

The Plant Paradox The Hidden Dangers Inhealthy Foods That Cause Disease And Weight Gain

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Lectins - What are they? von The Dr. Gundry Podcast vor 2 Jahren 4 Minuten, 43 Sekunden 166.211 Aufrufe Maybe you've heard the buzz about a lectin free diet — but what are lectins, exactly? Steven Gundry MD explains what lectins are, ...

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