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| Autore | Gundry Steven R. |
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| Sommario/riassunto | 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. From the renowned surgeon and founder of Gundry MD, this 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, seventy delicious recipes, and inspirational stories, Dr. Gundry's easy-to-remember tips will keep you healthy and on course. |