

NEW YORK TIMES BESTSELLER

# THE PLANT PARADOX

THE HIDDEN DANGERS IN “HEALTHY” FOODS  
THAT CAUSE DISEASE AND WEIGHT GAIN



*Steven R. Gundry, MD*

Definition of a  
paradox:

*...a seemingly absurd or  
contradictory statement.*

*Plants (vegetables) are good for you  
and bad for you.*

Dr. Steven Gundry MD is the director of the International Heart and Lung Institute in Palm Springs, California. He was a professor and chairman of cardiothoracic surgery at Loma Linda University. Dr. Gundry changed his focus to curing modern diseases via dietary changes.

Dr. Gundry found that the more fruits he eliminated from a persons diet, the better their cholesterol numbers and kidney function improved. Then he realized the more vegetables with seeds he removed the more weight loss his patients experienced as well as improved cholesterol.



*With Peter Diamandis on  
"How to Optimize your Diet  
for Longevity" (YouTube)*

*Diamandis is the Founder &  
Executive Chairman of the  
XPRIZE Foundation, which  
leads the world in designing  
and operating large-scale  
incentive competitions. He is  
also the Executive Founder of  
Singularity University.*



Plants initial predators were insects so some plants developed lectins that would paralyze any unfortunate bug that tried to dine on them.

As plants were removed from their original areas and brought into North America, the lectins became stronger.

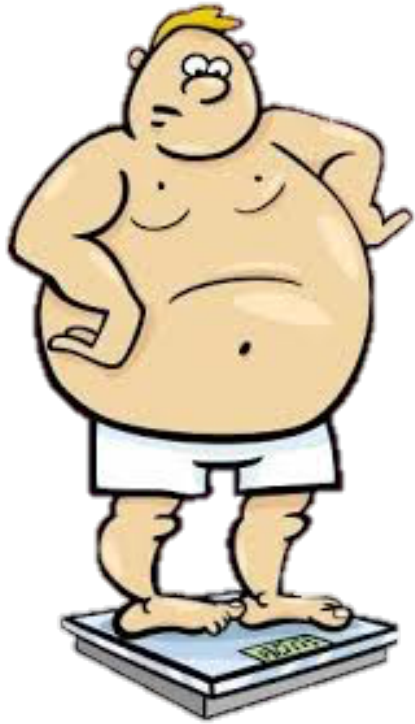
## What is a lectin?



Lectins are plant proteins found in all sorts of vegetables and is one of nature's greatest defenses against any hungry animal (or human being).

Lectins are sometimes referred to as "sticky protein" because of their binding process that interrupts the messaging between cells and cause toxic or inflammatory reactions.

The higher the gut inflammation the lower the immune system which in turn may cause auto immune diseases.



These proteins are found in the seeds , grains, skins, rinds and leaves of plants. Once ingested they incite a kind of chemical warfare in our bodies causing inflammation that can lead to weight gain and serious health conditions.

Now, not all lectins are toxic. But many are, and when you've got a lectin-intolerance, you don't want to ingest any one of these plant proteins, because the consequences can be pretty severe.



Let's say you decide to do your gut a favor and cut out gluten.

It may help, but adopting a gluten-free diet doesn't always fix the problem.

That's because many other kinds of non-gluten grains can contain other types of lectins.

And those lectins can cause painful or uncomfortable physical responses, including:

- Digestive issues
- Leaky Gut
- Bloating
- Nausea
- Gas
- Diarrhea



# Are you lectin sensitive?

Ask yourself:

- Am I experiencing gas, bloating or diarrhea?
- Do I feel nauseous?
- Am I often fatigued?
- Do I seem to have allergic reactions?
- Do I experience a consistent response after I eat (nauseous, headache-y, or breaking out in a rash)?
- Do I feel pain in my joints?

# The "Yes" List

## OILS

- Algae oil
- Olive oil
- Coconut oil
- Macadamia oil
- MCT oil
- Avocado oil
- Perilla oil
- Walnut oil
- Red palm oil
- Rice bran oil
- Sesame oil
- Flavored cod liver oil

## SWEETENERS

- Stevia
- Inulin
- Yacon
- Monk fruit
- Luo han guo
- Erythritol
- Xylitol

## NUTS AND SEEDS

- (1/2 cup/day) Macadamia, Walnuts, Pecans, Pistachios, Pine nuts
- Pecans
- Coconut
- Coconut Cream Hazelnuts

- Chestnuts
- Flaxseeds
- Hemp seeds
- Sesame Seeds
- Hemp protein powder
- Psyllium
- Pine nuts
- Brazil nuts

## OLIVES

- ALL

## DARK CHOCOLATE

- 72% or greater

## VINEGARS

- ALL without added sugars

## HERBS AND SEASONINGS

- ALL (except chili pepper flakes)
- Miso

## FAT BOMB KETO BARS

- Adapt bar; coconut and chocolate

## FLOURS

- Coconut
- Almond
- Hazelnut

# The "No" List

## REFINED STARCHY FOODS

- Pasta
- Rice
- Potatoes
- Potatoes chips
- Milk
- Bread
- Tortillas
- Pastry
- Flours made from grains and pseudo
- Cookies
- Crackers
- Cereal
- Sugar
- Agave
- Splenda
- SweetOne or sunett NutraSweet
- Sweet n Low
- Diet drinks
- Maltodextrin

## VEGETABLES

- Tomatoes (unless peeled, deseeded)
- Cucumbers (unless peeled, deseeded)
- Peas
- Sugar snap peas
- Legumes
- Green beans
- Chickpeas
- Soy
- Tofu
- Edamame
- Soy protein
- Textured vegetable
- All beans including sprouts
- All lentils

## NUTS AND SEEDS

- Pumpkin
- Sunflower
- Chia
- Peanuts
- Cashews

## FRUITS/VEGGIES

- All fruits (except in season fruit)
- Ripe Bananas
- Zucchini



# Sample Meal Plans

## Sample Meal Plans for Phase 1: The Three-Day Kick-Start Cleanse

RECIPES FOR ALL these meals appear on pages 315–324. An asterisk (\*) indicates that the recipe contains chicken or salmon, and that there are vegan and/or vegetarian variations. Recipes set in bold can be found in the recipe section.

### DAY 1

BREAKFAST	<b>Green Smoothie</b>
SNACK	<b>Romaine Lettuce Boats Filled with Guacamole</b>
LUNCH	<b>Arugula Salad with Chicken and Lemon Vinaigrette*</b>
SNACK	<b>Romaine Lettuce Boats Filled with Guacamole</b>
DINNER	<b>Cabbage-Kale Sauté with Salmon and Avocado*</b>

### DAY 2


BREAKFAST	<b>Green Smoothie</b>
SNACK	<b>Romaine Lettuce Boats Filled with Guacamole</b>
LUNCH	<b>Romaine Salad with Avocado and Cilantro-Pesto Chicken*</b>
SNACK	<b>Romaine Lettuce Boats Filled with Guacamole</b>
DINNER	<b>Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”</b>

### DAY 3

BREAKFAST	<b>Green Smoothie</b>
SNACK	<b>Romaine Lettuce Boats Filled with Guacamole</b>
LUNCH	<b>Chicken-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce*</b>

## Sample Meal Plan (Phase 1): Weeks 1 and 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Basic Omelet	High Protein/Low Carb Shake	2 Eggs Scrambled with Farmer's Cheese	Yogurt with Nutty Granola	Dr. G's Koffi-Mocha Freeze	Mushroom Omelet	High Protein/Low Carb Bar
Snack	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds
Lunch	Seed-Sar Salad Topped with Tuna	Caesar Salad (No Croutons) Topped with Tuna, Chicken, or Anchovies	Hamburger Patty Wrapped in Lettuce Leaf, Raw Celery, Carrots, Peppers	Fennel, Artichoke and Proscuitto Salad with Lemon Dressing	Dream of Broccoli Soup, Spinach Salad with Cubed Turkey	Tricolore Cobb Salad	Arugula, Red Pepper and Onion Salad Topped With Ham
Snack	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds	1/4 Cup Raw Nuts/Seeds
Dinner	Chicken Breast, Roasted Cauliflower with Sage, Arugula Salad with Mushrooms	Fettucine Dr. Gfredo, Tossed Green Salad	Simply Grilled Alaskan Salmon, Broccoli, Boston Lettuce and Watercress Salad	Turkey Breast, Brussels Sprouts You'll Eat, Spinach Salad with Mushrooms	Alaskan Halibut, Swiss Chard, Cress "What a Nut" Salad	Chipotle Flank Steak, Asparagus, Grilled Romaine Salad	Chicken Under a Brick, Broccoli, Tricolore Salad



Keto Intensive care plan for  
people with Rheumatoid  
arthritis, cardiovascular  
disease, cancer or  
Parkinson's disease.

# Personal data

Weight Loss

6 pounds

Body Fat

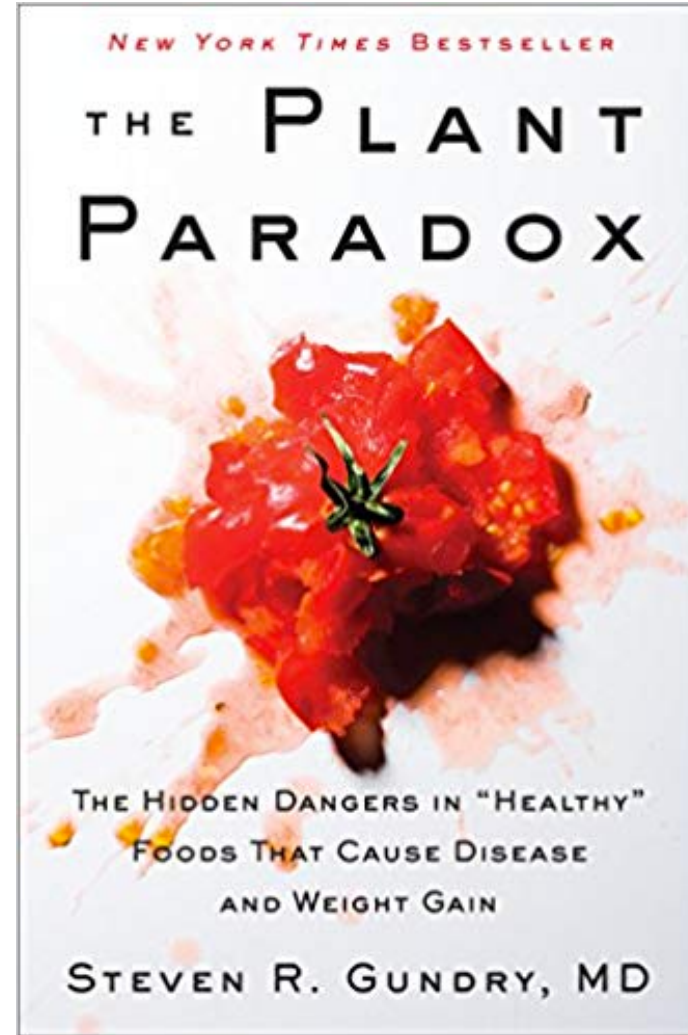
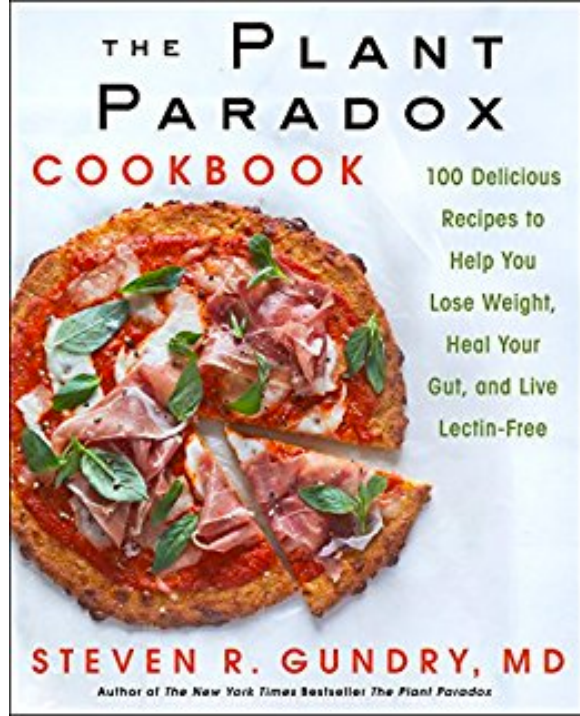
Down 1%  
(21.75 to 20.75)

Fat Loss

2 Pounds

Feeling

Like I'm 9 again







If you don't want to or don't have time to read here's a short cut to the pdf for the plans and recipes.

### [The Plant Paradox - Gundry.pdf](#)

I recommend every body read the book it is very enlightening.