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Dr. Gundry's Diet Evolution: Turn Off the Genes That Are ...

Dr. Gundry came to realize that even "healthy" choices like fruits and vegetables can take a toll on your body. While some nutritionists would have you feast on high sugar fruits, Dr. Gundry knew that was a bogus attempt at a so-called better diet. The truth is... plants do not want to be eaten. What they really want is to survive.

Dr Gundry Diet Food List (A Comprehensive Yes And No List)

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