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Dr Steven R Gundry

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Dr. Gundry's Diet Evolution

Turn Off the Genes That Are Killing You and Your Waistline *Harmony*

Explains what your body is "thinking" and tells you why your genes actually

want you to be fat, and that by deactivating these "killer genes," you can reprogram your body for the health, life, looks, and longevity you desire. Reprint.

The Plant Paradox

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain *HarperCollins*

"I read this book... it worked. My autoimmune disease is gone and I'm 37 pounds lighter in my pleather." --Kelly Clarkson 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.

The Longevity Paradox

How to Die Young at a Ripe Old Age *HarperCollins*

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 Quick and Easy

The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free *HarperCollins*

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.

Unlocking the Keto Code

The Revolutionary New Science of Keto That Offers More Benefits Without Deprivation *HarperCollins*

From the author of the New York Times bestselling *Plant Paradox* series comes this revolutionary take on the keto diet that debunks common myths and shows readers how to reap the rewards of keto with less restriction. Like many doctors and nutrition experts, bestselling author Dr. Steven Gundry has long endorsed the ketogenic diet—a style of eating that heavily restricts carbohydrate intake to make the body burn fat for fuel. Because ketosis offers a variety of health benefits, including weight loss, reduced

risk of illness, and enhanced energy, Dr. Gundry believed his patients' efforts to adhere to the challenging regimen was worthwhile. That is, until his research uncovered a shocking truth: We've gotten keto all wrong. In *Unlocking the Keto Code*, Dr. Gundry reveals the biological mechanism that makes keto diets so successful: a cellular process known as "mitochondrial uncoupling." As it turns out, ketones are not the magical fuel source they've been made out to be; in fact, the body cannot run on ketones and fats alone. Over the long term, a very low carb-diet can lead to muscle wasting and poor cognitive health. Luckily, you don't have to restrict all carbs to reap the benefits of ketosis; you simply have to have enough ketones and other plant compounds called polyphenols present in your body to "unlock" the process of mitochondrial uncoupling. In this insightful, empowering, eminently practical book, Dr. Gundry explains the many ways readers can ignite this process, from feasting on plant-based foods (carbs that are typically off-limits on a keto diet!) to enjoying ketone generating foods such as goat and sheep milk products, to implementing a timed eating schedule. You will even discover the real reason how superfoods, even apple cider vinegar, work their magic; and it's not what they you think! Grounded in cutting-edge science, this is the book for all the people who have tried and failed on a keto diet; for vegetarians and vegans who want to go keto; and for anyone who wants to lose weight and enjoy better health while eating a wide variety of foods. With food lists, hacks, and all-new recipes, *Unlocking the Keto Code* makes going keto easy and enjoyable for the first time.

The Plant Paradox Family Cookbook

80 One-Pot Recipes to Nourish Your Family Using Your Instant Pot, Slow Cooker, or Sheet Pan *HarperCollins*

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.

Summary of "The Plant Paradox" by Steven R. Gundry, M.D. - Free book by QuickRead.com *QuickRead.com*

Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. The revolutionary program that cures your body inside-out by identifying and eliminating harmful foods like vegetables and grains from your diet. While most of us have heard of gluten, a protein found in wheat which causes widespread inflammation throughout the body. People all over the world have educated themselves about the dangers of gluten and have spent time and money and made sacrifices to adapt to a gluten-free lifestyle. Well, Dr. Steven Gundry is here to tell you that you've got it all wrong. While gluten can be harmful in many ways, Dr. Gundry reveals that another common, highly toxic protein is doing far more damage to our bodies. The plant-based protein, lectin, which is found in many of the healthy foods we ingest daily, is responsible for instigating a war inside our bodies. Few people know of the dangers of lectin, but Dr. Gundry has

successfully cured tens of thousands of people of auto-immune diseases, heart disease, diabetes, and more by adopting The Plant Paradox Program, which reduces and eliminates several lectin foods from our diet.

Summary Of The Plant Paradox

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Dr. Steven Gundry

If you want to understand why you're not losing weight despite your best efforts, read on... The Plant Paradox by Dr. Steven R. Gundry exposes the hidden dangers in plants and animal meat that are making people fat and sick. The aim of the book is to educate people about foods that are commonly regarded as healthy but are actually designed by nature and evolution to harm people that consume them. What is alarming is that foods that fall under this category are included in several dietary regimens whose goal is to achieve optimum health and wellness. This is a book written for people to understand why they are not losing weight despite their best efforts. It is also for patients who are diagnosed with diabetes, cancer, and autoimmune diseases so that they can better understand the diseases that plague them and find the right solution to reverse their effects. In this book summary, you'll discover: How plants use gluten and lectin as part of a built-in defence system to fight against plant-eaters (Chapter 1) A critical discovery that earned humans a weapon and a key advantage in the war with plants (Chapter 2) How lectins can attach themselves to the border of every intestinal cell and cause the body's immune system to weaken and eventually fail (Chapter 3) How 7 deadly

disruptors come together and conspire with Lectins to make people fat and sick (Chapter 4) How the modern diet makes you fat - and sick (Chapter 5) A workaround for vegetarians who find it difficult to give up food like pasta, beans and grains - chapter 6 How overconsumption of animal protein encourages ageing - (Chapter 6) List of foods you can consume during Phase 1 cleansing - (Chapter 7) How the Incas managed to remove the lectin from pseudo grains like Quinoa - one of the two worst lectin additions in modern diet (Chapter 8) A supplement you can take to protect the lining of the gut as well as prevent dementia and neurological issues associated with ageing (Chapter 8) Two strategies you can use to restrict animal protein consumption without feeling deprived (Chapter 9) A critical reason why fruits - which are high in fructose, should not be part of the diet of cancer patients (Chapter 10) An executive summary of the original book, a concise chapter by chapter summary, as well as, key takeaway from each chapter. A list of Food to eat and those to avoid is tabulated at the end of the book to help you with the program. ...and much, much more! If you're ready to take back control of your health, grab your copy of this book summary today! Start taking control of your life by learning how to eat right, feel right and live a healthier lifestyle. Scroll to the top of the page and click the "BUY NOW" button!

The Plant Paradox Cookbook

100 Delicious Recipes to Help You Lose Weight, Heal Your Gut, and Live Lectin-Free *HarperCollins*

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.

Summary

The Longevity Paradox by Steven R. Gundry: How to Die Young at a Ripe Old Age

IMPORTANT NOTE: This is a book summary of *The Longevity Paradox* by Steven R. Gundry and is not the original book. Aches, pains, and diseases are just

an inevitable symptom of age, right? Wrong, claims Dr. Steven Gundry, the author of 'The Longevity Paradox: How to Die Young at a Ripe Old Age'. His research and experience show that it is possible to live to an old age while still feeling and looking young. How is that possible? It's all about going down to a micro-level and looking after the microbiomes that influence the health of our bodies, from inflammation in the gut and the condition of our skin to more serious illnesses such as heart disease and cancer. Take care of them, says Dr. Gundry, and they will take care of you. By making adjustments to your diet that keep your good microbiome happy and stop feeding the bad bacteria, you can live a long, healthy, happy, and active life. Dr. Gundry says it is possible to live to 100 or more and still feel and act decades longer if you follow his longevity plan. In his book, he goes into depth explaining the ins and outs of his research. A Summary of The Longevity Paradox presents you all the key points of Dr. Gundry's book so you learn everything you need to know in a fraction of the time. Most importantly, you can start applying these points immediately. It's never too late to start pursuing a healthier and longer life - and this book gets you started even quicker. In this book, you will discover: - The key takeaways of Dr. Gundry's research, saving you time and allowing you to understand the main arguments immediately. - A summary of how to live a long and healthy life - and how you can start doing this now. - A rundown of some of the world's oldest populations and how the people there live to 100 or more without the diseases and illnesses we've come to believe are inevitable with age. - A look at what your microbiome is and why is it so important

to the overall health of your body. - Which foods you should avoid and which foods you should eat to stay young even when you're old. - The benefits of fasting - and how you can do this without feeling hungry, deprived or miserable. If you're intrigued by Dr. Gundry's claims and want to get a detailed overview of his studies, then this Summary of the Longevity Paradox is for you. Click below to buy now!

Summary: Dr. Steven R. Gundry's the Plant Paradox *Blurb*

Most Americans have heard of gluten. Gluten is a protein that is found in wheat. It causes widespread inflammation in the body. Many Americans spend billions of dollars to protect their health by pursuing gluten-free diets. However, we should ask ourselves if we've been missing the root of the problem. In the book *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*, renowned cardiologist and bestselling author Dr. Steven Gundry reveals that gluten is just one variety of lectin, a very common and highly toxic plant-based protein. The book contains a full list of lectin-containing foods and simple substitutes for each. Dr. Gundry also provides a step-by-step detox and eating plan, together with delicious lectin-free recipes. His book *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* illuminates the hidden dangers that are lurking in your salad bowl. It shows you how to eat real whole foods in a whole new way. In this comprehensive look into *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* by Dr. 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 *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain* by Dr. 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.

The Energy Paradox

How to Stop Being Sick and Tired and Finally Feel Good Again *Harper Wave*

The author of the bestselling *Plant Paradox* series takes a fresh look at one of the top health issues plaguing Americans--fatigue--and offers a revolutionary plan for boosting energy and revitalizing mental and physical stamina. In his bestselling books, *The Plant Paradox* and *The Longevity Paradox*, Dr. Steven R. Gundry offered game-changing perspectives on our wellbeing. In *The Energy Paradox*, Dr. Gundry expands upon his previous discussions of gut, microbiome, and mitochondrial health, linking immune malfunction to the mental and physical symptoms of fatigue--including exhaustion, brain fog, depression, anxiety, and low metabolism. As Dr. Gundry explains, feeling tired, moody, and zapped of energy is not normal, no

matter your workload or age. Fatigue is an SOS flare from the body, one that is intended to alert us that something is wrong. In his clinical work, Dr. Gundry has found that his patients who complain of feeling sick and tired all the time almost always have something in common: the inflammation markers of a leaky gut. In *The Energy Paradox*, Dr. Gundry will offer readers the information and tools necessary to quiet the autoimmune battle raging within--a battle that depletes precious energy reserves, leaving you drained and prone to mood disorders and weight gain. With new guidelines on how to increase mitochondrial energy production and nourish the microbiome; 30 new *Plant Paradox*-approved recipes; and lists of energy-boosting foods to consume and energy-depleting foods to avoid, *The Energy Paradox* will help readers take back their lives, giving them the energy they need to feel, look, and be their best.

Summary: Steven R. Gundry's Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You and Your Waistline *Blurb*

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.

Summary of Steven R. Gundry's the Plant Paradox

Key Takeaways & Analysis *Createspace Independent Publishing Platform*

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. In his controversial new book, "The Plant Paradox," Dr. Steven Gundry presents a new paradigm in dieting and healthy eating, arguing that plants--the primary source of nutrition for the human populace--are also the most potent adversaries of the

wellness of people. This SUMOREADS Summary & Analysis offers supplementary material to "The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain" to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? Executive Summary of the original book Editorial Review Key Takeaways & Analysis Brief chapter-by-chapter summaries A short bio of the the author Original Book Summary Overview "The Plant Paradox" is a new and informative dieting approach. It revolutionizes your thoughts about building good health through dieting. In it, Dr. Gundry a world-renowned expert in cardiothoracic surgery, restorative medicine and immunologist, enlightens you on what keeps you in pain, sick and low on energy. As you flip the pages, you will understand how plant proteins known as lectins are behind numerous health issues and where it all started. Also, you will interact with several testimonies of Dr. Gundry's patients detailing how the plant paradox program reversed various autoimmune and chronic conditions. Finally, this book doesn't leave you guessing on how to take steps in your new dieting program. You'll find plenty of instructions on different meal plans and recipes that include locally available ingredients that match the plant paradox program. BEFORE YOU BUY: The purpose of this

SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence—but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "The Plant Paradox."

The Energy Paradox

What to Do When Your Get-Up-and-Go Has Got Up and Gone *HarperCollins*

The author of the bestselling Plant Paradox series takes a fresh look at one of the top health issues plaguing Americans—fatigue—and offers a revolutionary plan for boosting energy and revitalizing mental and physical stamina. In his bestselling books, *The Plant Paradox* and *The Longevity Paradox*, Dr. Steven R. Gundry offered game-changing perspectives on our wellbeing. In *The Energy Paradox*, Dr. Gundry expands upon his previous discussions of gut, microbiome, and mitochondrial health, linking immune malfunction to the mental and physical symptoms of fatigue—including exhaustion, brain fog, depression, anxiety, and low metabolism. As Dr. Gundry explains, feeling tired, moody, and zapped of energy is not normal, no matter your workload or age. Fatigue is an SOS flare from the body, one that is intended to alert us that something is wrong. In his clinical work, Dr. Gundry has found that his patients who complain of feeling sick and tired all the time almost always have something in common: the inflammation markers of a leaky gut. In *The Energy Paradox*, Dr. Gundry will offer readers the information and tools necessary to quiet the

autoimmune battle raging within—a battle that depletes precious energy reserves, leaving you drained and prone to mood disorders and weight gain. With new guidelines on how to increase mitochondrial energy production and nourish the microbiome; 30 new Plant Paradox-approved recipes; and lists of energy-boosting foods to consume and energy-depleting foods to avoid, *The Energy Paradox* will help readers take back their lives, giving them the energy they need to feel, look, and be their best.

Summary of Dr. Gundry's Diet Evolution by Dr. Steven R. Gundry **Conversation Starters** *Blurb*

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 The Plant Paradox

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Steven R. Gundry

The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain by Steven R. Gundry - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) Gluten has been considered a menace due to the widespread inflammation in the body it's able to cause. However, what if wheat is not the core of the problem? The Plant Paradox is based on the premise that Americans are redirecting their whole attention to the wrong enemy (gluten) while the root of the problem lies on another plant-based protein which gluten is just a variation of it. This means that millions of Americans are consuming what they consider to be "healthy" foods but they are actually dangerous. (Note: This summary is wholly written and published by Readtrepreneur. It is not affiliated with

the original author in any way) "The Plant Paradox Program is actually a microbiome- and mitochondria-centric program that recommends a diverse array of the right plant foods at the right time, prepared the right way, in the right amounts." - Steven R. Gundry According to Steven Gundry, the root of the problem is actually a plant-based protein called lectin. The point of this title is revealing that "gluten-free" foods contain this protein as well and it can be dangerous to go through diet plans which include them. Steven Gundry reveals the secret to eating properly without unleashing a chemical warfare within your body that can have very dangerous consequences. Steven R. Gundry has treated tens of thousands of patients suffering from ingesting lectin in a large amount. Now, he offers a clinically proven program to avoid people from getting sick due to unwise consumption of food. P.S. The Plant Paradox is a game-changing book that will teach you how to avoid lectin which is the chemical that is detrimental to your health. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Grab 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.

Summary of Dr. Gundry's Diet Evolution by Dr. Steven R. Gundry

Turn Off the Genes That Are Killing You and Your Waistline

- 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!

Workbook and Journal for Dr. Steven R Gundry MD the Energy Paradox

What to Do When Your Get-Up-and-Go Has Got Up and Gone

Workbook & Journal for Dr. Steven R Gundry MD The Energy Paradox. Information in this book is meant for educational and entertainment purposes only. This book is unofficial and unauthorized In The Energy Paradox, Dr. Gundry will offer readers the information and tools necessary to quiet the autoimmune battle raging within--a battle that depletes precious energy reserves, leaving you drained and prone to mood disorders and weight gain. With new guidelines on how to increase mitochondrial energy production and nourish the microbiome; 30 new Plant Paradox-approved recipes; and lists of energy-boosting foods to consume and energy-depleting foods to avoid, The Energy Paradox will help readers take back their lives, giving them the energy they need to feel, look, and be their best. Use this Journal & Workbook for Dr. Steven gundry The Energy Paradox to answer some questions to help you understand the main book. In short, here's all the help you need to put Dr. Gundry's book to work for you. Why not get started today?

Summary of Dr. Gundry's Diet Evolution

Turn Off the Genes That Are Killing You and Your Waistline by Dr.

Steven R. Gundry

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 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.

Summary of Dr. Gundry's Diet Evolution by Dr. Steven R. Gundry

Turn Off the Genes That Are Killing You and Your Waistline

SUMMARY OF DR. GUNDRY'S DIET EVOLUTION is an excellent and acclaimed guide to optimal health. It provides step-by-step directions on how to reverse many diseases, including obesity, cancer, heart disease, respiratory diseases, stroke, high blood pressure, type 2 diabetes, kidney diseases, liver diseases, lung diseases, auto immune diseases, metabolic syndrome, Parkinson's, Alzheimer's and other dementias, etc. It also explains: (i) how you can achieve permanent weight loss, quickly and easily; (ii) how you can slow aging and extend your longevity, significantly; (iii) and how you can supercharge your energy level and boost your mental capacities extensively! In addition, this summary has some very delicious healthy recipes! And it carefully explains how the foods should be prepared and when and how they may be altered. Furthermore, this summary is

very easy to read and understand. Indeed, this is the book you need now. Do not miss this opportunity. **CLICK THE BUY BUTTON NOW!**

Cognitive Errors and Diagnostic Mistakes

A Case-Based Guide to Critical Thinking in Medicine *Springer*

This case-based book illustrates and explores common cognitive biases and their consequences in the practice of medicine. The book begins with an introduction that explains the concept of cognitive errors and their importance in clinical medicine and current controversies within healthcare. The core of the book features chapters dedicated to particular cognitive biases; cases are presented and followed by a discussion of the clinician's rationale and an overview of the particular cognitive bias. Engaging and easy to read, this text provides strategies on minimizing cognitive errors in various medical and professional settings.

Summary of The Longevity Paradox by Dr. Steven R. Gundry, MD

How to Die Young at a Ripe Old Age *Independently Published*

- INCREASE YOUR LIFE SPAN AND AGE WELL WITHOUT DECLINING! - RETAIN YOUR GOOD HEALTH, YOUTHFULNESS AND VITALITY EVEN IN OLD AGE! - HERE IS THE VERY LATEST, SCIENCE-BACKED, NUTRITION AND LIFESTYLE ACTION PLAN! - EASY TO READ, EASY TO UNDERSTAND AND EASY TO FOLLOW AND IMPLEMENT! - FOR A LONG, HEALTHY, YOUTHFUL AND HAPPY LIFE, START WITH THIS BOOK! THE LONGEVITY PARADOX: HOW TO DIE YOUNG AT A RIPE OLD AGE, by Dr.

Steven R Gundry MD, is an excellent and eye-opening contribution to the new science of aging. The book basically shows you how to increase your life span and age well without declining while retaining your good health and youthfulness at the same time (even in old age). The book comes with lots of new perspectives and new information on recent advances and discoveries in aging science. It provides you with the latest, science-backed, nutrition and lifestyle action plan that will help you to: support your gut health (this is the command center of your longevity and good health); prevent and reverse disease; and maintain your good health, youthfulness and vitality at all ages (and even in old age). So if you want to live a long, healthy, youthful and happy life, you can start right now (no matter how old you are) and begin to make the easy changes that are required. Start now by buying this book right now and reading it from cover to cover. The book is easy to read and understand. Its recommendations are also easy to implement. This is a very well-written summary and guide to the book. Yes, you can increase your life span and this book provides you with the plan! So don't waste anymore time! And don't even think about procrastinating! Get started right away! **BUY THIS BOOK NOW!**

Eat Fat, Get Thin

Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health *Little, Brown Spark*

A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have

long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, *Eat Fat, Get Thin* is the cutting edge way to lose weight, prevent disease, and feel your best.

Summary & Analysis of the Plant Paradox

By Steven R. Gundry *Createspace Independent Publishing Platform*

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 us. **BEFORE YOU BUY:** The purpose of this FastReads Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original (if you haven't already). FastReads has pulled out the essence-but only to help you ascertain the value of the book for yourself. This summary & analysis does not contain the specifics of the Plant Paradox diet and is not meant as a replacement for "The Plant Paradox." **PLEASE NOTE:** This is a summary, analysis and review of the book and not the original book.

Summary of Dr. Gundry's Diet Evolution

Turn Off the Genes That Are Killing You and Your Waistline by Dr.

Steven R. Gundry *Readtrepreneur Publishing*

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 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.

The China Study

The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health
BenBella Books

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

The Hallelujah Diet *Destiny Image Publishers*

Hallelujah! Here is a diet that will dramatically change your life from the inside, out. Based on a biblical

foundation and years of research, statistics, and powerful testimonials including the author's own dramatic story George Malkmus' The Hallelujah Diet has caused people from all walks of life to stop and reconsider their daily food consumption habits. Stressing the healing power of food and how its proper use restores the body to a natural, healthy state, this book provides life-changing and life-saving information, recipes, and eating plans that have been proven safe and miraculously successful. It encourages a healthy change in eating, promoting exercise, fresh air, pure water, sunshine, and rest. Hallelujah! A diet that finally ties food and health together with common sense.

Summary of Dr. Gundry's Diet Evolution

Turn Off the Genes That Are Killing You and Your Waistline By: Dr. Steven R. Gundry - a Go BOOKS Summary Guide

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 and Analysis of the Plant Paradox by Dr. Steven R. Gundry

In his book, Dr. Gundry elaborates on how plant proteins, also known as lectins, are the cause of most modern-day health conditions. He goes deeper to explain the origin of lectins as an evolutionary survival mechanism for plants and how the modern-day diet is detrimental to your health. Dr. Gundry is a firm believer in the notion that you are a product of what you ingest. In the book, he explains how lectins find their way through your gut wall, confuse the immune system through molecular mimicry, and disrupt cellular communication thereby destroying the building blocks of good health. His argument does not stop with the lectins; the book also elaborates on the human contribution to the deteriorated health status by expounding on seven major disruptors of good health. A firm believer in Hippocrates' concept, veriditas, Dr. Gundry first explains the dark side of the plant-animal war and dispels unfounded common beliefs such as eating 'healthy' plant diets. He argues that good health springs from the wellbeing of the gut flora which enhances the ability of the human body to heal itself. After that, he expounds on the four-part human defense system against lectin invasion, how to identify the lectins, and how to expel them. This marks the steps of the Plant Paradox program, a dieting approach that focuses on the workings of the cell. It proposes the introduction of an assortment of the right plant foods, their preparation, and right quantities to your diet. The program elaborates on how can revamp your habits and crush

any excuses that will hinder your success. Dr. Gundry explains the three phases of the Plant Paradox program which include: the cleansing phase; the repair and restore phase, and the rewards phase. Also, the book provides fine points of the Keto Plant Paradox Intensive Care program which specifically addresses the issues of people facing dire health conditions. The program aims to expunge lectins from your diet as well as other substances that we take in that are disruptors of good health. After the expulsion, you will take steps to replace the toxins with foods that promote restoration of the gut flora and subsequently your good health. The book outlines the effectiveness of the Keto plan through various testimonials of recovery from severe conditions such as liver failure and cancer. As the book winds up, Dr. Gundry provides particulars on recommended dietary supplements and teams up with Irina Skoeries of Catalyst Cuisine to develop recipes and meal plans that'll work for you.

Plant Paradox Quick and Easy

The 30-Day Plan to Lose Weight, Feel Great, and Live Lectin-Free

Harper Wave

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 *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), *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.

Summary of Dr. Gundry's Diet Evolution

Turn Off the Genes That Are Killing You And Your Waistline By: Dr. Steven R. Gundry

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.

The Night the Lights Went Out

A Memoir of Life After Brain Damage *Harmony*

A fascinating, darkly funny comeback story of learning to live with a broken mind after a near-fatal traumatic brain injury—from the acclaimed author of *The Hike* “Drew Magary has produced a remarkable account of his journey, one that is filled with terror, tenderness, beauty, and grace.”—David Grann, bestselling author of *Killers of the Flower Moon* Drew Magary, fan-favorite Defector and former Deadspin columnist, is known for his acerbic takes and his surprisingly nuanced chronicling of his own life. But in *The Night the Lights Went Out*, he finds himself far out of his depths. On the night of the 2018 Deadspin Awards, he suffered a mysterious fall that caused him to smash his head so hard on a cement floor that he cracked his skull in three places and suffered a catastrophic brain hemorrhage. For two weeks, he remained in a coma. The world was gone to him, and him to it. In his long recovery from his injury, including understanding what his family and friends went through as he lay there dying, coming to terms with his now permanent disabilities, and trying to find some lesson in this cosmic accident, he leaned on the one sure thing that he knows and that didn't leave him—his writing. Drew takes a deep dive into what it meant to be a bystander to his own death and figuring out who this new Drew is: a Drew that doesn't walk as well, doesn't taste or smell or see or

hear as well, and a Drew that is often failing as a husband and a father as he bounces between grumpiness, irritability, and existential fury. But what's a good comeback story without heartbreak? Eager to get back what he lost, Drew experiences an awakening of a whole other kind in this incredibly funny, medically illuminating, and heartfelt memoir.

Clean Gut

The Breakthrough Plan for Eliminating the Root Cause of Disease and Revolutionizing Your Health *Harper Collins*

In *Clean Gut*, Alejandro Junger, M.D, New York Times bestselling author of *Clean* and creator of the world-famous Clean Program, delivers a complete toolkit for reversing disease and sustaining life-long health. All of today's most-diagnosed ailments can be traced back to an injured and irritated gut. The gut is an intricate and powerful system, naturally designed to protect and heal the body every moment of every day. And yet for far too many of us, this remarkable system is in disrepair, which leads to all kinds of health problems—from extra pounds, aches and pains, allergies, mood swings, and lack of libido, to heart disease, cancer, autoimmune disorders, insomnia, and depression. But we no longer have to be sick to get healthy. In this groundbreaking program, Alejandro Junger, M.D. explains how instead of treating the symptoms as they arise, we can preemptively attack disease before it takes root in the gut. No matter your current state of health, you will benefit from this program: *Clean Gut* will help you put an end to everyday ailments, reverse chronic disease, and achieve

true, long-lasting health.

The School of Greatness

A Real-World Guide to Living Bigger, Loving Deeper, and Leaving a Legacy *Rodale*

When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In *The School of Greatness*, Howes shares the essential tips and habits he gathered in interviewing "the greats" on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness "professors" and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable

of achieving success and that we can all strive for greatness in our everyday lives.

How Not to Die

Discover the Foods Scientifically Proven to Prevent and Reverse Disease *Flatiron Books*

From the physician behind the wildly popular NutritionFacts website, *How Not to Die* reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side

effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

The 30-Minute Mediterranean Diet Cookbook

101 Easy, Flavorful Recipes for Lifelong Health *Rockridge Press*

Bowls of pasta and whole grains, sweet, and seasonal fruits, roasted vegetables, abundant seafood, slices of whole-grain crusty bread dipped into olive oil, and even a glass of wine--the Mediterranean way of eating is a lifestyle with long-term health benefits, not your typical fad diet.

The Living Well Without Lectins Cookbook

125 Lectin-Free Recipes for Optimum Gut Health, Losing Weight, and Feeling Great *Harvard Common Press*

Millions of people say they feel better when they eat lectin-free. Here at last is the cookbook that makes lectin-free cooking fun and delicious! For people who take their health and well-being

seriously, gut health is a top priority. Optimum gut health means more than just a well-working gastrointestinal tract. It means you have more energy, you simply feel better, and, not least, you're not gaining unwanted pounds. Among diets that address gut health, lectin-free is the fastest-growing, mainly because following it means your intestines absorb more nutrients and your gut is populated by fewer bad bacteria. Its many adherents range from people with specific disorders, like irritable bowel syndrome (IBS), diabetes, rheumatoid arthritis (and other autoimmune disorders), and "leaky gut," to people who simply feel better without lectins. Easier weight loss or weight maintenance is an added benefit! Claudia Curici is the talented writer and photographer behind the pioneering lectin-free blog *Creative in My Kitchen*. The 125 nourishing and imaginative recipes she has created for this book are all sugar-, grain-, and lectin-free, and they are delectable and easy to make. Many are dinnertime main courses, from Chicken Coconut Soup with Shiitakes and One Beef Kebab Platter to vegetarian options like Cauliflower Gratin with Pecans and Healing Vegetable Soup with Kale and Broccoli. There are lectin-free superfood smoothies, too, among other drinks and snacks, along with soups, salads, sides, and even desserts, including an opulent but easy Lectin-Free Chocolate Strawberry Birthday Cake. Nourish and protect your gut with these diverse and delightful dishes!

Summary

The Plant Paradox: The Hidden Dangers In "Healthy" Foods That Cause Disease and Weight Gain By

Dr Steven R. Gundry

Book Summary | The Plant Paradox: The Hidden Dangers In "Healthy Foods" That Cause Disease And Weight Gain What would you do if someone told you that most of what you had believed about health and diet was just plain wrong? The book "The Plant Paradox: The Hidden Dangers In "Healthy" Foods That Cause Disease and Weight Gain" by Dr Steven Gundry points out exactly where and what went wrong with most commonly held views on food, health and diets. He sheds much needed light to dispel the myths about plant based foods, which were believed to be healthy, when they were actually causes of harm for the human body. If you happen to be doing all the exercises and sticking to strict diet regimes but don't seem to be seeing any improvements in health or weight issues, then you would have to pick this book up! Dr Gundry lets you know the REAL cause behind that stubborn weight gain, as well as the whole host of chronic diseases which seem to be plaguing the entire adult population at one point or other. This book holds a detailed, comprehensive summary of the original book by Dr Steven Gundry and it succinctly collates all the important facts into easy-to-remember points for quick and effective understanding of the original work, so that you can hit the ground running and start to see the benefits from the Plant Paradox in the shortest possible time! This book is meant to complement the original book and definitely not to replace it. Within the book, you will find Summaries of Each Chapter Executive Summary of The Book Crucial Facts and Deliverables Condensed Into Key Knowledge Pointers This summary is now available in paperback, audible

audio, and kindle editions. Click On The Buy Now Button To Get Started Disclaimer: This is a summary review of the book "The Plant Paradox" and not the original book.

The Grain Brain Cookbook**More Than 150 Life-Changing Gluten-Free Recipes to Transform Your Health** *Little, Brown*

The authorized companion to the #1 New York Times bestseller Grain Brain, with more than 150 life-changing gluten-free recipes for complete health and vitality. Dr. David Perlmutter's groundbreaking bestseller Grain Brain revolutionized the way we think about our health, exposing the devastating effects of wheat, sugar, and carbs on the brain. By eating the right foods, you can profoundly affect how your brain will be working next year, in five years, and for the rest of your life. The Grain Brain Cookbook presents more than 150 delectable recipes to keep your brain vibrant and your body fit, all while dramatically reducing your risk for - and treating - Alzheimer's, depression, ADHD, and epilepsy, as well as relieving everyday conditions like headaches, insomnia, and forgetfulness. With delicious recipes for every meal -- including Spicy Chicken Burgers with Guacamole, Gruyere-Glazed Pork Chops and Cauliflower "Couscous," and many more -- The Grain Brain Cookbook gives you all the tools you need to build a gluten-free diet full of wholesome, flavorful, easy-to-make meals. What you eat is the most important decision you make every day in terms of your health, and once you've tasted how good the Grain Brain diet can be, you'll want to keep making the right choices day after day.