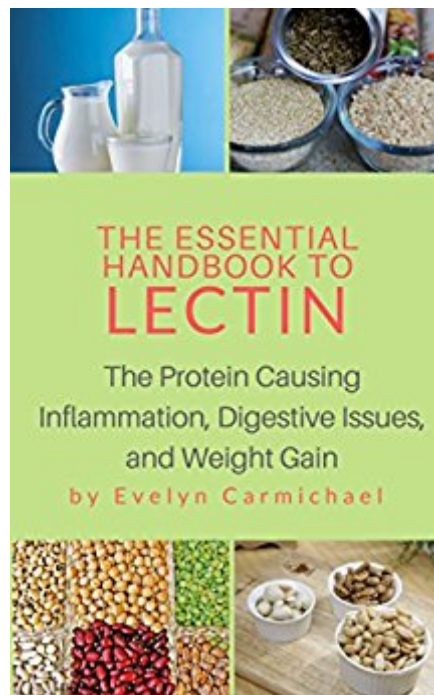




The book was found

The Essential Handbook To Lectin: The Protein Causing Inflammation, Digestive Issues, And Weight Gain



Synopsis

Is Gluten-Free the answer? Find out how Lectins impact inflammation, autoimmune and digestive issues, and cause you to gain weight. Many people eat a gluten-free diet, but they may not be aware that the real culprit that's responsible for their ill health is in fact a protein known as 'Lectin'. This little-known intolerance can cause a wide range of nasty symptoms, from Leaky Gut to Autoimmune Disorders. The good news is that you can help to eliminate those symptoms if you make a few changes to the way that you eat. If you are one of the thousands of individuals on a gluten free diet but still experiencing the same symptoms that led you to try the diet, you may need to also reduce lectins from your diet. If you did not test positive for a gluten sensitivity, but find you feel a bit better on a gluten free diet, lectin intolerance may also be something you want to consider. Lectins may be responsible for your symptoms and in some cases, may be able to reverse your diagnosis once you decrease them from your diet. This book will look at exactly what lectins are, the relationship with gluten, and exactly how to reduce them from your diet. With a little bit of guidance and determination, you too may start to feel better by changing the way you eat. Learn how to reduce Lectins from your diet now. Scroll back up to get your copy today!

Book Information

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Abdominal

Customer Reviews

Don't waste your money. Read some good web sites instead. This book is a frustrating piece of hype. 1. It needs serious editing for grammar and layout errors. 2. It uses many abbreviations that are not defined. This should be in a list somewhere. 3. There are no scientific references in this book! 4. The book is internally inconsistent. For example pg 20 states "Red kidney beans have a very high amount of lectin. If not cooked thoroughly, the lectin amount remains and the protein sticks to your red blood cells...causing death." but on pg 48 in the discussion on cooking legumes, "The exception to this is red kidney beans. They have five times the amount of lectin in its cooked forms than uncooked!" 5. The lack of hard data makes the book unusable. For example pg 32 lists high vs. low lectin legumes but white beans are not separated from red beans or black beans. These should be tables with actual numbers and types of lectins and cooked vs. raw. Page 37 list nightshade foods (again higher lectin and lower lectin) but has no nightshade foods in the lower lectin lists. The author could at least state the effect of raw vs. cooked foods here. Useless list. 6. The directions for some methods are silly. Page 46 states directions for sprouting, "Line an unused tub or pot with some tissue.." What tissue is going to hold up to this? Use a sprouter or cheesecloth, etc. 7. The shopping and diet recommendations are way too vague. This author just cranks these things out and puts this same spiel in all of them and then wants you to try out more of this pop pseudoscience bad writing. I have never left such a horrible review for any book on . That ought to tell you something. Stay away. She doesn't really care about the reader enough to use a good editor or document specialist.

gift

This book is very useful as a primer.

very informative. answered a lot of my questions.

Book leaves a lot to be desired...Just off the internet...

I like the book and had a big use of the information.

Disappointing. The entire book can be read in less than half an hour and barely skims the topic. I have Gundry's "Plant Paradox" and wanted more info on lectins. This is vastly less.

Easy and informative read. I like it to supplement my Favorite read the "Plant Paradox"

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Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan)
DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks)
Anti Inflammation: The 10 Day Inflammation Reduction Miracle: Beat Swelling, Lose Weight, Get Energized, Cure Pain, Optimal Nutrition for the Reduction of Inflammation
Gout & Anti Inflammation Meal Plan Guide - Nutritional Strategies for Reducing Inflammation Naturally
Gout Prevention, Gout Diet, Anti Inflammatory Foods ... Eat, & Avoid, & More (Gout & Inflammation)
Digestive Health with REAL Food: A Practical Guide to an Anti-Inflammatory, Nutrient Dense Diet for IBS & Other Digestive Issues
Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness
Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet)
Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016
Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)
Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism)
The Nordic Way: Discover The World's Most Perfect Carb-to-Protein Ratio for Preventing Weight Gain or Regain, and Lowering Your Risk of Disease
Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders
Protein Power: The High-Protein/Low Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks!
Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)
Protein Power: The High-Protein/Low-Carbohydrate Way to Lose Weight, Feel Fit, and Boost Your Health-in Just Weeks!
Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1)
Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free,

Gastroparesis, Constipation, ... & More (Digestive Wellness) (Volume 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology)

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