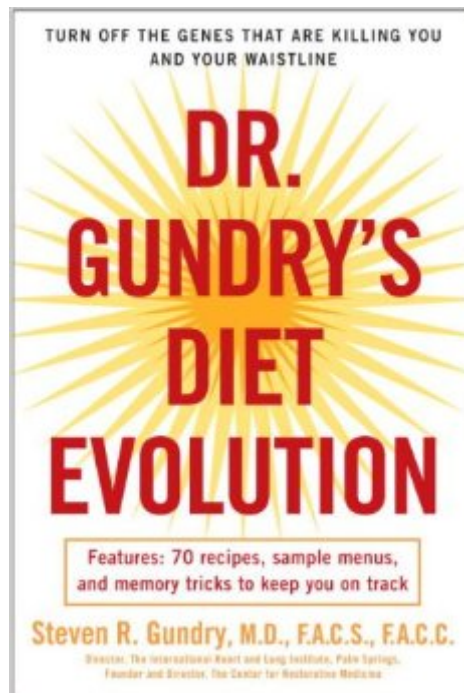


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# Dr. Gundry's Diet Evolution: Turn Off The Genes That Are Killing You And Your Waistline



## Synopsis

"Dr. Gundry has crafted a wise program with a powerful track record." — Mehmet Oz, M.D., professor and vice chair of surgery, NY Presbyterian/Columbia Medical Center

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. Dr. Steven Gundry's 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, 70 delicious recipes, and inspirational stories, Dr. Gundry's easy-to-remember tips will keep you healthy and on course.

## Book Information

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## Customer Reviews

I originally read this book with the interest of losing weight. However while reading it, my objective changed to wanting my body to want to live and thrive with weight loss only being a part of my diet. In the first month alone with a weightlifting program along with the diet, I lost 28lbs. I have hit month four and am now down 48lbs! Embarrassingly, I still need to lose another 25lbs, but I am no longer concerned that it will happen. I love the food I eat. The recipes are absolutely fabulous and now my biggest problem that I have to remember to eat enough. I am stronger than I have ever been but most importantly, my recent physical has proven that I am healthier than I have been in years. Blood

pressure went from 130/90 to 108/62, Bad Cholesterol went from 130 to 99, good cholesterol went from 30 to 45, Triglycerides went from 130 to 51 and for the first time in over eight years I have a normal liver reading. This all happened in three + months!!! Finally, my wife has a Bachelors degree in Nutrition Sciences. She has never supported any of the diets I ever attempted. I interpreted her lack of support as not caring. It turns out that I was wrong. She could never support diets that did not make sense to her. Now she supports me in every way and she regularly tells me that this is the only diet that fits with everything she has been taught about nutrition.

It's the first diet book I read cover to cover before I started the program. It was an enlightening look at all the wrong things I was doing to become healthy again. I couldn't put it down. I always had nasal problems, could never breathe through my nose. Four days on the program and I could breathe again. That alone was a miracle. I could sleep all nite without waking to blow my nose. My bloating went down and I lost a dress size in a week. But most of all it was a liveable diet.

More like, "Revelation"! After 4 weeks I've lost 11lbs and feel great. It is difficult staying away from processed foods (breads, cereals, diet sodas, etc...), but gets easier every time you step on the scale. I haven't even started incorporating exercise into my regime. Can only imagine how much faster the weight will fall off when I do. Thank you, Dr. Gundry, for writing this amazing book. -Diet Update. June 16, 2008 Six weeks later and I've lost 17 more pounds. I have to say, my enthusiasm for Dr. Gundry's diet program is as strong as the day I started. Which says a lot, because I usually lose interest in dieting after a short time. It really helps to go back and read through his book. I'm always finding information that I missed the first go around. Next to my iPhone, it's the best purchase I've ever made!

My wife and I have started this program together. (We are both in our mid 60's.) Two months later I have lost 20 lbs. and my wife has lost 10 lbs and 5 inches from her waist and hips. We are not hungry!!! My wife's last lipid blood panels were normal, without taking meds. (After having been almost 300 and taking Lipitor for control.) Just make the commitment, take the supplements and you'll see. Have your blood pannels done first, then again in 2 months. We are evolving into healthier, happy and energetic folks. Our friends and family comment all the time about our appearance...makes us feel great.

A truly amazing program! I was one of the first to go on Dr. Gundry's program and lost 40 lbs! Once

I eliminated all the white and beige stuff and started eating greens and raw foods, I lost the weight and became a healthy person again. My lab results were stellar! Thank you, my friend, for making me a lean and young woman again!

This book is absolutely fabulous! It makes so much sense; you'll wonder why you didn't think of it yourself. You'll have to revise most of your preconceived ideas about what is healthy and what is not to follow this eating plan, but you won't regret it. Not only will it help you loose weight, it will dramatically improve your health. Everybody should eat this way; whether young or old, thin or fat, healthy or not, this plan will change your life. I will not lie to you, unlike most diets, where reaching phase 2 or 3 usually means you can reincorporate unhealthy foods, this diet does the opposite, i.e phase 1 is as close to your normal American eating habits you'll ever get. Reaching phases 2 and 3 means you have gradually evolved into a diet of mostly raw vegetarianism (in this case vegetarian means eating vegetables (mostly leafy greens), not grains). But I think it's worth it, if it means eliminating heart disease, diabetes and cancer. It will take some getting used to, but please stick with it. Just replace your good old bag of chips by a big bag of spinach, lettuce or any other leafy vegetable and you'll health will improve instantly. Thank you Dr. Gundry for finally bridging the gap between Ornish and Atkins!

My husband and I were referred to Dr. Gundry a year ago obese and with a cholestrol count of over 300. With his common sense, great stories, care and concern for our health and longivety we have both lost 25 pounds counting, pounds of body fat, and reduced our count by over 80 points without medication. This is not a a diet per say but real solutions for a life change if you are willing to stop fooling yourself with "diets". Thank you Dr. Gundry.

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