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Below is an approximation of this video's audio content. To see any graphs, charts, graphics, images, and quotes to which Dr. Greger may be referring, watch the above video.

How to Avoid Lectin Poisoning | NutritionFacts.org

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Last week's Definitive Guide to Resistant Starch garnered a lot of attention. While the article covered a lot of ground, many of you had lingering questions and concerns about the topic: What is and isn't resistant starch? How much resistant starch should I be eating? Why is resistant starch ...

Resistant Starch: Your Questions Answered | Mark's Daily Apple

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Most people might think of a green spirulina drink or a "nutrition bar" when they hear the word "superfood". However, it turns out that liver (from grass-fed animals) is nature's most potent superfood. So throw away your soy protein bars and noni juice and eat some liver!

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