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the plant paradox diet is based on a popular diet book its central tenet is that you should avoid lectins an antinutrient found mostly in plants the diet s creators claim that lectins may the plant paradox diet is based on the claim that lectins a protein in common foods are the anti nutrients behind many long term chronic health conditions like obesity chronic hardcover april 25 2017 from renowned cardiac surgeon steven r gundry md the new york times bestselling the plant paradox is arevolutionary look at the hidden compounds in healthy foods like fruit vegetables and whole grains that are causing us to gain weight and develop chronic disease what is the plant paradox diet the basis of the plant paradox diet is simple avoid lectins a type of protein found in many common foods the list includes legumes such as beans lentils peanuts and soybeans nightshade vegetables like eggplants peppers potatoes and tomatoes traditional dairy products grains such as wheat and rice a doctor created it and kelly clarkson swears by it but what exactly is the plant paradox diet here learn how this plan may help manage autoimmune diseases and other health woes plus what to eat and what to avoid lectins the plant paradox is a popular eating plan designed to fight inflammation in the body which could potentially help prevent weight gain autoimmune disorders and chronic conditions like heart disease diabetes and cancer it s based on the plant paradox book which was written by dr steven gundry in 2017 dr

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