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Sun, 17 Jun 2018 13:20:00 GMT - Dr. Steven Gundry initially created a diet to help his patients lower their cholesterol. He soon realized the diet might help others improve their health and wrote the book "Dr. Gundry's Diet Evolution," detailing dietary recommendations that he says help prevent chronic diseases such as high blood pressure. The Gundry Diet Evolution consists ...

### **About the Dr. Gundry Diet Evolution | LIVESTRONG.COM -**

Thu, 14 Jun 2018 15:04:00 GMT - Dr. Gundry's Diet Evolution. Turn off the genes that are killing you and your waistline. Originally published in 2008, Dr. Gundry's Diet Evolution