
The Plant Paradox Summary PDF Cheatsheet —

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- ? 1. **The Modern Health Paradox: Modern advancements have extended lifespan, yet many suffer from chronic illnesses**
- ? 2. **What Are Lectins?: Understanding the proteins hidden in many plants that can affect health**
- ? 3. **The Problem With Lectins: Exploring the reasons why lectins have become a modern health issue**
- ? 4. **Details of Lectins: How Exactly do Lectins Make Us Sick and Overweight?**
- ? 5. **Avoid Grains and Legumes: Avoid foods high in lectins, including grains, legumes, and industrially processed meat**
- ? 6. **Eat Good Fats: Consume more healthy fats and vegetables, less sugar and processed carbohydrates**
- ? 7. **Gut Health: Maintaining a healthy gut microbiome is crucial for overall well-being**
- ? 8. **Limit Animal Protein: Reducing animal protein intake and fasting for may increase your longevity**

This is just a sample!

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