

This Could Be the No. 1 Danger to Your Diet!

This vegetable could be toxic to your health and may actually be causing weight gain, digestive issues, brain fog and food manufacturers market this one vegetable as a “health super food.” This vegetable is one that most Americans consume on a daily basis. Click [here](#) to find out this “toxic” . There is also a “toxic” plant protein that is hiding in foods that we have considered healthy our entire lives. According to research, it could be the biggest danger in the American the shocking presentation now before it’s too late.