. More people approach very eager to try this diet strategy mainly due to its successes. There were insulin-resistant patients who've had to deal with obesity for so long. There were also surgery patients with hip replacements due to obesity. In this diet evolution, you are motivated to become a new person inside and out. Your lifestyle will change, and you will become healthier, better-looking, and feel good about it. Diet Evolution certainly aims to make people healthier and live longer. Here is a Preview of What You Will Get: A Full Book Summary An Analysis Fun quizzes Quiz Answers Etc Get a copy of this summary and learn about the book.

**Summary - Dr. Gundry's Diet Evolution** Rapid-Summary,2018-05 A Complete Summary of Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline This book discusses the Diet Evolution, which consists of three phases. What's great about this diet plan is that it teaches you a new routine and habit along with exercise. It is not just a diet but a way of life. The diet evolution aims to hinder the killer genes from activating so that you will have a long and healthy life. Also, after three months into the program, you will have a new set of healthy cells. It's like being an entirely different person.\*Phase 1 or the Teardown phase encourages you to lose weight by increasing the intake of greens and opting for meat that comes from plant-eating animals only. Animals that eat plants act as mediators so that you can gain plant nutrients and proteins.\*Phase 2 or the Restoration phase requires that you eliminate the mediator and concentrate on the greens. It's like turning vegan. You are also recommended to take supplements to compensate for the other nutrients and to gain muscle mass. Nuts, salads, and smoothies are your main foods. In phase 2 is where you also need to exercise. Either you go long distances in a slow and steady motion, or you go for short distances and sprint quickly. He also recommends a few minutes of strength training to increase muscle mass and tone them. The longevity phase or phase three is not for everyone. This is because most of the foods you eat will be raw. This is how your ancestors ate their food and is the secret to long life. Not a lot of people like eating raw foods so this may not be for you. For people who are hesitant and don't know where to start, there is a meal plan and some recipes suited for the phase that you are in. You don't have to worry about what to eat. Another thing is that the menu in phase 1 can be recycled in phase 2 with slight changes. This means that you don't have to adjust again to the new food. Your eating habits will remain, and you'll get used to it. Most of the diet evolution Club members were former patients who decided to change their lifestyle. Word-of-mouth is a successful method of advertising this diet plan. More people approach very eager to try this diet strategy mainly due to its successes. There were insulin-resistant patients who've had to deal with obesity for so long. There were also surgery patients with hip replacements due to obesity. In this diet evolution, you are motivated to become a new person inside and out. Your lifestyle will change, and you will become healthier, good-looking, and feel good about it. Diet Evolution certainly aims to make people healthier and live



longer. Here is a preview of what you will get:- In Dr. Gundry's Diet Evolution, you will get a summarized version of the book.- In Dr. Gundry's Diet Evolution, you will find the book analyzed to further strengthen your knowledge.- In Dr. Gundry's Diet Evolution, you will get some fun multiple choice quizzes, along with answers to help you learn about the book. Get a copy, and learn everything about Dr. Gundry's Diet Evolution.

**Summary of Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline** Onehour Reads, 2018-03-23 Comprehensive, detailed summary and key takeaways of the original book.

**Summary of Dr. Gundry's Diet Evolution** Go Books, 2019-12-10 Go BOOKS offers an in-depth look into some of the most popular and informative books of the last two decades. Whether you are using this book as a study guide, reference material, further connection to the original book or simply a way to retrieve the content and material faster... Our goal is to provide value to every reader. This summary book breaks down all the big ideas, key points and facts so the reader can quickly and easily understand the content. In this book you will find: - Book Summary Overview- Background Information about the book- Background information about the author- Cover Questions- Trivia Questions- Discussion Questions Note to readers: This is an unofficial summary & analysis Dr. Steven R. Gundry's Book, Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You And Your Waistline, designed to enrich your reading experience.

**Summary of Dr. Gundry's Diet Evolution** Angela Green, 2020-11-03 Note: This is a Summary of Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You And Your Waistline by: Dr. Steven R. Gundry The Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. **DISCLAIMER:** We are convinced that our professional summaries will introduce more readers to the full book who otherwise would have turned a blind eye by the sheer commitment. Our intention is sincere in that readers could use this summary as an introduction or a companion to the original book, not as a substitute.

Guide to Steven R. Gundry's, MD The Plant Paradox by Instaread Instaread, 2017-05-20 **PLEASE NOTE:** This is a companion to Steven R. Gundry's, MD The Plant Paradox and NOT the original book. Preview: The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain (2017) by Steven R. Gundry, MD, reveals how eating plants can actually be harmful to health. Gundry's "Plant Paradox" diet explains how to prepare and eat plant foods when they're in season and in the right amounts to achieve optimal health... Inside this companion to the book: · Overview of the Book · Insights from the Book · Important People · Author's Style and Perspective · Intended Audience About the Author: With Instaread, you can get the notes and insights from a book in 15 minutes or less. Visit our website at [instaread.co](http://instaread.co).

*Summary of Steven R. Gundry's Energy Paradox* Everest Media,2022-03-04T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Fatigue you can't shake isn't a sign of aging or being busy. It's not a natural part of the human experience, and it doesn't have to be lived with. #2 Fatigue is a very common symptom among modern patients. It is the result of a lack of energy, and it can dull the mind and dampen the mood. It is often accompanied by other symptoms, such as malaise, that are also common symptoms of illness. #3 Despite living in a time when we are eating more energy-dense fuel than ever before, we are feeling more energy deprived than ever. We're living a much less physically demanding lifestyle than our ancestors, yet we're feeling physically drained. #4 Modern medicine has a difficult time treating symptoms that are not caused by a physical illness. This is because doctors are often forced to see a large number of patients, and they are advised to come back when things are bad enough to warrant medication or surgery.

The Neo Diet Kevin Aventura,2022-06-01 Chances are that your diet will kill you. At least that's what research is suggesting. In the past few years, several studies have linked our food choices to most chronic diseases, and to the increase of overall mortality risk. But even if we ignore all that, it's important to know that your diet is not letting you achieve the best version of yourself. Do you suffer from indigestion, abdominal pain, weight gain, brain fog, headaches, joint pain, frequent colds, allergies, lack of energy, low libido, or even depression? Yes, the food you eat is causing these symptoms. Your diet is making you fat, dumb, tired and sick! Have you ever felt confused or unsure about what to eat? You are not alone. There is so much contradictory information about nutrition that it feels almost impossible to know what diet to follow. That ends today! The Neo Diet results from years of research done by Kevin to find answers for his own health issues. He read all the polarizing health & nutrition books, and everything in between. With that research, he became his own guinea pig and tested the very best (and well-researched) concepts from each of these diets. The conclusions from his research and experiment became this book. The informal and easy-to-follow guide he wished someone had written to help him. Inside the Neo Diet, you will learn: - What are the so-called healthy foods that are actually making you sick. - How you can manipulate your bad genes and control your own health. - What research has to say about the whole carnivore vs vegan diet discussion (this might surprise you). - How to personalize your diet to respect your own physiology and to optimize your results. - The HORDIL strategy to hack your biology (aka biohacking). - How to perform physically and mentally like never before. - The 28-day plan to reset your organism to overcome the physiological blocks stopping you from achieving your health goals. And so much more... The Neo Diet will challenge you, but will guide you on how to lose weight, build muscle, revert chronic disease, clean up brain fog, become smarter, and boost your energy levels through the roof. You will finally become the superhuman you were designed to be! □ A Book with a Mission □ 1 Book = 1 Donation to Help Fight Child Hunger For each e-book, paperback and hardcover book sale, \$1 will be donated to help fight child hunger. Learn more about the organizations the author is partnering with by visiting [neohacker.co/neodiet](https://neohacker.co/neodiet) ♥

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## Diet Evolution

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