

The Lectin Free Diet Cookbook Simple Easy And Delicious Lectin Free Diet Recipes For Your Instant Pot Electric Pressure Cooker Lectin Free Instant Pot Cookbook

75% Off For BookStores! NOW at \$ 28.95 instead of \$ 36.95! Do you want Simple flavorful Lectin-free vegan food for every occasion? Then Lectin-Free Cookbook is for you. Your Customers Will Never Stop to Use This Awesome Cookbook! (The Book Contains Stunning Color Photography of the Recipes) The Lectin Free diet allows you to enjoy all the previous privileges thanks to its benefits. The Lectin Free diet is inspired by Dr Gundry and it is the diet of the century thanks to its huge benefits for the body. After reading this book, you will learn where the lectins exist in common food, fruit, meat etc. And you will learn how to choose the best foods for reducing inflammation, weight gain and preventing disease. This Lectin free diet book, easy to use, will guide you step by step to start a Lectin free diet. This book is a must for anyone looking to improve his health and to feel better and have more energy every day! When you get the book, you will obtain 110 healthy recipes with: Breakfast Recipes Mains Recipes SeaFood Recipes Poultry Recipes Meat Recipes Vegetables Recipes Snacks Recipes Dessert Recipes This Lectin Free cookbook shares with you 110 healthy food recipes that offers you all the information you need to learn about the Lectin Free diet program. And this book will show you, how to purchase only healthy ingredients. Dr Gundry breaks down Lectin-free eating step by step and shares one hundred of his favourite healthy recipes. In this book, you will find all the seasonal and non-seasonal, delicious recipes that will help you control your autoimmune diseases. Buy it NOW and let your customers get addicted to this amazing book?

This book has been designed to give you the ins and outs of Lectins and how going lectin free will help improve your health. You will find all the details you need to start the lectin free diet and advice on what you can and cannot eat. *IF YOU BUY THE PAPER VERSION YOU GET THE KINDLE VERSION FOR FREE* ??? The Complete Lectin Free Guide ??? This book contains: Diet Plan for A Lectin Free Diet You will learn what is lectin Recipes For The Lectin Free Diet Traditionally Cooked 150 delicious lectin free recipes Recipes For The Lectin Free Diet Using The Slow Cooke Beautiful photos of tasty dishes and recipes Simple and tasty recipes explained step by step Part 1°: Lectin Free Diet: Get insight on lectins, those plant-produced proteins found in tomatoes, nuts, beans, whole grains, and animal products, which often cause inflammation and definitely undermine your weight loss efforts. This eye-opening healthy eating book will treat you to the countless benefits of a lectin-free diet, to boost your healthy diet in the most delicious way. Get access to a large selection of mouth-watering lectin-free recipes, easily prepared the traditional way or in your slow cooker! Part

2°: Lectin Free Cookbook: The Ultimate Cookbook To Welcome You To The Wonderful And Healthy World Of The Lectin Free Diet! It is a proven fact that Lectins are - without a doubt - harmful to consume, and a diet plan that helps avoid them without depriving you of delicious foods will highly benefit your overall wellbeing and prevent autoimmune and inflammatory related diseases The mouth-watering recipes in this cookbook for breakfasts, soups, salads, sides, lunches and main dishes, snacks, desserts, kid friendly food and more, will guide you every step of the way on the road to a successful, well balanced and Lectin free meal.

Education is a key part of adopting, maintaining, and understanding a diet. Inside you will find explanations of what lectins are, how they can hurt your body and weight, what foods they can be found in, and how to avoid them. Are you currently following a Lectin Free Diet or planning to in the near future? Have you found it difficult to have enough variety in your meals to keep you motivated? If the answer is YES, You will get what you really want to know in this Updated Lectin Free Diet Cookbook! Here Is A Preview Of What You can find in the book...- what are lectins and why are they bad for you- What is lectin-free diet and how does it work- Benefits of lectin-free diet- The ultimate guide to lectin-free life- Lectin-free diet pantry staples and seasonings- What to eat and avoid on lectin-free diet- Ways to reduce lectins in everyday life- Top 10 tips to stick to the Lectin-free diet and mistakes to avoid- Your 21 day action plan- Tips to enhance the lectin-free journey- Everything Essential about Instant Pot- Some fantastic advantages of Instant Pot- Amazing Instant Pot tips to follow!

You can feel better, look healthier, increase your energy and lose the excess weight on a lectin-free diet. This book addresses everything you need to know about lectins, how lectins are connected to inflammation many other severe medical conditions and how lectins can be reduced or eliminated in your diet. This book offers 85 delicious, healthy and easy to make lectin-free recipes with a practical kick start guide on what to eat and what not to eat. Each lectin-free recipe has been grouped under the following categories: Breakfast Recipes, Lunch Recipes, Dinner Recipes, Desserts, Beverages, Soups, Salads, Side Dishes and Sauces, Seafood, and Snacks. This lectin-free diet cookbook will get you started on the right path to better health and longevity.

Lectins are a diverse family of various proteins found in all plants and animals (1 Truitt & Surratt). While many lectins are variously normal and functional, some are harmful, and some are less so. However, they seem to be involved in plants' defense against herbivores and their herbivores. The Lectin-Free Diet was developed by Steven Gundry, M.D., a former cardiothoracic surgeon at Cedars-Sinai's Loma Linda University Medical Center and the founder of the Center for Restoring Gut Health in Palm Springs, California. Gundry believes that lectins are responsible for numerous physical ailments, and that they may cause leaky gut syndrome, where holes develop between the cells lining your GI tract. When the holes in your

isn't compromised, then can't inflammation-triggering and blood sugar levels but your body can't keep good things like nutrients. There's strong evidence that leaky gut may be a disease and inflammation, which is often marked by unexplained symptoms like nausea, vomiting and diarrhea. Dr. Steven Gundry coined the term "lectin-free diet." Dr. Gundry is a former heart surgeon who switched his focus to food and supplement-based medicines. He describes lectins as the main danger in the Western diet. He has therefore written a book that provides information on how to avoid lectins, alternative food choices, and recipes. Do you want to know more about the Lectin-free diet? get this book by Sally Smith.

If you want to learn about lectin-free diet and how to prepare healthy and delicious meals that will not compromise your body's immune system, then this book is definitely for you. Lectin is a type of protein that is found in many types of food. While it is used by the plants as part of its defense mechanism, the body sees it as an enemy thus driving the immune system responses of the body. Lectin is highest in legumes and grains. Studies show that intake of lectin-rich foods can cause physiological damage to the intestinal tract thus it is often linked to other diseases such as irritable bowel syndrome and celiac diseases. Lectin is also linked to cancer, diabetes, and obesity. With this alarming information, it is crucial that you think about eating healthy foods that are low in lectin. Following the lectin diet is not rocket science but there are still several facts that you have to remember. Moreover, cooking lectin-free recipes can be tough but if you have an Instant Pot, then this particular diet will definitely be easy to follow. The Lectin-Free Diet Understand What Lectin Is Learn About the Foods with High Lectin Content Benefits of Lectin-Free Diet Lectin-Free Diet Guidelines How to Use the Instant Pot Delicious Breakfast, Main Meals, Side Dishes, Soups, and Snack Recipe Nutritional Information for Each Recipe Make These Delicious Lectin-Free Recipes Potato Cauliflower Curry (Aloo Gobi) Breakfast Pesto Egg Roll Lime-Cilantro Tahini Spaghetti Squash Pasta Lectin-Free Chicken Adobo Stir-Fried Asparagus Coconut Soup Thai Style And so much more!

Do you have an Instant Pot or want to have one? Are you following a Lectin Free Diet or interested in it? Do you want to combine both to have lectin free instant pot recipes, save your time and money, prevent disease, lose excess weight, have more energy and upgrade your whole living? If yes of any questions above, then this book is really 100% for you! The lectin-free diet or the Plant Paradox diet is a diet that eliminates high lectin foods. This diet was founded by Dr. Steven Gundry who suggests that lectins pose a danger to our overall health. Dr. Gundry emphasizes that lectins increase inflammation in the body and causes digestive issues along with other chronic diseases, in addition to weight gain. The Lectin-Free diet cookbook also features the remarkable instant pot, which is the most globally popular appliance of the modern era. The instant pot serves as a multi-use, programmable appliance that can prepare easy and delicious recipes in a matter of minutes. One of the best features of the instant pot is the ability to

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perform up to 7 functions all in a single pot, which includes: Rice cooker, Steamer, Sauté pan, Yogurt maker, Slow cooker, Pressure cooker, Warmer pot. With these seven functions, it will save you time, money, and kitchen space. You can cook just about anything in your instant pot, and it will always taste spectacular. No need to whip out your other cooking pots because all you need is one! In this book, you will find a 14-day Lectin-free diet meal plan, which will help you kick-start the diet. It is recommended that you use this book daily as it contains a set of healthy, delicious, and a variety of recipes that will satisfy your stomach, make you feel better, reduce the risk of cancer, and avoid gaining weight. What are you waiting for? Scroll up to click the BUY NOW button to get this amazing lectin free cookbook! To be healthy, lose weight, and have a confident lifestyle!

Are you familiar with Lectin Free Diet? Do you want to know about the benefits of Lectin-Free Meal Prep Diet? The Lectin Free Meal Prep Cookbook includes: Breakfast Snacks Vegetarian Seafood Poultry Meat Desserts And Much More Don't wait another second to get this life-changing book. Get fit, happy, and stress-free by ordering your copy of Meal Prep right away! It only takes a few seconds - Scroll up and click the BUY NOW WITH ONE CLICK button on the right-hand side of your screen.

Kindle MatchBook: Receive the Kindle Edition for FREE when you buy the paperback edition now! Delicious and easy home cooking to help you stay lectin free does not have to be difficult or take up all of your free time. With the goal of making a healthy lectin free diet more accessible and convenient for everyone, nutrition guru and recipe developer Jordan Blanc combines a personal passion for delicious, healthy lectin free recipes with the favorite appliance of the busy home cook: the Instant Pot. The Lectin Free Instant Pot Cookbook is the first choice for busy home cooks looking for healthy and delicious recipes that are insanely simple to prep and cook. The ultimate Instant Pot cookbook for lectin free recipes, the Lectin Free Instant Pot Cookbook includes: 100 Amazing Lectin Free Recipes for your Instant Pot that your family will rave about An Introduction to Living Lectin Free that fully explains the principles of avoiding lectins and exactly how to achieve a healthy and nutritious lectin free diet without sacrificing enjoyable meals Instant Pot Basics with easy to follow instructions, tips, and tricks for using your Instant Pot! Nutritional Information for Every Recipe so you can easily track exactly what you are consuming Say goodbye to the stress of sticking to your lectin free diet with Jordan Blanc's Lectin Free Instant Pot Cookbook, your go-to resource for making the lectin free diet a successful and enjoyable experience

With the lectin free cookbook, you can lose weight and save time in the kitchen! Millions of people have lost weight and boosted their energy by switching to a lectin-free diet. Inside this book, you will find many delicious and easy-to-follow recipes, including: - Healthy breakfast recipes - Easy fish and seafood recipes - Simple meat recipes - Quick vegan and vegetarian recipes - Delicious soup and stews recipes - Flavored snack and desserts recipes You will learn everything in this book from the science behind lectin, the lectin-free diet, and how to prepare lectin-free meals. This book will serve as your one-stop portal for what you need to learn about the lectin-free diet.

Being on the lectin-free diet doesn't mean that you have to eat boring meals -it's a diet not a punishment. You are supposed to enjoy the diet and that means eating a lot of delicious, mouthwatering dishes that are free of the dangerous, nutrient-killing, human organ-damaging lectins. There's a lectin-free version for every recipe out there, yes, including those meals you loved before you made the decision to embrace the lectin-free lifestyle. But except you're both a nutritionist and a professional chef, you may not really know how to convert many of the

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regular dishes that you are used to, into lectin-free recipes without flouting the rules and principles of the diet. Cooking with the instant pot is a different ball game entirely. The instant pot and lectin-free meals are Siamese twins- it's almost impossible to do the lectin-free diet without an instant pot or a pressure cooker. You know why? Pressure cooking neutralizes the lectins in many foods and makes them safe to consume. So, if you can't imagine living without eating your favorite pinto beans or your potatoes or soybeans, just get the instant pot pressure cooker. With a pressure cooker, you can be free to eat just about anything you desire even if it has tons of lectins in it. In this book you'll find over 100 delicious but easy to cook lectin-free recipes that you can cook in your Instant Pot. You'll also learn: -The Importance of an Instant Pot Pressure Cooker on a Lectin-free Diet -Lectin-free Pantry Shopping List/Checklist for The Lectin-free Diet (What to buy, replace or substitute) -Lectin-free Chicken Recipes -Lectin-free Beef Recipes -Lectin-free Pork Recipes -Lectin-free Seafood Recipes -Lectin-free Beans and Veggies Recipes -Lectin-free Noodle and Zoodle Recipes -Lectin-free Breakfast Recipes and much more.

"Great cookbook with lots of easy and yummy recipes." - Jessie K, 5-star review "Following this diet has been a tremendous step towards a great body change!" - Kelsie R., 5-star review With The Easy Lectin Free Instant Pot Cookbook, you will feel amazing, lose weight and save time and efforts in the kitchen! Many people have claimed that following a lectin-free diet has helped them decrease inflammation, lose weight and boost their self-confidence. If you're someone who struggles with "leaky gut" issues or if you're struggling to lose weight, this is a less invasive option you'll want to consider. Now, you can join them, and reclaim a quicker and easier way to end your troubles and the toxic food. This Instant Pot Lectin Free Cookbook is a great way to bring a lectin free diet to the Instant Pot, USA's #1 best-selling electric pressure cooker. Inside it, you will find lots of easy, simple and healthy Instant Pot recipes that will help you follow the lectin free diet without having to sacrifice your favorite foods. In this Instant Pot Lectin Free Cookbook, you will find: Clear recipe instructions and only the best recipes that will take the all the hassle out of the way when cooking these Instant Pot Lectin free recipes in your electric pressure cooker. Simple, Easy, Healthy and Delicious recipes-because you deserve a lectin free cookbook that doesn't add unnecessary complexity in your life. Prep and cooking times, so you can always calculate how long it would take you to cook the recipe from This Instant Pot Lectin Free Cookbook. Get a copy of this Instant Pot Lectin Free book now and start your journey to happiness and a better life!

"This book really help me understanding the concept of lectins and how bad these were affecting my body, great information. Thanks Regina!"-Brittney M., 5 stars Review have you really think about dump lectins? how beneficial can be for you? and what about the diet... is it really the key to finally lose weight?.. those are some of the topics that I'm going to discuss in this book, and you may be interesting, just as a quick example, a pure lectin: Ever ??k why you d?n't see gr?w r?d k?dn?? b??n??... As few as f?ur ?r five ?rud? b??n? can trigger ??d? effects tha put you and your health in high risk. So Today, I want to motivate you to get this e-book for just \$0.99. Regularly priced at \$5.76Read on your PC, Mac, smart phone, tablet or Kindle device.You're about to discover some really important facts about this trend diet that you never thought just like: if lectins ?r? a kind of ?r?t??n, why our body fr??u?nt! d?l?v?r ?nt?b?d??? t? th?m? The answer is simple we can't ?r????? lectins but not all lectins are bad, no no no!...wh?!? num?r?u? k?nd? ?f l??t?n? ??u?? negative r????n??? ?n th? body, th?r? ?r? l?k?w??? w?llb??ng advancing l??t?n? that ??n d?m?n??h r?t? ?f specific illnesses. Moreover, th? b?d? ut?!z?? l??t?n? t? accomplish num?r?u? fund?m?nt?! ?????t???, including cell t? cell adherence, ?n??nd??r? b?l?n?? ?nd modified cell ?????ng, but this are some of the things that you will learn from this book. here is a view to some topics including in my book: Pr?du?t? ?f the ???l th?t contain lectins D?v?ur?ng a Lot ?f L??t?n? Can Be D?tr?m?nt?! F??d? t? ??t Foods to ?v??d Ov?r?x??ur? t? L??t?n? Can Tr?gg?r Aut??mmun? D????? Y?u C?n R?m?v?

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Lectin Free Diet Cookbook by C. Gundry MD Your Food Dose, Sprout and Farm to Market Them Safer and much more great content so don't doubt it! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99! Tags: Dieting, The Paradox, Lectin Free Cookbook for beginners, Weight Gain, Lectin free Foods, Feel Better, Reduce Inflammation, Prevent Disease, lifestyle guide

****Limited Time Offer**** - Kindle Matchbook: Buy Paperback, Instantly Get the Kindle Edition FOR FREE. Take advantage of this offer while it lasts. **WARNING:** Lectins are a type of protein found in plants, and some animal proteins that studies have shown contain a number of negative effects. Some of the biggest lectin offenders are foods like legumes, beans, tomatoes and whole grains. When lectins build up in the body they can negatively impact it in a wide variety of ways including things like an increased risk of chronic disease or chronic indigestion. If you are interested in learning more about this little-discussed protein and how it may be ruining your life, then Lectin-Free Cookbook: Delightful & Delicious Lectin-Free Recipes is the book you have been waiting for. Inside you will find more than just delicious and nutritious meals that keep you full, happy and lectin-free throughout the day, you will find a complete breakdown of the lectin-free diet, including why you should sit up and take notice. So, what are you waiting for? Take control of your diet in a way you never thought possible and look and feel better than you have in years, but this book today! Inside you will find recipes such as: Granola cakes Pumpkin spice pancakes Fruit Souffle Sausage Risotto Ravioli and pesto Curry with Pineapple Chicken and blackberry mustard Butternut and Chard Soup Stuffed poblano peppers Pesto with parsley and cilantro Braised carrots with kale Chickpea trail mix Balsamic strawberry sauce Chocolate cherry cupcakes And more... The Perfect Dinner is Only 1 Click Away! Scroll up, Click on "Buy Now with 1-Click" Button and Get Access to the Most Delicious Lectin-Free Recipes!*

From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his *Plant Paradox* program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

The Lectin Free Cookbook Easy and Fast Lectin Free Recipes for Your Instant Pot Electric Pressure Cooker *The Living Well Without Lectins Cookbook* 125 Lectin-Free Recipes for Optimum Gut Health, Losing Weight, and Feeling Great Harvard Common Press **LECTIN FREE DIET RECIPE COOKBOOK** The absolute guide to lectin free diet cookbook tips and technique on how to prepare various snacks and meals using your plant Lectins are proteins found mostly in vegetables and grains. The lectin free diet is getting popularity and lots attention because of ongoing media attention and a few related eating routine books hitting the market. This guide tells you in details everything you need to know about lectin free diet, if they are good or bad to the human health, food to eat without lectin diet, dietary lectins, how to reduce lectins in our meal, and most Alfred walter who is familiar with different plant and a

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nutritionist uses them to create various recipes for anyone dealing with a limited diet and want to eat healthy. With this guide, you'll learn how prepare vegetable latkes and lots of healthy vegetable meal, and what to eat and what not to, in other to stay fit and healthy. **CLICK BUY TO GRAB YOUR COPY NOW!!!**

Explains what your body is "thinking" and tells you why your genes actually want you to be fat, and that by deactivating these "killer genes," you can reprogram your body for the health, life, looks, and longevity you desire. Reprint.

Avoid the secretly dangerous proteins hiding in your favorite foods! You know to avoid gluten. But gluten is just the most well-known source of the plant-based protein called lectin, which causes inflammation, weight gain and serious diseases. And while it isn't possible to eliminate lectin from your diet altogether, with smart food choices, you can eat healthy while greatly reducing how much lectin you consume. This easy-to-use cookbook features 150 recipes that are not only nutrition packed and great tasting, but carefully avoid foods that are particularly high in lectin, including legumes, grains, dairy and nightshade plants such as tomatoes, potatoes and eggplant. The recipes include: • Cilantro Ginger Chicken • Coconut Shrimp • Peppercorn Beef and Broccoli • Smoky Sweet Potato Soup • Apple Cinnamon Pancakes • Maple Chocolate Torte • Parsnip Fries with Hazelnut Picada

?? Do you want to lose weight quickly and save time in the kitchen? ?? Do you want to reduce the number of lectins you eat? Do you find it hard to find 60+ great time and money saving recipes that are lectin-free but still provide great taste? Lectins are present almost every food and are almost impossible to avoid completely, but for some people cutting down on the foods that are high in lectins is a good idea and can promote better health as a result. Millions of people have lost weight and boosted their energy by switching to a lectin free diet. In The Lectin Free Cookbook, you'll find: How food affects your body What lectins are What glutes are Why the lectin free diet is useful More than 60 lectins free recipes (fast recipes, recipes for beginners, advanced recipes...) Simple and step by step recipe instructions With a lot of sumptuous recipes to choose from, suitable for vegetarians, vegans and meat eaters alike, you will never be stuck for something tasty, no matter what day of the week it is. With The Easy Lectin Free Cookbook, you're only an instant away from fast and easy lectin free recipes your whole family will love. Already thousands of people have successfully followed the lectin free diet and the results for 87% of them are just outstanding. So, are you ready to start a new healthy way of life? Download This Book Today and Break Free From the Diet Trap! Scroll Up and Click the Buy Now Button to Get Your Copy!

Lectin-free diet is called many names; low-lectin diet, bulletproof diet, plant paradox diet, and lectin avoidance diet. As the name implies, the diet limits intake of high lectin foods. Dr. Steven Gundry, who made the diet popular, found lectins are dangerous in the American diet. In his book, The Plant Paradox Cookbook, he teaches readers how to limit lectins and opt for healthier choices instead. According to Dr. Gundry, this diet can improve overall health and avoid gaining weight. Lectin-free diet limits, or avoids entirely, high lectin foods such as carbs, pasta, grains, quinoa, uncooked legumes, unpeeled and unseeded nightshade vegetables, and dairy products. Lectin-free diet promotes healthy whole foods, such as kale, mushrooms, cauliflower, broccoli, asparagus, nuts, and seeds, organic pasture-raised meats, wild-caught fish, and seafood. The lectin-free diet is all about limiting the amount of lectin in the body to reasonable levels as a means of preventing inflammation from developing due to prolonged exposure. Chronic inflammation is known to lead to everything from arthritis, to cancer, to even death. Before the discovery of Lectins, Glutes were perhaps one of the most controversial entities that often force people into debates of whether it was good or bad. There is a powerful connection between Glutes and Lectins! But before establishing and explaining that, I do believe that it is essential for you to have an understanding of what "Glutes" actually are. Strictly speaking, Glutes are a family of protein found in grains such as barley, wheat, rye,

and spelled! Perhaps the most common Gluten contain grain that we mostly consume is Wheat. When flour is mixed up with water, Gluten is responsible for the texture that you get. This glue-like property helps the dough to be elastic and allows bread to rise when baked. However, it seems that there is a large chunk of the population who are unable to tolerate gluten. While most people can digest it just fine, others tend to suffer from various diseases such as wheat allergy, inflammation, irritable bowel syndrome, celiac diseases and so on. This book includes: - An Introduction to the Lectin Free Diet - The Benefits of the Lectin Free Diet - Breakfast and Main Dish Recipes! - Meat and Vegetable Recipes! - Snack and Dessert Recipes! - Over 150 delicious and healthy recipes to choose from! - And much more!! While Lectin is found in almost all parts of the plants, the "Seeds" are the ones that humans tend to consume the most and are considered to be one of the original ways through which humans are exposed to Lectins. According to various recent studies, it has been found that Lectins are incredibly toxic to the human body. Press the buy now button and let's start cooking!!

Buy the Paperback version, and get the Kindle eBook version for FREE!!! Do you want to reduce the number of lectins you eat? Do you find it hard to find 300 great recipes that are lectin-free but still provide great taste? This book provides you with everything you'll need! Lectins are present almost every food and are almost impossible to avoid completely, but for some people cutting down on the foods that are high in lectins is a good idea and can promote better health as a result. Inside the pages of this book you will discover the benefits of following a lectin-free diet which encourages the absence of foods that are high in lectins, such as grains and conventionally-raised meat and poultry. And if that sounds like hard work there are also a range of delicious recipes for you to try, such as: Cassava flour pancakes Moroccan broccoli chicken Italian mushroom roast Cuban beef Basil scallops Sweet potato with spicy guacamole Simple chocolate mousse And many more... With dozens of sumptuous recipes to choose from, suitable for vegetarians, vegans and meat eaters alike, you will never be stuck for something tasty, no matter what day of the week it is. Get a copy now and see how a lectin-free diet could lead you to a healthier way of eating!

"I read this book... it worked. My autoimmune disease is gone and I'm 37 pounds lighter in my pleather." --Kelly Clarkson Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the "gluten-free" foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive

distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

Get now the ultimate lectin free cookbook, inside you will find a collection of easy and delicious lectin free recipes. Lose weight, live healthy! Get the best of lectin free diet, lectin free food list, & lots of lectin-free plant paradox recipes for your instant pot. Get today the best 74 Lectin free recipes plus easy recipes to cook under 30 minutes all in one bundle. Lose weight while eating delicious meals! With *The Lectin Free Cookbook*, you can lose weight and save time in the kitchen! Millions of people have lost weight and boosted their energy by switching to a lectin free diet. Now, you can find quicker, easier, more delicious lectin free recipes in *The Lectin Free Cookbook*, which harnesses the power of the Instant Pot to make lectin free cooking easy and fast. Electric pressure cookers like the Instant Pot have the unique ability to destroy most of the toxic lectins found in foods like beans, tomatoes, and potatoes, which can cause weight gain, inflammation, brain fog, and leaky gut. *The Lectin Free Cookbook* is the first cookbook to bring a lectin free diet to the Instant Pot, America's #1 bestselling electric pressure cooker. In it, you'll find a one-stop resource, full of healthy and fast Instant Pot recipes that make it easy to adapt your favorite foods to a lectin free diet. With *The Lectin Free Cookbook*, you're only an instant away from fast and easy lectin free recipes your whole family will love. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming.

All you have to do to stay healthy is to eat fewer carbs, stay away from sugar, and have a lot of organic vegetables and plants, and exercise regularly, right? Wrong! I'm sorry to be the one to break it to you but some of the 'healthy' plants and vegetables you are consuming are making you sick. You're probably having the exact reaction I had when I first heard of the *Plant Paradox* diet right now. Personally, I was tired of diets - I hated them. This one comes and says "Stop eating carbs, they're killing you" While you're still doing the victory dance, happy to have conquered your love for carbs, another one comes and says "Fats are the enemy, eat carbs but ignore fats" Truth is, if we wanted to listen to all the 'professionals' who have 'discovered' something 'dangerous' about the traditional human diet, you and I will probably just stick to eating stones. So when I heard about the plant paradox thing, I just hissed it off. Until I saw a recent photo of Kelly Clarkson next to an interview that she did. She was looking so slim and very beautiful. The interview was about how she lost all the excess weight so naturally, I was interested. She was crediting this same *Plant Paradox* thing for her weight loss - of course; all my paid sponsorship sponsors went up. But something caught my eye (or should I say captured my heart) in the interview, and led me to give the *Plant Paradox* diet a try. She talked about the fact that many people are on supposed healthy diets, for years in fact, following all of the

rules strictly, and still never losing any significant weight, just a few pounds every now and then. She was describing me! Sometimes the scales would even go up after a whole week of following all of the rules and you're almost screaming at the scale "You bloody liar! How could I have gained 2 pounds when I didn't have any carbs or desserts this week?" At that point I had to agree that maybe she was right- maybe Doctor Gundry was right- maybe the so-called healthy foods are not so healthy after all. I decided to try to 3-day cleanse and because I lost 3 pounds in 3 days, I decided to follow through with the diet. Today, I am 35 pounds lighter and my arthritis? Gone! Completely! I have since dedicated my time to letting people know about this amazing diet. Well, it's not a diet for me but a lifestyle change and I hope that you too can make this lifestyle change because the key to the quick and sustainable weight loss and better health that you're seeking may lie with getting rid of the fat-promoting, gut-irritating, cancer-causing, diabetes-inducing, inflammatory protein called Lectins from your diet. In this book, you'll learn: -What Lectins are and How they Attack your Body-How Lectins Make you Fat and Hungry all The Time-The Diseases Lectins Cause-What a Lectin-free Diet Can Do For Your Weight and Health-How to Kickstart a Lectin-free Diet (Plant Paradox Diet)-30-Day Lectin-Free Menu Plan-63 Delicious Lectin-Free Recipes including Breakfast, Lunch and Dinner Recipes

LECTIN FREE RECIPE LOOKS DELICIOUS. Beautiful photos help you to choose the most mouth-watering ones. There is something for everyone in the Lectin Free Recipe Cookbook, a guide that makes lectin free cooking simple and fun. Using your home pressure cooker, you will become a master at the grain free cooking. This lectin free diet book is suited to all skill levels, from true novices to the most seasoned chefs. In addition to the Lectin Free Cookbook for your electric pressure cooker, you will find: WHAT TO EAT & WHAT TO AVOID. Valuable information about the lectin free diet and the list of allowed lectin free food will correct your menu. EAT TASTY & LOSE WEIGHT. 50+ delicious lectin free recipes for your healthy body. There is nutritional information for every gluten free recipe (grain free recipe, anti inflammatory recipe). COOK IT EASY. Clear & exhaustive instructions for your instant pot provided no-fuss lectin free cooking. THEdition to an overview of the basics of the lectin free diet. The next time you sit down at your dinner table, look around. How much pride do you feel for the meal that you have created? Unless your answer is "a lot," you can do better, and this is the gluten free diet for beginners that can help you. You can use these easy lectin free recipes for the grain free diet, gluten free diet, and anti-inflammatory diet as well.

Lectin-free diet is called many names; low-lectin diet, bulletproof diet, plant paradox diet, and lectin avoidance diet. As the name implies, the diet limits intake of high lectin foods. Dr. Steven Gundry, who made the diet popular, found lectins are dangerous in the American diet. In his book, The Plant Paradox Cookbook, he teaches readers how to limit lectins and opt for healthier choices instead. According to Dr. Gundry, this diet can improve overall health and avoid gaining

weight. Lectin-free diet limits, or avoids entirely, high lectin foods such as carbs, pasta, grains, quinoa, uncooked legumes, unpeeled and unseeded nightshade vegetables, and dairy products. Lectin-free diet promotes healthy whole foods, such as kale, mushrooms, cauliflower, broccoli, asparagus, nuts, and seeds, organic pasture-raised meats, wild-caught fish, and seafood. The lectin-free diet is all about limiting the amount of lectin in the body to reasonable levels as a means of preventing inflammation from developing due to prolonged exposure. Chronic inflammation is known to lead to everything from arthritis, to cancer, to even death. Before the discovery of Lectins, Glutens were perhaps one of the most controversial entities that often force people into debates of whether it was good or bad. There is a powerful connection between Glutens and Lectins! But before establishing and explaining that, I do believe that it is essential for you to have an understanding of what "Glutens" actually are. Strictly speaking, Glutens are a family of protein found in grains such as barley, wheat, rye, and spelled! Perhaps the most common Gluten contain grain that we mostly consume is Wheat. When flour is mixed up with water, Gluten is responsible for the texture that you get. This glue-like property helps the dough to be elastic and allows bread to rise when baked. However, it seems that there is a large chunk of the population who are unable to tolerate gluten. While most people can digest it just fine, others tend to suffer from various diseases such as wheat allergy, inflammation, irritable bowel syndrome, celiac diseases and so on. This book includes: An Introduction to the Lectin Free Diet The Benefits of the Lectin Free Diet Breakfast and Main Dish Recipes! Meat and Vegetable Recipes! Snack and Dessert Recipes! Over 150 delicious and healthy recipes to choose from! And much more! While Lectin is found in almost all parts of the plants, the "Seeds" are the ones that humans tend to consume the most and are considered to be one of the original ways through which humans are exposed to Lectins. According to various recent studies, it has been found that Lectins are incredibly toxic to the human body. These harmful proteins tend to cause widespread inflammation all around the body, which leads to severe various side effects including, but not limited to unwanted weight gain, fogginess, and digestion issues and so on. Anyways there are lots of things left to say about the Lectin Free Diet Cookbook but let's stop talking about it and start cooking! So, why don't we get started and learn more about the Lectin Free Diet? Press the buy now button and let's start cooking!

Are you looking to live a TRULY lectin free lifestyle, all through the comfort of your instant pot? The benefits of going lectin-free have been well documented - however, being a relatively new diet trend, there aren't many instant pot cookbooks for lectin-free dieters. And certainly, very few that are truly lectin free.... So, your problem: you want great tasting, affordable recipes, but haven't found anything NEW or truly lectin free. I can relate. After adapting to a lectin-free lifestyle in July 2017, I found it very hard to find lectin-free instant pot recipes - and when I did buy any cookbooks claiming to be lectin free, they weren't! And

that is exactly what made me write the Lectin Free Instant Pot Cookbook. After hours and hours of recipe making and research, I finally came up with a whole cookbook worth of handpicked lectin-free recipes that I've finally decided to share! These recipes have allowed me to reduce lectins in my diet, but also help me noticeably cut down my weight and not have to worry about digestive and inflammation issues - One of the ONLY truly lectin-free cookbooks - 45 affordable, great tasting instant pot recipes - Secret instant pot tips you won't find online - Simple hacks to reduce lectins in foods - Simple foods you can replace to become lectin-free Two main concerns you may have right now: Are these recipes truly lectin free? And are these recipes easy and affordable to make? The answer to both: ABSOLUTELY. I created all my recipes to suit my own lifestyle, a hectic and budget friendly one! Each recipe has been designed with speed and affordability in mind, with no expensive or exotic ingredients you'll likely never own. And yes, it taken me many hours to find recipes that are lectin free, but its been worth it! You'll get a huge selection of meat recipes, vegetarian recipes, seafood recipes, egg recipes, desserts and more! Unlike other lectin cook books, the recipes are laid out with simple instructions, simple ingredients and my own touch of friendly writing style. Other cookbooks simple don't care, and that's exactly why they can afford to shove in hundreds of recipes that ARE NOT lectin free or aren't even viable for instant pots. So, go ahead, don't wait a second long to get started or continue your lectin-free lifestyle and scroll up and BUY NOW. If you want to stop unexpected bloating, get rid of inflammations, eliminate indigestion and get ride of excess fat then keep reading...

Millions of people say they feel better when they eat lectin-free. Here at last is the cookbook that makes lectin-free cooking fun and delicious! For people who take their health and well-being seriously, gut health is a top priority. Optimum gut health means more than just a well-working gastrointestinal tract. It means you have more energy, you simply feel better, and, not least, you're not gaining unwanted pounds. Among diets that address gut health, lectin-free is the fastest-growing, mainly because following it means your intestines absorb more nutrients and your gut is populated by fewer bad bacteria. Its many adherents range from people with specific disorders, like irritable bowel syndrome (IBS), diabetes, rheumatoid arthritis (and other autoimmune disorders), and "leaky gut," to people who simply feel better without lectins. Easier weight loss or weight maintenance is an added benefit! Claudia Curici is the talented writer and photographer behind the pioneering lectin-free blog Creative in My Kitchen. The 125 nourishing and imaginative recipes she has created for this book are all sugar-, grain-, and lectin-free, and they are delectable and easy to make. Many are dinnertime main courses, from Chicken Coconut Soup with Shiitakes and One Beef Kebab Platter to vegetarian options like Cauliflower Gratin with Pecans and Healing Vegetable Soup with Kale and Broccoli. There are lectin-free superfood smoothies, too, among other drinks and snacks, along with soups, salads, sides, and even desserts, including an opulent but easy Lectin-Free Chocolate Strawberry

Birthday Cake. Nourish and protect your gut with these diverse and delightful dishes!

Most people don't know or understand that lectin is found in practically all our food and that it can be harmful to your gut and can create or make worse diseases such as diabetes, cancer, chronic digestive conditions, and rheumatoid arthritis. Have you tried to lose weight and diet, see some success, and then see your weight stall or you begin to gain it back? The possibility is that lectins have worked their way into your body and what they're doing is obstructing your ability to absorb food properly, leaving you to feel hungry more often. Yet, there is something that you can do about it and begin to get your body's digestive system back on track and actually see the weight that you want to lose come off. There is so much to learn about how lectins can be harmful and how you can change the way you eat to ward off their ill effects

How would you like to be on a lectin-free diet that helps you lose weight? The plant paradox diet is proven to help in the weight loss process and to also help prevent the intake of harmful substances into the body from the consumption of plant produce. Lectin is a protein found in most foods, and it is in high amount in legumes, pulses, vegetables, whole grains, and fruit. According to Dr Steven Gundry, gluten, which is a protein found in barley rye, wheat and triticale - is a kind of lectin. A lot of scientific research has proven that inflammation is the primary cause of chronic diseases. So it's no doubt that a diet was introduced to tackle this. The primary benefit that the Plant Paradox Diet offers is that it lowers inflammation. So, how does the Plant Paradox Diet reduce inflammation? It gets rid of lectins, a protein usually found in many vegetables and fruits, in your diet, which Dr Steven Gundry says are consumable enemies. Lectins are one of the defence techniques used by most plants to scare away humans and predators from consuming them. Weight loss There are lots of testimonies of individuals that lost weight from the Plant Paradox Diet. Most of them say that it's not just the removal of lectin content in the diet but the absolute mindfulness and healthful eating that brings about weight loss. Autoimmune improvement Past research proved that a diet rich in lectins might cause autoimmune diseases like celiac, Crohn's disease, diabetes and rheumatoid arthritis. Thus, the advantages of going on the Plant Paradox Diet and avoiding lectins include a reduced chance and better control of chronic disease and autoimmune disease The book "The Complete Plant Paradox Cookbook: Amazing Quick and Easy Lectin-Free Recipes to Help You Lose Weight and Heal Your Gut with 30 Days Meal Plan" is your complete plant paradox guide that helps you to lose weight fast and also to be mindful of plants that contain lectin which is produced by the plant and harmful to the human body. Here are what you will discover in this book: Delicious recipes on the plant paradox diet How the plant paradox diet can help you lose weight Who is this book for: This book is for individuals that are so eager to lose weight and also for people who want to improve their quality of life. Frequently Asked Questions: Does this book contain lectin-free recipes? This book contains

a list of ingredients and directions on how to prepare delicious lectin-free meals. As a beginner, can I follow this diet? This book is a well-detailed guide for everyone with easy to follow tips for beginners. Can I lose weight by being on the plant paradox diet? The plant paradox diet is the perfect diet that can help you lose weight in the quickest possible time, and this book contains all there is to the plant paradox diet. How can I get this book? You can get this book by scrolling up and clicking on the "Buy now with 1-click" button at the top of the page. You have an 100 percent money back guarantee if you don't like this book, or it doesn't meet up to your expectations.

Aspire to be healthier, feel vivacious, look good, and become happier with Annabelle Lee's 130 recipes and "simple gal" advice. America is sick, confused, and addicted to fake foods, but there's nothing fake in author Annabelle Lee's kitchen. She goes beyond paleo and gluten-free and shows you how to live a quick, easy, and delicious real food lifestyle with recipes that combine fat-burning and nutritious ingredients to create both sweet and savory dishes, while maintaining traditional tastes and textures. Recipes include: Broccoli Gnocchi with Cheesy Pumpkin Sauce Bacon & Eggplant Carbonara Veggie Wraps Old-Fashioned Pie Crust & Pastry Dough German Chocolate Cake When Lee began experiencing painful, auto-immune symptoms and a little pudge in her belly, she embarked on a path that led to discovering how to make incredible breads, wraps, comfort foods, and desserts unlike any others with ingredients such as nuts, coconut, sweet potato, zucchini, and various other fruits and vegetables as well as alternative, whole food flours. Filled with beautiful, vibrant photos, this book is also full of healthy and readily available ingredients, and kitchen time is simplified by her creative, everyday use of a blender!

Kindle MatchBook: Receive the Kindle Edition for FREE when you buy the paperback edition now! Humble, healthy home cooking to help you stay lectin free does not have to be difficult or demand all of your free time. With the goal of making a healthy lectin free diet accessible and convenient for everyone, nutrition guru and recipe developer Jordan Blanc combines her personal passion for delicious, healthy lectin free recipes with the favorite appliance of the busy home cook: the Instant Pot. The Lectin Free Instant Pot Cookbook is the first choice for busy home cooks looking for healthy and delicious recipes that are insanely simple to prep and cook. The ultimate Instant Pot cookbook for lectin free recipes, the Lectin Free Instant Pot Cookbook includes: An Introduction to Living Lectin Free that fully explains the principles of avoiding lectins and exactly how to achieve a healthy and nutritious lectin free diet without sacrificing enjoyable meals Instant Pot Basics with easy to follow instructions, tips, and tricks for using your Instant Pot! Dozens of Amazing Lectin Free Recipes for your Instant Pot that your family will rave about Nutritional Information for Every Recipe so you can easily track exactly what you are consuming Say goodbye to the stress of sticking to your lectin free diet with Jordan Blanc's Lectin Free Instant Pot Cookbook, your go-to resource for making the lectin free diet a successful and

Get Free The Lectin Free Diet Cookbook Simple Easy And Delicious Lectin Free Diet Recipes For Your Instant Pot Electric Pressure Cooker Lectin Free Instant Pot Cookbook enjoyable experience!

From the New York Times bestselling author of *The Plant Paradox* comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of *The Plant Paradox* in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In *The Plant Paradox Family Cookbook*, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. *The Plant Paradox Family Cookbook* includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, *The Plant Paradox Family Cookbook* will help the whole family experience the incredible benefits of the Plant Paradox program.

Losing weight sucks right? Not really, here's a delicious way to get started...?? Buy the Paperback and Receive the eBook for FREE?? Most people don't know or understand that lectin is found in practically all our food and that it can be harmful to your gut and can create or make worse diseases such as diabetes, cancer, chronic digestive conditions, and rheumatoid arthritis. Have you tried to lose weight and diet, see some success, and then see your weight stall or you begin to gain it back? The possibility is that lectins have worked their way into your body and what they're doing is obstructing your ability to absorb food properly, leaving you to feel hungry more often. Yet, there is something that you can do about it and begin to get your body's digestive system back on track and actually see the weight that you want to lose come off. Although everyone is different, this book is beneficial for all, both men and women, and children as well. The book is designed to provide you with recipes that you can easily make over a 21-day period providing you with meals from breakfast through dinner as

well as snacks and desserts. There is so much to learn about how lectins can be harmful and how you can change the way you eat to ward off their ill effects. Here are a few highlights to mention: What lectins are and how they interact with the cells in your body and why it is important to understand the damage this can do to our gut. How certain foods, when not cooked carefully and thoroughly, can be extremely harmful, actually toxic to your gut, and that those toxins have been found in the foods we've always thought to be "healthy." How the lectin-free diet, created by Dr. Steven Gundry, a former cardiothoracic surgeon, has people losing weight and overcoming or having better maintenance of their illnesses that have been affected by lectins. Why eating omega-3 eggs and sweet potatoes are extremely important for heart health and the immune system That you are actually encouraged to eat one ounce of dark chocolate a day! That lectins cause inflammation in the body, the main cause related to many diseases such as cancer and diabetes That you may not even know you are affected by lectins and have always felt the way you do, not knowing that you can feel better That the recipes found in this book have been created by people just like you who wanted to lose weight, feel better physically, and enjoy what they eat And much more..... This book will be a valued part of your life. Don't wait any longer! Scroll up and click the buy now button to begin your journey!

Are you aware that seemingly 'healthy' foods like tomatoes, beans, or some other vegetables could be the cause for your inflammation, weight gain, brain fog or leaky gut? In this day and age, the public knowledge about gluten intolerance and its harmful effects on the individuals affected like fatigue, feeling tired, brain fog, dizziness, digestive problems or inflammation is broad and continuously growing. But did you know that Millions of people all over the world could unlock tremendous potential and cure a lot of illnesses by simply avoiding another, way more unknown and secret protein, lectin? Astonishingly, Dr. David Freed already warned us in 1999 that many lectins are (a) toxic, inflammatory, or both; (b) resistant to cooking and digestive enzymes; and (c) present in much of our food. The study was published in the British Medical Journal under the headline 'Do dietary lectins cause disease?'. Despite these early assumptions, clear and precise guides to help and cure people suffering from lectin-related health issues were practically nonexistent. That is exactly why this guide was carefully written, to spread the knowledge about these kinds of proteins and their potential effects and viable solutions and treatment in the public domain. In 'Lectin Free Diet' you'll discover: 3 powerful but little-known facts to INSTANTLY decrease your lectin intake without suffering or giving up your favorite meals (you can start today!) The exact formula to identify if you are lectin sensitive and if your health problems could be caused by Lectin One secret trick to make even high-lectin food totally safe to eat. A handy quick guide to implement every step the fastest and most convenient way into your daily life The latest facts and scientific findings explained in an easy to digest manner - so that you can become an expert in lectin without any medical background or prior knowledge 3 common

myths busted regarding Lectin intolerance! Plus 1 essential truth you don't want to believe - but should (this could reduce the chance of becoming lectin sensitive dramatically) Why a recent study identified these 10 supplements as potentially necessary for you. And the things you definitely don't need, too The absolute worst 5 foods you might be eating currently that could cause you tremendous harm (avoid these at all costs if you want to be cured quickly!) and tasty replacements And much, much more! Even if you have already tried everything else without success, the extensive advice and treatments in this guide will provide you with new and different angles to tackle even seemingly 'unrelated' problems like gut issues, autoimmune diseases, overweight or skin problems. 'Make food thy medicine and medicine thy food' - Hippocrates. By relying on the latest scientific research from international experts, 'Lectin Free Diet' is able to identify the exact disease and offer all the solutions available so you can choose the most fitting for your individual case. The comprehensive guide follows you every step from diagnosis to in-depth explanations of its effect on the body to a shopping guide, supplements to support your diet and much more. In fact, some of the treatments and methods sound downright strange or ridiculous to a non-professional - but time and again, the evidence shows clearly that it works. Even applying only one or two tricks inside could result in a remarkable improvement of your well-being. So if you want to finally access the solutions your doctor doesn't know and improve your health dramatically with just one single concept, click 'Add to Cart' now!

From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in The Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

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