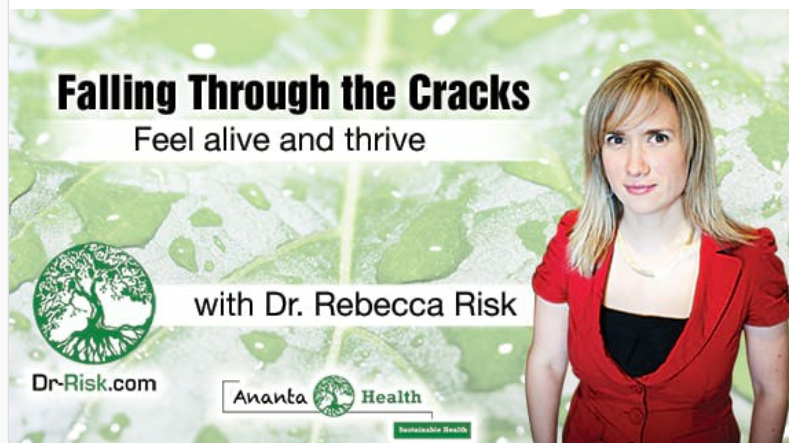


[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



## Falling Through the Cracks: Feel alive and thrive

Archives Available

**July 16th 2018: Plant Paradox with Dr. Steven Gundry**

In his book "Plant Paradox" Dr Steven Gundry discusses some of the dangers with eating plant foods. In a way of protection, some plants produce toxins called lectins that can be harmful to human health. With a mission to dramatically improve human health, happiness, and longevity through his unique vision of diet and nutrition, he is sharing this information in this interview.

[DOWNLOAD PDF](#)

[GET CODE](#)

## Tune in

Archives Available on  
VoiceAmerica Health and  
Wellness Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

## Featured Guest



### Steven R. Gundry, MD

Steven R. Gundry, MD, is the director of the International Heart and Lung Institute in Palm Springs, California, and the founder and director of the Center for Restorative Medicine in Palm Springs and Santa Barbara.

[Read more](#)

## Share This Episode

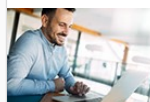
[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

## Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

**VOICEAMERICA BLOG**