

dr gundrys mct wellness

Dr. Gundry's MCT Wellness: A Deep Dive into the Benefits and Uses of MCT Oil

Are you intrigued by the buzz around MCT oil and its purported health benefits? Have you heard Dr. Steven Gundry, the renowned cardiothoracic surgeon and author, singing its praises? This comprehensive guide delves into the world of Dr. Gundry's MCT wellness approach, exploring the science behind MCT oil, its potential advantages, how to incorporate it into your diet, and addressing common concerns. We'll uncover whether it truly lives up to the hype and how it fits into a holistic wellness plan. Get ready to unlock the potential of MCT oil for your health journey!

What is Dr. Gundry's Take on MCT Oil?

Dr. Gundry, known for his focus on dietary approaches to health and longevity, is a strong proponent of MCT oil. He highlights its unique properties, distinguishing it from other fats and oils. Unlike long-chain triglycerides (LCTs) found in most dietary fats, medium-chain triglycerides (MCTs) are more easily digested and metabolized by the body. This rapid absorption allows for quicker energy production, potentially boosting metabolism and providing sustained energy throughout the day. Dr. Gundry emphasizes the role of MCTs in supporting healthy gut function, brain health, and overall well-being, often recommending them as part of a larger dietary strategy focusing on whole foods and avoiding inflammatory foods.

The Science Behind MCT Oil Benefits: Unveiling the Mechanisms

The benefits associated with MCT oil aren't just anecdotal. Several studies support its potential health advantages. Let's break down the science:

Rapid Energy Production: MCTs are rapidly absorbed and directly transported to the liver, where they are converted into ketones. These ketones serve as an alternative energy source for the brain and body, bypassing the usual glucose metabolism pathway. This can be particularly beneficial for individuals following a ketogenic diet or those seeking sustained energy.

Improved Cognitive Function: The brain's ability to utilize ketones as fuel has generated significant interest in MCT oil's potential to enhance cognitive function, memory, and focus. Research is ongoing, but preliminary findings are promising.

Potential Weight Management Support: The rapid metabolism of MCTs and their potential to increase satiety (feeling full) can contribute to weight management efforts. However, it's crucial to remember that MCT oil is not a magic weight-loss bullet and should be part of a balanced approach encompassing diet and exercise.

Gut Health Enhancement: Some studies suggest that MCT oil may have a positive impact on gut

health by promoting the growth of beneficial gut bacteria. This can contribute to improved digestion and overall gut microbiome balance. However, more research is needed to fully understand this relationship.

Anti-inflammatory Properties: While more research is needed to confirm this, some studies suggest that MCT oil may possess anti-inflammatory properties, potentially beneficial for managing chronic inflammatory conditions.

How to Incorporate Dr. Gundry's MCT Wellness into Your Daily Routine

Integrating MCT oil into your lifestyle doesn't require a complete dietary overhaul. Here are practical tips:

Start Slowly: Begin with a small amount (1-2 tablespoons) daily and gradually increase as tolerated. Some individuals may experience digestive discomfort with rapid increases in MCT oil consumption.

Add it to Coffee or Smoothies: This is a popular and convenient method for consuming MCT oil. Its flavor is relatively neutral, blending seamlessly into various beverages.

Use it in Cooking: MCT oil can be used in cooking at low to moderate temperatures. However, avoid high-heat cooking, as it can degrade the oil and potentially form harmful compounds.

Choose Quality Products: Opt for high-quality, refined MCT oil, preferably derived from coconut oil. Look for brands with transparent sourcing and processing information.

Listen to Your Body: Pay attention to your body's response to MCT oil. If you experience any adverse effects like digestive upset, reduce the amount you consume or discontinue use and consult your doctor.

Potential Side Effects and Precautions

While generally considered safe, MCT oil can cause some side effects in certain individuals, particularly when consumed in large quantities. These can include:

Digestive Upset: Diarrhea, nausea, and stomach cramps are potential side effects, especially in the initial stages of consumption.

Increased Appetite: While it can promote satiety, some individuals may experience increased appetite.

Headaches: Some people report headaches, possibly related to the ketogenic effects of MCT oil.

Interactions with Medications: MCT oil may interact with certain medications. Consult your doctor before using MCT oil if you are taking any medications.

Debunking Myths and Addressing Common Concerns

Several misconceptions surround MCT oil. Let's address some of the most common:

Myth: MCT oil is a miracle cure-all. Reality: MCT oil offers potential health benefits, but it is not a cure for any disease. It's best used as part of a holistic health strategy.

Myth: All MCT oils are created equal. Reality: The quality and source of MCT oil can vary significantly. Choose reputable brands with transparent sourcing and processing.

Myth: You need to be on a ketogenic diet to benefit from MCT oil. Reality: While MCT oil is often used in ketogenic diets, it can provide benefits even without strict adherence to a ketogenic eating plan.

Conclusion: Unlocking the Potential of Dr. Gundry's MCT Wellness Approach

Dr. Gundry's emphasis on MCT oil as a component of a healthy lifestyle reflects a growing body of scientific research highlighting its potential benefits. From supporting energy levels and cognitive function to potentially aiding in weight management and gut health, MCT oil offers several advantages when used responsibly and as part of a balanced approach. Remember to start slowly, choose high-quality products, listen to your body, and consult your doctor if you have any underlying health conditions or concerns before incorporating MCT oil into your diet.

FAQs:

1. Can I give MCT oil to my children? Consult your pediatrician before giving MCT oil to children. The appropriate dosage and potential effects can vary based on age and individual health.
1. Is MCT oil suitable for vegetarians/vegans? MCT oil derived from coconut oil is suitable for vegetarians and vegans. However, always check the product label to ensure it aligns with your dietary preferences.
1. Does MCT oil affect blood sugar levels? MCT oil can have a minimal impact on blood sugar levels due to its rapid metabolism and ketone production. However, individuals with diabetes should still monitor their blood sugar levels carefully.
1. What is the difference between MCT oil and coconut oil? Coconut oil contains MCTs, but also LCTs. MCT oil is a refined product containing a higher concentration of MCTs.

1. How long does it take to see the benefits of MCT oil? The timeline for experiencing benefits varies from person to person. Some individuals may notice improvements in energy levels relatively quickly, while others may take longer to see changes. Consistency is key.

dr gundrys mct wellness: Unlocking the Keto Code Dr. Steven R. Gundry, MD, 2022-03-08 From the author of the New York Times bestselling Plant Paradox series comes this revolutionary take on the keto diet that debunks common myths and shows readers how to reap the rewards of keto with less restriction Like many doctors and nutrition experts, bestselling author Dr. Steven Gundry has long endorsed the ketogenic diet—a style of eating that heavily restricts carbohydrate intake to make the body burn fat for fuel. Because ketosis offers a variety of health benefits, including weight loss, reduced risk of illness, and enhanced energy, Dr. Gundry believed his patients' efforts to adhere to the challenging regimen was worthwhile. That is, until his research uncovered a shocking truth: We've gotten keto all wrong. In Unlocking the Keto Code, Dr. Gundry reveals the biological mechanism that makes keto diets so successful: a cellular process known as "mitochondrial uncoupling." As it turns out, ketones are not the magical fuel source they've been made out to be; in fact, the body cannot run on ketones and fats alone. Over the long term, a very low carb-diet can lead to muscle wasting and poor cognitive health. Luckily, you don't have to restrict all carbs to reap the benefits of ketosis; you simply have to have enough ketones and other plant compounds called polyphenols present in your body to "unlock" the process of mitochondrial uncoupling. In this insightful, empowering, eminently practical book. Dr. Gundry explains the many ways readers can ignite this process, from feasting on plant-based foods (carbs that are typically off-limits on a keto diet!) to enjoying ketone generating foods such as goat and sheep milk products, to implementing a timed eating schedule. You will even discover the real reason how superfoods, even apple cider vinegar, work their magic; and its not what they you think! Grounded in cutting-edge science, this is the book for all the people who have tried and failed on a keto diet; for vegetarians and vegans who want to go keto; and for anyone who wants to lose weight and enjoy better health while eating a wide variety of foods. With food lists, hacks, and all-new recipes, Unlocking the Keto Code makes going keto easy and enjoyable for the first time.

dr gundrys mct wellness: Dr. Gundry's Diet Evolution Dr. Steven R. Gundry, 2009-03-03 A renowned heart surgeon presents an accessible, research-based program to teach you how you can "reset" your genes to restore your health, lose weight, and extend your life. Does losing weight and staying healthy feel like a battle? Well, it's really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. Dr. Steven Gundry's revolutionary book shares the health secrets other doctors won't tell you: • Why plants are "good" for you because they're "bad" for you, and meat is "bad" because it's "good" for you • Why plateauing on this diet is actually a sign that you're on the right track • Why artificial sweeteners have the same effects as sugar on your health and your waistline • Why taking antacids, statins, and drugs for high blood pressure and arthritis masks health issues instead of addressing them Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry's easy-to-memorize tips will keep you healthy and on course.

dr gundrys mct wellness: The Plant Paradox Dr. Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling The Plant Paradox is a revolutionary 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. Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans

spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the "gluten-free" foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

dr gundrys mct wellness: *The Longevity Paradox* Dr. Steven R. Gundry, MD, 2019-03-19 From the author of the New York Times bestseller *The Plant Paradox* comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the "diseases of aging" we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the "oldest" parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer's to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver's seat, controlling our quality of life as we age. The good news is, it's never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

dr gundrys mct wellness: *The Plant Paradox Cookbook* Dr. Steven R. Gundry, MD, 2018-04-10 From renowned cardiac surgeon and acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going

lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

dr gundrys mct wellness: A True Winner Katherine Viola, Kathy Franco, 2009-01-27 A young girl has faith that her donkey can win a horse contest. It doesn't matter that she's different than the others, she is still special.

dr gundrys mct wellness: *The Plant Paradox Quick and Easy* Dr. Steven R. Gundry, MD, 2019-01-15 From bestselling author Dr. Steven Gundry, a quick and easy guide to *The Plant Paradox* program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller *The Plant Paradox*, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in *The Plant Paradox Quick and Easy*, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), *The Plant Paradox Quick and Easy* is the all-in-one resource *Plant Paradox* fans and newcomers alike need to jumpstart results and reap the health benefits of living lectin-free.

dr gundrys mct wellness: *Healing the Prostate* Dr. Mark Stengler, 2021-01-19 A practical, integrative guide to men's prostate health, including holistic therapies for prostate cancer, BPH, prostatitis, and bladder function. Foreword by Dr. Geo Espinosa, author of the best-selling book *Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer*. For all its many important functions, the prostate gland can become a health curse to many men, young and old. Common prostate conditions include: benign prostatic hyperplasia (BPH), prostate cancer, prostatitis, testosterone deficiency, and erectile dysfunction. While conventional therapies exist for all these conditions, scientific studies have demonstrated that a comprehensive, integrative, or holistic approach to healing can dramatically reduce risk and/or decrease negative side effects and symptoms. Mark Stengler, N.M.D., draws upon his over 25 years of expertise in naturopathic medicine and holistic hormone therapies to provide a comprehensive approach to optimal prostate health, including a focus on bladder function, hormone balance, and a thorough exploration of prostate cancer diagnosis, treatment options, and holistic support. By thoroughly addressing these key aspects of the genitourinary system, you will be able to discover optimal prostate health and functionality.

dr gundrys mct wellness: *Not by Bread Alone* Vilhjamur Stefansson, 2020-08-31 The arctic explorer's classic text on the benefits of an all-meat diet chronicles his experiences and clinical studies of Inuit food habits. Arctic explorer and anthropologist Vilhjalmur Stefansson spent years living with indigenous Inuit and Eskimo people. He noted their general healthiness (and good teeth), and an absence of many of the diseases that plagued western cultures, such as scurvy, heart disease, and diabetes. Observing their dietary habits, he determined that their primary food was meat, both lean and fatty, and that their diets were very low in sugary or starchy carbohydrates. Was this meaty diet the key to their good health? Stefansson's classic *Not By Bread Alone* chronicles a 1928 scientific experiment, conducted by the Russell Sage Institute of Pathology at Bellevue Hospital in New York, in which Stefansson and his colleague Dr. Karsten Andersen ate a meat-only diet for one year. The two men stayed healthy and fared very well, leading him to claim that we should

reexamine our notion of what foods constitute a healthy diet. Later chapters promote the benefits of pemmican, a compact, portable, and high-energy food consisting of a concentrated mix of fat and protein made from dried lean bison meat—sometimes mixed with berries—what you might call the original energy bar.

dr gundrys mct wellness: *No More Heartburn* Sherry Rogers, 2021-06-29 In this remarkable book, Sherry A. Rogers, M.D., a leading expert in drug-free gastrointestinal therapy, explains how you can pinpoint the causes of your stomach distress and offers easy-to-follow advice for creating an effective, personalised program for achieving and maintaining total gastrointestinal health.

dr gundrys mct wellness: *The Fast Metabolism Diet* Haylie Pomroy, 2013-04-09 #1 NEW YORK TIMES BESTSELLER • Kick your metabolism into gear with a diet program that uses the fat-burning power of food to help you lose up to 20 pounds in 28 days “This is not a fad diet. It’s a medically proven method of food as medicine to fight obesity, cure chronic illness, and heal a broken metabolism.”—Jacqueline Fields, M.D. Hailed as “the metabolism whisperer,” Haylie Pomroy reminds us that food is not the enemy but medicine needed to rev up your sluggish, broken-down metabolism to turn your body into a fat-burning furnace. On this plan you’re going to eat a lot—three full meals and at least two snacks a day—and you’re still going to lose weight. What you’re not going to do is count a single calorie or fat gram, or go carb-free or ban entire food groups. Instead, you’re going to rotate what you eat throughout each week according to a simple and proven plan carefully designed to induce precise physiological changes that will set your metabolism on fire. In four weeks you’ll not only see the weight fall off, but don’t be surprised to find your cholesterol drop, blood sugar stabilize, energy increase, sleep improve, and stress melt away as well. Complete with four weeks of meal plans and more than fifty recipes—including vegetarian, organic, and gluten-free options—this is the silver bullet for the chronic dieter who has tried every fad diet and failed, for the first-time dieter attempting to boost their metabolism, and for anyone who wants to naturally and safely eat his or her way to a skinnier, healthier self.

dr gundrys mct wellness: *The Plant Paradox Family Cookbook* Dr. Steven R. Gundry, MD, 2019-11-19 From the New York Times bestselling author of *The Plant Paradox* comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of *The Plant Paradox* in 2017, hundreds of thousands of people have embraced Dr. Gundry’s nutritional protocol—and experienced life-changing results. But most of Dr. Gundry’s readers aren’t cooking for themselves alone. “How can I extend this way of eating to my entire family? And is it safe for my kids?” are the questions he is most often asked. In *The Plant Paradox Family Cookbook*, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children’s nutritional needs and explaining how we can help our kids thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only “safe” for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or “gut”—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The *Plant Paradox Family Cookbook* includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, *The Plant Paradox Family Cookbook* will help the whole family experience the incredible benefits of the Plant Paradox program.

dr gundrys mct wellness: *Chris Beat Cancer* Chris Wark, 2021-01-05 Now in paperback, the Wall Street Journal best-selling guide to charting a path from cancer to wellness through a toxin-free

diet, lifestyle, and therapy--created by a colon cancer survivor. Millions of readers have followed Chris Wark's journey on his blog and podcast Chris Beat Cancer, and in his debut work, he dives deep into the reasoning and scientific foundation behind the approach and strategies that he used to successfully heal his body from stage-3 colon cancer. Drawing from the most up-to-date and rigorous research, as well as his deep faith, Wark provides clear guidance and continuous encouragement for his healing strategies, including his Beat Cancer Mindset; radical diet, and lifestyle changes; and means for mental, emotional, and spiritual healing. Packed with both intense personal insight and extensive healing solutions, the Wall Street Journal best-selling Chris Beat Cancer will inspire and guide you on your own journey toward wellness.

dr gundrys mct wellness: *The Rebel's Apothecary* Jenny Sansouci, 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects Everyday wellness routines Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more The latest research on CBD, THC, medicinal mushrooms and psilocybin Tips for creating a cutting-edge home apothecary of your own

dr gundrys mct wellness: *The New Rules of Aging Well* Frank Lipman, Danielle Claro, 2020-10-27 "Essential reading for COVID times. . . . The tool we all need right now: a smart, straightforward guide that speaks directly to the question: How can I build a strong immune system? The book is packed with clear, actionable advice for building a strong immune system, losing weight, feeling younger and aging beautifully." —Yahoo! Life How you age is up to you. And it's easy to take charge. From the renowned integrative doctor Frank Lipman comes a radically simple program to reverse the symptoms we reflexively call "normal aging," including feeling achy, stiff, sluggish, weak, and vulnerable to chronic illness. This improves not only our life span but, more importantly, our health span—our quality of life and how we feel. Built on a series of lifestyle changes that energize the body and build and strengthen its immune system, The New Rules of Aging Well is based on ancient wisdom backed up by science: Eat less and practice intermittent fasting. Do 20 minutes a day of something meditative. Switch to gentler workouts, but move as much as possible. Unlock the incredible power of mushrooms. Grow your tribe. Walk barefoot when you can. The result: a rejuvenated you that looks great and feels healthy, happy, sexy, agile, and strong.

dr gundrys mct wellness: *Fiber Fueled* Will Bulsiewicz, MD, 2020-05-12 The instant New York Times, USA Today, and Publisher's Weekly bestseller A bold new plant-based plan that challenges popular keto and paleo diets, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or Dr. B, illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and

taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65 recipes, along with essential advice on food sensitivities, *Fiber Fueled* offers the blueprint to start turbocharging your gut for lifelong health today.

dr gundrys mct wellness: Heal Your Leaky Gut David Brownstein, 2017-08-08 Most illnesses start in the gut, including many you would not even think of! If your gut isn't functioning right, it sets the stage for illness and disease. The gut, the gastrointestinal system, is designed to absorb nutrients that support our bodies and help us make energy, and get rid of things that we don't need or are toxic. But what happens when the system breaks down? Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged, allowing foreign compounds to escape into your bloodstream, which weakens your immune system and triggers autoimmune reactions. Traditional physicians don't understand what LGS is, much less how to diagnose and treat it. In fact, it is estimated that more than 80 percent of people with chronic illnesses have leaky gut, an overgrowth of bad bacteria, or not enough good bacteria. Here are some symptoms that may be caused by LGS: Digestive complaints, acid reflux, IBS, Crohn's disease Joint and muscle pain, arthritis Obesity and food allergies Headaches, depression, anxiety, ADHD Itchy skin, rashes, eczema, acne, rosacea, psoriasis In *Heal Your Leaky Gut*, Dr. David Brownstein will explain how the gut, like the brain, heart, and liver, needs to be properly nourished in order for it to function correctly. Simply stated, if your gut is not healthy, your immune system is going to suffer. Improving your gut health and taking fewer drugs will help you feel better and look younger, improve your brain function, and treat myriad medical conditions. This book will give you all the information you need to change what you are now doing so you can have optimal gut health and, as a result, overall health and well-being.

dr gundrys mct wellness: Cracking the Metabolic Code B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live--in effect, the sum total of your life experience up to this day--determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValley will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValley's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

dr gundrys mct wellness: The End of Food Allergy Kari Nadeau MD, PhD, Sloan Barnett, 2020-09-29 A life-changing, research-based program that will end food allergies in children and adults forever. The problem of food allergy is exploding around us. But this book offers the first

glimpse of hope with a powerful message: You can work with your family and your doctor to eliminate your food allergy forever. The trailblazing research of Dr. Kari Nadeau at Stanford University reveals that food allergy is not a life sentence, because the immune system can be retrained. Food allergies--from mild hives to life-threatening airway constriction--can be disrupted, slowed, and stopped. The key is a strategy called immunotherapy (IT)--the controlled, gradual reintroduction of an allergen into the body. With innovations that include state-of-the-art therapies targeting specific components of the immune system, Dr. Nadeau and her team have increased the speed and effectiveness of this treatment to a matter of months. New York Times bestselling author Sloan Barnett, the mother of two children with food allergies, provides a lay perspective that helps make Dr. Nadeau's research accessible for everyone. Together, they walk readers through every aspect of food allergy, including how to find the right treatment and how to manage the ongoing fear of allergens that haunts so many sufferers, to give us a clear, supportive plan to combat a major national and global health issue.

dr gundrys mct wellness: Boundless Ben Greenfield, 2020-01-21 What if the ability to look, feel, and perform at peak capacity wasn't the stuff of lore but instead was within easy reach? In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit. In *Boundless*, the New York Times bestselling author of *Beyond Training* and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization. To catapult you down the path of maximizing cognition, mental clarity, and IQ, you will discover:

- How to rewire your skull's supercomputer (and nine ways to fix your neurotransmitters)
- The twelve best ways to heal a leaky brain
- Eight proven methods to banish stress and kiss high cortisol goodbye
- Ten foods that break your brain, and how to eat yourself smart
- How to safely utilize nootropics and smart drugs, along with eight of the best brain-boosting supplement stacks and psychedelics
- The top nutrient for brain health that you probably aren't getting enough of
- Six ways to upgrade your brain using biohacking gear, games, and tools
- How to exercise the cells of your nervous system using technology and modern science
- Easy ways to train your brain for power, speed, and longevity

To ensure that you look good naked and live a long time, you will learn:

- Six ways to get quick, powerful muscles (and why bigger muscles aren't better)
- How to burn fat fast without destroying your body
- The fitness secrets of six of the fittest old people on the planet
- The best training program for maximizing muscle gain and fat loss at the same time
- One simple tactic for staying lean year-round with minimal effort
- A step-by-step system for figuring out exactly which foods to eat
- Fourteen ways to build an unstoppable immune system
- Little-known tactics, tips, and tricks for recovering from workouts with lightning speed
- The best tools for biohacking your body at home and on the road
- How to eat, train, and live for optimal symmetry and beauty (and how to raise kids with superhuman bodies and brains)

And to help you live a fulfilling and happy life, you will learn:

- Twelve techniques to heal your body using your own internal pharmacy
- What the single most powerful emotion is and how to tap into it every day
- Four of the best ways to heal your body and spirit using sounds and vibrations
- Six ways to enhance your life and longevity with love, friendships, and lasting relationships
- How to biohack the bedroom for better sex and longer orgasms, and the top libido-enhancing herbs, supplements, and strategies
- The perfect morning, afternoon, and evening routines for enhancing sleep, productivity, and overall happiness
- Twenty-eight ways to combine ancestral wisdom and modern science to enhance longevity, including the best foods, herbs, supplements, injections, medical treatments, biohacks, fasting strategies, and much more
- The four hidden variables that can make or break your mind, body, and spirit
- The exercise that will change your life forever (and how to reverse-engineer your perfect day)

Boundless guides you every step of the way to becoming an expert in what makes your brain tick, your body work, and your spirit happy. You can flip open the book to any chapter and discover research-proven, trench-tested techniques to build muscle, burn fat, live longer, have mind-blowing sex, raise robust children, and much, much more!

dr gundrys mct wellness: Dr. Colbert's Healthy Gut Zone Don Colbert, 2021-01-05 A New

York Times-bestselling author helps readers unlearn everything medical experts have been teaching about healthy eating for the last three decades and reveals the true path to digestive health through proper diet supported by nutritional supplements.

dr gundrys mct wellness: Doctor Grundy's Undies Dawn McMillan, 2019-05-15 A strong gust of wind sweeps Doctor Grundy's best undies—brand-new, and decorated with tiger stripes and tiger eyes off the clothesline. The unusual undergarments go flapping out to sea and across many different lands. Who will get to keep them? A cracked crew of pirates? A silly Scottish bagpiper? You'll find out in this fun-filled and irreverent world tour. The adventure is XXL, just like the fabulous undies, and loaded with clever rhymes and winsome pictures by the bestselling team of storyteller Dawn McMillan and illustrator Ross Kinnaird, the cheeky creators of *I Need A New Butt!*

dr gundrys mct wellness: The Carnivore Cookbook Maria Emmerich, 2020-01-07 Keto meets carnivore in this revolutionary new book by revered cookbook author and low-carb pioneer Maria Emmerich. Did you know that our ancestors were apex predators who were even more carnivorous than hyenas and big cats? That was only about 30,000 years ago. But since then, our diets have drastically changed due to the invention of agriculture about 7,000 years ago and, within the last 100 years or so, the introduction of millions of food additives, the development of a year-round produce supply, and the hybridization of fruits and vegetables, making them higher in sugar and lower in nutrients. Carnivore Cookbook explores what our bodies were really designed to digest and gives compelling evidence that we were designed to be primarily meat-eaters. In this book, you will learn why all plants come with a downside. Antinutrients are chemicals and compounds that act as natural pesticides or defenses for the plants against being eaten. Maria explains how antinutrients can rob your body of minerals and other nutrients and lead to autoimmune issues and leaky gut. There is even a protocol for healing autoimmune issues called the Carnivore Autoimmune Protocol: a detailed system for stepping you through the various levels of carnivorous eating to find the point where your body responds best and is symptom free. You will also learn which foods are the highest in nutrient density to help your body heal. Carnivore Cookbook includes more than 100 tasty meat-focused recipes featuring innovative ways to add flavor and variety. There are even carnivore meal plans with grocery lists to make the diet easy to follow.

dr gundrys mct wellness: The Whole Heart Solution Joel K. Kahn, MD, 2014-09-16 A groundbreaking holistic self-care manual for the heart that reveals how to reverse and prevent heart disease now. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn't need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In *The Whole Heart Solution*, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Here's what leading physicians and other experts have to say about *The Whole Heart Solution*: "If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read." --Mark Hyman, MD, New York Times bestselling author of *UltraMetabolism*, *Blood Sugar Solution* and others "Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America." --Joel Fuhrman, MD, New York Times bestselling author of *Eat to Live*, *The End of Diabetes* and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation "This is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain." --Daniel G. Amen, MD, New York Times bestselling author of *Change Your Brain, Change Your Life* and others Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier. --Jason Wachob, founder and CEO, MindBodyGreen.com "Dr. Joel Kahn has a national reputation as one of the top cardiologists in the US. [His book] will be a tremendous asset to patients, their families and physicians." --Mark

Houston, MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of *What Your Doctor May Not Tell You about Heart Disease* “The heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion.” --John Salley, four-time NBA champion “Dr. Joel Kahn is a...leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. His book will be a winner for all involved.” --Neal D. Barnard, MD, Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of *Dr. Neal Barnard's Program for Reversing Diabetes* “The Whole Heart Solution by Dr. Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life.” --Caldwell B. Esselstyn, Jr., M.D., author of *Prevent and Reverse Heart Disease*

dr gundrys mct wellness: *Head Strong* Dave Asprey, 2017-04-04 From the creator of Bulletproof Coffee and author of the bestselling *The Bulletproof Diet* comes a revolutionary plan to upgrade your brainpower—in two weeks or less. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better—a process known as biohacking. In his first book, *The Bulletproof Diet*, he shared his biohacking tips for taking control of your own biology. Now, in *Head Strong*, Asprey shows readers how to biohack their way to a sharper, smarter, faster, more resilient brain. Imagine feeling like your mind is operating at its clearest and sharpest, and being able—possibly for the first time in your life—to do more in less time? What it suddenly became easier to do the very hardest things you do? Or if you could feel 100% confident about your intellect, and never again fear being the person in the room who just isn't smart enough, or can't remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In *Head Strong*, Asprey shows us that all of this is possible—and more. Using his simple lifestyle modifications (or hacks) to take advantage of how the structure of your brain works, readers will learn how to take their mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired get it done now perspective, Asprey offers a program structured around key areas of brain performance that will help you: Power the brain with exactly what it needs to perform at its best all day long Eliminate the sources of kryptonite, both nutritional and environmental, that make the brain slower. Supercharge the cellular powerhouses of our brains, the mitochondria, to eliminate cravings and turn up mental focus. Reverse inflammation to perform better right now, then stay sharp and energized well into your golden years. Promote neuron growth to enhance processing speed and reinforce new learning—hotwiring your brain for success. Asprey's easy to follow, two-week program offers a detailed plan to supercharge brain performance, including: which foods to eat and which ones to avoid, how to incorporate the right kinds of physical activity into your day, a detox protocol for your home and body; meditation and breathing for performance, recommended brain-boosting supplements; and how to adjust the lighting in your home and work space to give your brain the quality light it thrives on. A better brain—and a happier, easier, more productive life—is within reach. You just need to get *Head Strong*.

dr gundrys mct wellness: *Eat Fat, Get Thin* Dr. Mark Hyman, 2016-02-23 A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to *Eat Fat, Get Thin*, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, *Eat Fat, Get Thin* is the cutting edge way to lose weight, prevent disease, and feel your best.

dr gundrys mct wellness: Easy Keto Diet for Beginners Frank Campanella, 2021-09-21

Reach ketosis and start losing weight the easy way The keto diet is a tried-and-true method for getting real weight loss results, but it can be intimidating to get started. This keto diet meal plan for beginners simplifies the process, with a brief introduction to the diet and easy recipes for anyone looking to make the change. Learn how to whip up healthy meals with step-by-step guidance, supportive tips and tricks, and handy background information to help you shed the pounds and keep them off. Inside this keto diet cookbook, you'll find: Keto 101—Learn the science behind the ketogenic diet and how it works with an easy-to-digest introduction. Simple and comprehensive recipes—Discover tasty, easy recipes that include crucial macronutrient information, so you can get the full keto profile at a glance. Guided meal plans—Stick to your keto journey with meal prep and make a whole week's worth of food at once. Drop the pounds with the beginner-friendly and cravable recipes in this keto cookbook.

dr gundrys mct wellness: The Wild Diet Abel James, 2016-01-19 Abel James, the ABC star and creator of the #1 Fat-Burning Man Show, shares his revolutionary weight-loss program in The Wild Diet - now a New York Times Bestseller! Can you really lose 20 pounds in 40 days while enjoying real butter, juicy burgers, chicken parmesan, chocolate, and even cheesecake? The answer might surprise you. By focusing on simple, fresh ingredients and nutrient-dense meals, The Wild Diet programs your body to burn fat as its main fuel source. Eating Wild, thousands of people across the world have dropped 20, 60, or even more than 100+ pounds without hunger... and often with minimal exercise. In The Wild Diet, you'll find that we are not meant to starve ourselves, count calories, or avoid delicious food. We're wired to eat luxuriously and live well without getting fat. If you think that you're stuck with the genes you inherited and there's nothing you can do about it, read closely. The Wild Diet paints a different picture, one in which we have the power to influence our genetic expression by taking control of the quality of food we eat, the way we move, and the environment around us. We once had access to an immense variety of fresh seasonal foods from small, local sources. Now we have access to few varieties of processed foods from a massive industrial system often thousands of miles from where we live. The secret to great health simply getting back to our wild roots and enjoying real, Wild foods grown on a farm and not in a factory. By prioritizing foods found in the natural world, rich in fiber and nutrients, your body will burn fat instead of sugar for energy. When you reduce your consumption of processed grains, sugars and other simple carbohydrates in favor of healthy plants and animals, you will be shocked by how quickly you can reverse the damage of decades of poor eating. The Wild Diet proves that it's possible to get in best shape of your life while eating delicious foods like chicken parmesan, bacon cheeseburgers, and even chocolate pudding. If you want to know how to burn more fat by indulging in incredible meals and exercising less, it's time to treat yourself to The Wild Diet.

dr gundrys mct wellness: Thyroid Diet Plan Healdsburg Press, 2013-09-23 More than 59 million Americans suffer from a thyroid condition, which can severely hinder metabolism and stand in the way of weight loss. The Thyroid Diet Plan can help you manage the symptoms of thyroid disease with a smart diet plan that is actually enjoyable and easy to follow. Whether you have been suffering for years or you were recently diagnosed, The Thyroid Diet Plan can help you boost your metabolism, lose weight, and improve your overall well-being. Combined with exercise and hormonal treatment as recommended by your physician, the delicious recipes found in The Thyroid Diet Plan is the healthy way to reverse your symptoms and feel better right away. The Thyroid Diet Plan will make it easy to lose weight and boost metabolism with: 100 delicious and easy-to-follow recipes for every meal of the day * 30-day thyroid diet plan to make managing thyroid disease simple and painless A detailed checklist of foods to avoid and foods to enjoy Q&A to help you recognize the common symptoms of thyroid disease Advice on toxins, exercise, and sensible weight loss Once you start The Thyroid Diet Plan you'll be on your way to feeling more energetic, less anxious, and more in control of your thyroid condition.

dr gundrys mct wellness: The Switch James W. Clement, 2019-12-31 How can you lose weight, ease chronic conditions, and stay healthier longer? Discover how to "rewrite your health destiny"

(David Perlmutter, MD, #1 New York Times bestselling author of Grain Brain) with this accessible book that teaches you how to flip the switch on your metabolism with intermittent fasting, protein cycling, and keto. Within each of us is an ancient mechanism that eliminates toxic materials, initiates fat burning, and protects cells from becoming dysfunctional—or turning cancerous. It's called autophagy, and when it's turned on, the complex operation not only can slow down the aging process, it can optimize biological function as a whole, helping to stave off all manner of diseases and affording us the healthy life spans we never thought possible. It's the body's ultimate switch to life. So how can we positively activate this switch? How frequently should we fast and for how long? Which foods dial up autophagy or, conversely, turn it down? How much exercise and what types are recommended? What's the sweet spot between intermittent fasting, protein cycling, and ketogenic eating? Backed by a wealth of scientific data and featuring a gallery of guidelines to follow for lasting results, "The Switch offers a paradigm shift in the way we think about health—and how to avoid decline and illness. This is a must read" (Mark Hyman, #1 New York Times bestselling author).

dr gundrys mct wellness: The Living Well Without Lectins Cookbook Claudia Curici, 2020-02-25 Millions of people say they feel better when they eat lectin-free. Here at last is the cookbook that makes lectin-free cooking fun and delicious! For people who take their health and well-being seriously, gut health is a top priority. Optimum gut health means more than just a well-working gastrointestinal tract. It means you have more energy, you simply feel better, and, not least, you're not gaining unwanted pounds. Among diets that address gut health, lectin-free is the fastest-growing, mainly because following it means your intestines absorb more nutrients and your gut is populated by fewer bad bacteria. Its many adherents range from people with specific disorders, like irritable bowel syndrome (IBS), diabetes, rheumatoid arthritis (and other autoimmune disorders), and leaky gut, to people who simply feel better without lectins. Easier weight loss or weight maintenance is an added benefit! Claudia Curici is the talented writer and photographer behind the pioneering lectin-free blog Creative in My Kitchen. The 125 nourishing and imaginative recipes she has created for this book are all sugar-, grain-, and lectin-free, and they are delectable and easy to make. Many are dinnertime main courses, from Chicken Coconut Soup with Shiitakes and One Beef Kebab Platter to vegetarian options like Cauliflower Gratin with Pecans and Healing Vegetable Soup with Kale and Broccoli. There are lectin-free superfood smoothies, too, among other drinks and snacks, along with soups, salads, sides, and even desserts, including an opulent but easy Lectin-Free Chocolate Strawberry Birthday Cake. Nourish and protect your gut with these diverse and delightful dishes!

dr gundrys mct wellness: The Lectins Irvin Liener, 2012-12-02 The Lectins: Properties, Functions, and Applications in Biology and Medicine is a 10-chapter text that deals with the advances in research studies on the properties, functions, and applications of lectins in biology and medicine. The first two chapters consider the historical development, physicochemical properties, isolation, and remarkable specificity toward sugars of lectins. These topics are followed by a discussion on the molecular aspects of protein evolution, with a particular emphasis on lectins, which provide an excellent example of a family of homologous proteins. The following chapters explore the diverse biological activities of lectins and how these properties are utilized for the isolation and characterization of carbohydrate-containing compounds in solution and on cells. A chapter focuses on the functions of lectins in their natural milieu. This text further covers the importance of lectins in nonplant systems as exemplified by lectins that occur in vertebrates, slime molds, and bacteria. The last chapter highlights the nutritional significance of the occurrence of lectins in plant foods such as legumes. This book is an ideal source for organic chemists, protein researchers, and workers in the fields of biology and medicine.

dr gundrys mct wellness: The Salt Fix Dr. James DiNicolantonio, 2017-06-06 What if everything you know about salt is wrong? A leading cardiovascular research scientist explains how this vital crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. The Salt Fix is essential reading for everyone on the keto diet! We've all heard

the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have heeded the conventional wisdom that your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but “heart-healthy” dinners as a result. What if the low-salt dogma is wrong? Dr. James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He’s reached a startling conclusion: The vast majority of us don’t need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition—especially for those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized—a never-before-told drama of competing egos and interests—and took the fall for another white crystal: sugar. According to The Salt Fix, too little salt can:

- Make you crave sugar and refined carbs
- Send the body into semistarvation mode
- Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate

But eating the salt you desire can improve everything, from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The Salt Fix shows the best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt dogma, and so should you—your life may depend on it.

dr gundrys mct wellness: Rebuild Robert Zembroski, 2016-02-16 Don't just beat the odds—come back from serious illness like cancer or a heart attack even better than before. Can you recover from cancer, heart disease, diabetes and other chronic health issues, and actually become healthier than you were before? With Dr. Z's Rebuild program, you can. Readers get information and simple guidelines on regenerating cells to recover from and prevent life-threatening or chronic illness, rebuilding their bodies' strength by eliminating toxic fat, and revitalizing their lives with new hope and energy. Also included in the book are illustrated high-impact exercises and plant-based recipes. Dr. Z guides readers to get to the roots of their chronic health issues, reversing the conditions so that their bodies can heal, strengthen and prevent future illness. Dr. Z's program is built on the actions he took after being diagnosed with life-threatening cancer. At 38 years old, I was not going down, he writes on his website. I had one thing in mind—Rebuild. He researched ways to reverse the side effects of the chemotherapy, radiation and major surgery that had left him feeling weak. He mapped out a plan that saved his life and helped him become stronger, healthier and more balanced than he was years before. What I did for myself, he says, I can do for you. Dr. Z has been there with his readers, feeling the fear, confusion and frustration of a health crisis. With this book, though, readers will conquer their fear and their health issues to recover, rebuild and sustain their health for a lifetime.

dr gundrys mct wellness: The Survival Paradox: Reversing the Hidden Cause of Aging and Chronic Disease Isaac Eliaz, 2021-09-21 Cancer. Organ failure. Accelerated aging. Can a single survival molecule fuel our most deadly and devastating health concerns? The truth is, the very biochemical mechanisms the body uses to survive are actually making us sick. This is the survival paradox. When our body's survival response is triggered, there is a cost: pain, inflammation, and life-threatening disease. But there is a way to overcome it. Drawing on inspirational healing stories and cutting-edge research, integrative medicine expert Dr. Isaac Eliaz presents a roadmap to master your biochemistry and overcome this paradox. The result? Healing and transformation on every level: physical, mental, and emotional. The Survival Paradox offers a groundbreaking new perspective in medicine—and the key to unlocking your infinite healing potential.

dr gundrys mct wellness: The FastDiet Michael Mosley, Mimi Spencer, 2030-12-31 The Official US Edition—containing US measurements—of the International Bestseller Is it possible to eat normally, five days a week, and become slimmer and healthier as a result? Simple answer: yes. You just limit your calorie intake for two nonconsecutive days each week—500 calories for women, 600 for men. You’ll lose weight quickly and effortlessly with the FastDiet. Scientific trials of intermittent fasters have shown that it will not only help the pounds fly off, but also reduce your risk

of a range of diseases from diabetes to cardiovascular disease and even cancer. "The scientific evidence is strong that intermittent fasting can improve health," says Dr. Mark Mattson, Chief of the Laboratory of Neurosciences, National Institute on Aging, and Professor of Neuroscience, Johns Hopkins University. This book brings together the results of new, groundbreaking research to create a dietary program that can be incorporated into your busy daily life, featuring: • Forty 500- and 600-calorie meals that are quick and easy to make • 8 pages of photos that show you what a typical "fasting meal" looks like • The cutting-edge science behind the program • A calorie counter that makes dieting easy • And much more. Far from being just another fad, the FastDiet is a radical new way of thinking about food, a lifestyle choice that could transform your health. This is your indispensable guide to simple and effective weight loss, without fuss or the need to endlessly deprive yourself.

dr gundrys mct wellness: *Stay Off My Operating Table* Philip Ovadia, 2021-11-11

dr gundrys mct wellness: *Ten Years and Nothing* Latonia A Nettles, 2021-06 If you would have asked Shelia ten years ago where she saw herself at the age of 29, she would have told you that she would be happily married with two or three kids, a dog and enjoying her life with her amazing husband as a stay-at-home wife. Looking back over the last ten years she doesn't know where she went wrong and the one person that can give her answers is treating her like the last person he wants to be around. What do you do when what you want seems too far out of reach?

dr gundrys mct wellness: *Combating Romance Scams* Joyce Short, 2016-12-29 Have you or someone you care about been victimized by the cruelty of a romance scam? It can happen in person, and it can happen on the internet where total strangers reach out to you, right there through the privacy of your desktop! Anyone can hook you into romance and sex by treacherously lying to you! While you hope you can separate liars, cheaters, or worse, from people with a pure heart and honorable intentions, some emotional predators are so savvy, they slide right through the gates of the most sophisticated daters, undermining their sense of trust and playing havoc with their lives. *Combating Romance Scams, Why Lying to Get Laid Is a Crime!* will help keep you safe! It describes what to look for, explains how scammers do what they do, and most importantly..... it provides a specific law to make them stop! Once a victim of a romance scam, Ms. Short has studied this issue and carefully analyzed what the legal establishment is overlooking in penal code that makes lying to get laid a crime. She wrote this book to enlighten society's views on sexual assault. She invites you to become an important part of the conversation that causes awareness and establishes change.

dr gundrys mct wellness: *The ENERGY Formula* Shawn Wells, 2020-12-10 If there's anything people say they want more of these days...it's energy. The world around us continually requires more of us while we give less and less thought to our long-term health. This distracted and overwhelmed mindset has landed us squarely in survival mode, depriving us of the necessary steps to create lasting, sustained energy. The truth is most of us are so exhausted and don't know how to find the energy to live our best lives. We don't need another long list of expensive recommendations from so-called experts, or a complicated morning routine that takes over three hours. We need a new formula that is practical, low-cost, easy and that flat out works. We need *The ENERGY Formula!* Developed by biochemist, dietitian, sports nutritionist and formulation scientist Shawn Wells after surviving a series of torturous health battles, this pivotal and groundbreaking book is the product of meticulous and persistent research to find solutions to his personal and painful experiences-paired with two decades of legitimate clinical and scientific expertise. In this book, readers will discover how to utilize six critical ENERGY pillars to rebuild their own lives to rid themselves of exhaustion and, instead, power their lives with limitless potential. Readers will be able to: Understand how energy is created with mitochondrial health and how to get more of it Learn how biological shortcuts or biohacks can optimize longevity and quality of life Create measurable change in 30 short days with the help of included surveys Increase resilience through the science of hormesis and protect themselves from illness Unleash their limitless potential with chapter summaries for quick reference Make clear use of tools like fasting, keto, paleo, cold plunges, DNA testing, supplements and more A transparent, vulnerable and inspiring call to action, *The ENERGY Formula* is a guide meant to bring

you out of the black hole of fatigue, depression and weight challenges and into a more passionate, energized and vibrant life NOW...with expert Shawn Wells as your guide through every simple, research-backed step.

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