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Wed, 10 Oct 2018 16:26:00 GMT - Dr Gundry's Diet Evolution: The First 2-6 Weeks Foods you are allowed to eat: What to each at each meal! Protein the size of the palm of your hand (see below for other options)

Dr Gundry's Diet Evolution: The First 2-6 Weeks-

Thu, 11 Oct 2018 07:06:00 GMT - Steven R. Gundry is an American doctor and author. He is a former cardiac surgeon and currently runs his own clinic investigating the impact of diet on health. Gundry conducted cardiology research in the 1990s and was a pioneer in infant heart transplant surgery, and is a New York Times best-selling author of books such as The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause ...

Steven Gundry - Wikipedia -

Fri, 12 Oct 2018 08:38:00 GMT - Lectins are carbohydrate-binding proteins and so are found in most plants and animal life in some version of the lectin category. Maybe not in the fruits or seeds, but certainly in the stems, roots, leaves, muscles, blood, etc.

The Plant Paradox: Are Lectins *Really* That Harmful Or Is ... -

Tue, 20 Feb 2018 10:17:00 GMT - About our mission, Dr Charles Parker. Our CBJ hosting objective is critical: upgrade mind and brain data through informed dialogue with neuroscience experts to build more predictable, more comprehensive, more understandable solutions for you and your family.

210 Lectins & Plant Paradox â€“ Foods & Health â€“ Gundry-

Tue, 25 Sep 2018 08:23:00 GMT - I have signed. In my own small way I have been telling people about the dangers of statins and low fat diets â€“ full of junk- for years. At least my GP seems to have seen the light.

Vendetta â€“ The Tim Noakes affair | Dr. Malcolm Kendrick-

Fri, 12 Oct 2018 00:17:00 GMT - Finding Dr. Gundry's videos recently on my Facebook news feed was a Godsend for me! I'm a 51-year-old female with severe achy joints in my fingers.

Amazon.com: Customer reviews: The Plant Paradox: The ... -

Mon, 16 Jul 2018 15:52:00 GMT - Genius Foods is the result of pure genius, in the form of Max Lugavere! In one wonderfully readable book, Max has distilled usually hard-to-grasp scientific principles into a useable guide to everyday food and lifestyle choices that make maximizing your brain health (not to mention the rest of your body) an enjoyable and easy-to-accomplish daily feat.

Genius Foods | Max Lugavere -

Mon, 31 Dec 2012 23:53:00 GMT - Have questions about gluten intolerance, a gluten free diet or the foods that help improve brain health? In Grain Brain, Dr. Perlmutter offers suggestions on how to fuel the brain properly with

sound nutrition.

Grain Brain by David Perlmutter, MD - Gluten Free Diet ... -

- A ketogenic diet is one in which carbohydrates, and to a lesser extent, protein are restricted in the diet and replaced with fat.

An Introduction: A Ketogenic Diet for Cancer - Caveman Doctor -

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