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Fri, 15 Jun 2018 21:22:00 GMT - It turns out the same plant toxins that can kill or immobilize an insect can also silently destroy your health and insidiously im-pact your weight. I titled this book The Plant Paradox because while many plant foods are good for youâ€™”and form the bedrock of my eating planâ€™”others that have been regarded as â€™health foodsâ€™