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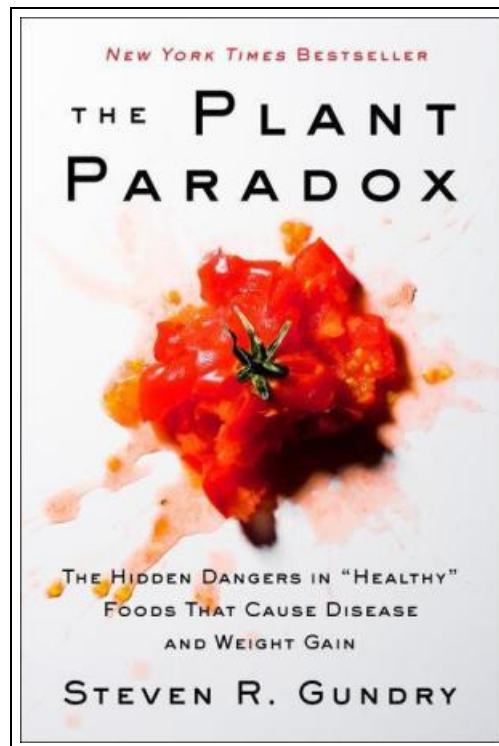

NEW YORK TIMES BESTSELLER

THE PLANT PARADOX

The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain

STEVEN R. GUNDRY

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