



Steven Gundry, M.D.

Surgeon, Researcher, and Author

Dr. Gundry's insatiable curiosity and compassion for his fellow man have led him down a path of discovery that has literally ushered him back to the dawn of civilization. His belief in a fundamental theory about the way our brain computes and perceives our eating habits has resulted in his outlining a foolproof system of eating that not only guarantees weight loss, it can reverse and or eradicate serious diseases such as high blood pressure and, in some cases, even cancer. As Dr. Gundry states in his book, he is in the "survival business". The crux of his method stems from his research that started years ago at Yale University - that our mind and body are locked into an eons-old "computer program" that is very fundamental, logical and, ultimately, easy to control. "Humans are members of the great ape family," he explains, "and great apes are distinguished by having a universal shoulder joint. This allowed us access to hanging fruit that other animals could not get. These fruits appeared in summer and when we found them, we feasted upon them. The sugars in those fruits were converted into fat in our bodies that allowed us to survive winters when food was scarce. Today when we eat fruit year-round, drink sugary beverages and/or consume "wholesome" grain products, - all high sugar foods - they send a long-ago programmed signal to our brain that it's summer, we've hit the jackpot of a fruit tree and we would be crazy not to eat. The obesity epidemic today is a direct result of people eating the wrong foods as if they are in perpetual summer... accumulating fat for a winter that never comes."

Gundry's inclination for restoration was called upon early in his medical career. While studying in a prestigious training program at the University of Michigan , Gundry slipped and broke his right wrist while running to help a woman having an asthma attack. He was told he would never operate again! Unfazed, Gundry simply trained himself to operate with his left hand. "There was a program at the National Institutes of Health (NIH) run by Dr. Andrew G Morrow," Gundry says. "He took men and women out of General Surgery residency for two years, and trained them to be heart surgeons and to do heart surgery research. By my second year of residency, I had written more papers than any previous resident at Michigan . I'd done so much research at NIH that I convinced them to give me a research lab at the University of Michigan while I was still a resident. Every rotation I did, I would investigate something about that subject, whether or not it was what I eventually wanted to do. I just wanted to try everything."

Dr. Gundry has gone on to be internationally recognized as an inventor, researcher and one of " America 's Top Doctors." Dr. Gundry's accomplishments in areas like robotic assisted heart surgery, congenital heart surgery, heart transplantation, cardioplegia catheters, minimally invasive valve surgery, mechanical support devices for the failing heart and reanimation of "dead" hearts have contributed greatly to advancements in cardiac care. He's been the Head of the Division of Cardiothoracic Surgery, Medical Director of Adult and Pediatric Cardiac Surgical ICU's, and Program Director of the Cardiothoracic Residency Program at Loma Linda University School of Medicine while continuing his numerous research projects. He is also a founding board member of the Society of Minimally Invasive Cardiac Surgery. Dr. Gundry has written more than 200 articles and books about cardiac surgery, and the nutritional reversal of heart disease, high cholesterol, diabetes and hypertension.

Dr. Gundry is the Director of The International Heart and Lung Institute in Palm Springs , California , and the Founder/Director of The Center for Restorative Medicine in Palm Springs and Santa Barbara . But he is destined to be known by everyday people outside his field as the author of the life-changing book Dr. Gundry's Diet Evolution: Turn Off the Genes That Are Killing You – and Your Waistline – and Drop the Weight for Good. Quite a mouthful, it is fast becoming the new Bible for smart eating...and its secrets extend far beyond what people believe is the obvious.

Dr. Gundry lives with is wife, Penny, and their four dogs in Palm Springs and Montecito , California . He has two grown daughters, who live nearby. More on Dr. Gundry on his website <http://www.drgrundry.com/>