

Defeat The War In Your Stomach – Top Surgeon Explains How

We've been told our whole lives to eat certain fruits, vegetables, and whole grains to stay in good health.

However, according to Dr. Steven Gundry – a world-renowned heart surgeon – many so called **"health foods"; in the American diet contain a dangerous toxin, that could be expanding your waistline.**

"This toxin causes micro-tears to form in your fragile intestinal-wall – allowing bacteria and waste products to seep into your body." Says Dr. Gundry.

This harmful condition is best known as **"leaky gut,"** and it's affecting millions of people nationwide. **Warning signs include weight gain, fatigue, digestive discomfort, stiff, achy joints, and even skin problems.**

Dr. Gundry explains, **"These side effects are often mistaken for normal signs of aging, because leaky gut usually develops over a matter of years, and sometimes even decades. But I can assure you, the damage caused by these so called "health foods" is far from normal."**

The good news is, this problem can be **easily fixed from your own home.**

"It's very simple, you just have to know which foods are actually healthy, and which contain this hidden toxin," he goes on to explain.

By simply eliminating this harmful toxin, Dr. Gundry has seen thousands of his own patients make swift recoveries. (In fact, he even lost 70lbs himself!)

Now, after years of research, Dr. Gundry has decided to release an informative video to the public – free and uninterrupted – showcasing exactly which foods you need to avoid.

“Good health is one of life’s toughest obstacles,”” he explains. “So, if this video can help people achieve that, I’ll be thrilled to hear I was of help.””

The video has since gone viral, first being shared by users on Facebook, then being featured on news sites like ABC and CBS.

So far, the comments and feedback have been outstanding, with thousands of Americans feeling better than they have in decades.

Click here to watch the presentation:



Watch The Video

Dr. Gundry also serves as the personal physician to many A-list celebrities.

Most notable of which include legendary self-help guru Tony Robbins, Oscar award winning actor Alan Arkin, Grammy award winning singer Usher, and countless fortune 500 executives.

Now, there is one thing Dr. Gundry asks from his viewers: “If watching this helps you take control of your weight back, fight unwanted cravings, increase your energy, ease gas and bloating, or find relief from stiff, achy joints,”” Dr. Gundry says... “Then please share this video with your friends and loved ones. Together, we can help as many people avoid these health issues as possible.””

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