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# Plant Paradox

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## **The Plant Paradox The Hidden Dangers in Healthy Foods**

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Hidden Dangers in  
Healthy Foods That  
Cause Disease and  
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R Gundry M D  
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Renowned cardiologist  
and best selling  
author Dr Steven  
Gundry joined us live  
to talk about the  
diet that he lays out  
in his book ?The  
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indulgent breakfast  
dishes i've always  
had a favorite ?  
blueberry pancakes  
not only are  
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1 Salad for Breakfast  
Lunch and Dinner  
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you ever wanted to

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just eat salad for every single meal and snack then the Plant Paradox is the diet for you Here s to 1 day under my much tighter belt'

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Learn More Go To <http://gundrymd.com> Randy Alvarez host of The Wellness Hour interviews Board Certified Thoracic Surgeon Dr Stephen Gundry about his'

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