



**Robin**

*"When I started Dr. Fuhrman's eating program, I realized that I was addicted to food and learned how that created my desire to eat too frequently and too much. By following Dr. Fuhrman's program, I was able to overcome my addiction. I am now 60 pounds lighter and, more importantly, no longer dieting to lose weight. I am content eating pleurably and healthfully because I feel so much better. In fact, for the first time in years, I actually have the energy to exercise! My husband has also lost 40 pounds. With both of us eating this way, our kids are slimmer, healthier, and learning valuable lessons about food for the rest of their lives."*

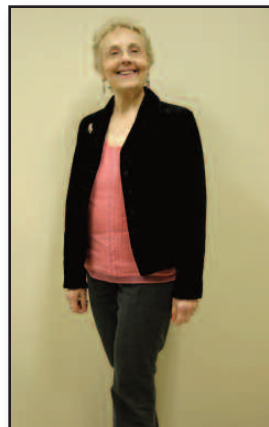
**Scott**

*"At 38 years old, Scott was not sure he would live to see his 40th birthday. Scott wore size XXXXXXXXXXXXL pants. He could walk only nine steps at a time and breathing was difficult. His life was at risk. His doctor advised a stomach-reduction surgery and heavy medication.*

*Instead, Scott decided to change his lifestyle and how he thought about food. He made a commitment to follow Dr. Fuhrman's plan for nutritional excellence every day. The food provides all the nutrients, protein and vitamins essential for good health. Scott never tires of the menu, as it is designed to include "everything a human craves," he said. "There are things that are hot, cold, salty, creamy, chewy, spicy, savory, and crisp."*

*Scott emphasizes this eating style is not a diet. In fact, don't even say that word around him. After years of failed fad diets, the D-word no longer exists in the his nomenclature. As Scott says "It's not about a goal weight. I'm just doing what's healthy for my body, and the results will follow."*

*Today, Scott weighs 232 pounds. He is an avid bike rider, even during the snowy Minnesota winter, pedaling 10 to 30 miles daily regardless of the weather conditions."*



**Julia**

*"After three heart attacks within three months of each other and five angioplasties in a three-year period, I was still very ill. The torture of all my medical problems made me think I would be better off if I had died. I weighed 225 pounds and I could not walk one block. I was on ten medications and I was a cardiac cripple at the age of 60.*

*Luckily, I learned about Dr. Fuhrman. Within seven months of eating Dr. Fuhrman's high-nutrient density plan, I weighed 135 pounds. When I think back to how sick I was, it is frightening. I know I would not be alive today if not for Dr. Fuhrman's plan."*



EAT FOR HEALTH

## PATIENT'S SUCCESS STORIES



### Bob

*"At age 37, I was 50 pounds overweight. My life changed one afternoon at an all-you-can-eat buffet. The button on my last comfortable pair of pants snapped and the zipper broke. It was funny, embarrassing, but deadly serious all at the same time. That day I decided I had to change and went to the bookstore to find some answers. I stumbled upon Dr. Fuhrman's book, and it made sense to me. Six months later, I was 60 pounds lighter. I am now 46 years old; I run 20 miles each week and have unbelievable stamina. My systolic blood pressure went from 140 to 108, and my current LDL cholesterol level is 40. I feel great, look 10 years younger than I did two years ago, and take no medications. Since then, I have been working with Dr. Fuhrman to get his message out. You too can achieve your ideal weight, reverse disease, and delay the aging process!"*

### Laura and Don

*"At the age of 49, Don appeared to be in perfect health. But suddenly, he began to experience pressure in his chest. One artery was 95 percent blocked and his cholesterol was 259 with an LDL of 178. He had a stent placed, remained under the care of cardiologists, and was taking cholesterol lowering drugs, high blood pressure medications, and blood thinners. He tried to eat more carefully too, but began having chest discomfort again and was found to have further heart disease.*

*A friend who is a doctor, referred us to Dr. Fuhrman. We met with him and returned home with the the knowledge and enthusiasm we needed to implement Dr. Fuhrman's eating program. We were amazed at the results.*

*Within two weeks, Don lost twelve pounds and his blood pressure dropped so low, he no longer needed medications. He is 20 pounds lighter, his chest pains are resolved, and he has discontinued all medications. His LDL cholesterol went from 163 while on medication to 103 off medication. I lost 10 pounds as well! We both thank you for helping us understand how important it is to 'Eat To Live' by giving our bodies the food we need for proper nutrition. We just can't thank you enough for everything."*

For more details on these and others' successes visit: [www.DrFuhrman.com](http://www.DrFuhrman.com)