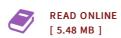




# Summary of Steven R. Gundry s the Plant Paradox: Key Takeaways Analysis (Paperback)

By Sumoreads

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. 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...



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