

## Eat To Live: The Revolutionary Formula For Fast and Sustained Weight Loss

by Joel Fuhrman, M.D.

Reviewed by Max Huberman

**T**his new book by Dr. Fuhrman opens with a laudatory foreword by the eminent Mehmet C. Oz, M.D., Director, Cardiovascular Institute, Columbia-Presbyterian Medical Center. Dr. Oz has referred his patients to Dr. Fuhrman and proclaims, "I witnessed wonderful results for both weight reduction and health restoration."

NHA members who have read Dr. Fuhrman's 1995 blockbuster, *Fasting and Eating For Health* and his informative articles in this magazine, will join Dr. Oz in hailing Dr. Fuhrman as "A doctor and teacher who makes nutritional science easy to learn and follow."

This book is a masterpiece, a scientific longevity plan that also offers dramatic, permanent weight loss for the overweight. He promises a twenty pound weight loss in the first six weeks. This book describes a weight loss and health plan from a medical doctor who can back up his incredible results with real science and real people. It is the perfect solution to the obesity epidemic we now find in America and other developed countries.

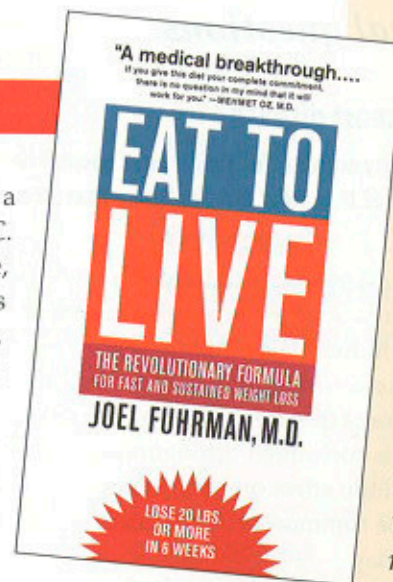
Joel Fuhrman, M.D., is the doctor other doctors refer their overweight or chronically ill patients to. He has helped the clinically obese lose weight fast – without pills, liquid diets or faddish meal plans, and has watched them throw away their drugs to boot. No gimmicks, no magic, a plan that is respected by renowned physicians and scientists and it is all outlined in *Eat To Live*, the gold standard in diet books.

Though *Eat To Live* is subtitled, "The Revolutionary Formula For Fast and Sustained Weight Loss" and does incorporate varied daily and weekly menus for both vegetarians and non-vegetarians, the book should not be classed as just another diet book.

Indeed, the 280 lucid pages establish how his easy-to-follow, plant-based dietary program not only combats obesity but is a primary defense against the crippling or deadly onslaughts of heart disease, diabetes, stroke, arthritis, various cancers, and other avoidable and preventable conditions, without resorting to angioplasty, bypass surgery or similar invasive medical or surgical procedures.

Dr. Fuhrman recounts clinical findings from some of his more than 10,000 patients and draws supportive conclusions from thousands of research articles confirming his convictions. This book is the book that all health professionals will be proud to recommend to their patients.

*Eat To Live* is rich in helpful graphs and charts plus sound advice and tested truisms such as, "When you consider fiber, phytochemicals, and other essential nutrients, green vegetables win the award for being the most nutrient-



*"I have been a cancer surgeon for the past 15 years and legions of patients under my care have asked, 'Doctor, what do I eat now that I have been diagnosed with cancer?' The real question they were asking was, 'Doctor, how do I use food to help regain my health?' Intuitively I knew that food was medicine, but wanted supportive information that had undergone rigorous scientific documentation and was 'new age' in its perspective and passion. My readings spanned the gamut from the dogmatic anecdotal accounts of self-healed evangelists and raw foodists to the writings of inflexible, pedantic laboratory scientists. Still I was unfulfilled. Finally I found Dr. Joel Fuhrman's book, **Eat To Live** and immediately knew I was in a sacred avante garde stream of information regarding food and chronic degenerative diseases. Simply an awesome piece of work, that fills the gap between the ivory tower-based nutrition research – which is difficult for the average person to interpret – and the unsubstantiated claims of new age proponents of nutrition. For me, this is a book that dropped out of heaven."*

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Professor of Gynecologic Oncology  
Avon Scholar for Cancer Control  
University of Alabama  
Comprehensive Cancer Center

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**Review** *continued*

dense of all food. We give greens a score of 100." Dr. Fuhrman tells patients (and us readers) to put a big sign on the refrigerator that says, "The salad is the main dish."

"Dr. Fuhrman meticulously explodes the dangerous fallacies of the Atkins diet, The Zone, Eat for Your Blood Type and other highly touted "weight loss diets" high in animal fats but low in fruits and fiber, which increase cancer risk. Dr. Fuhrman explains, "What good is a diet that lowers your weight but also dramatically increases your chance of developing cancer?"

The wide scope of the book is highlighted by such chapters as:

"Digging Our Graves With Forks and Knives"

"Overfed, Yet Malnourished"

"Phytochemicals, Nature's 'Magic Pill' "

"The Dark Side Of Animal Protein"

"*Eat To Live* Takes On Disease"

"Frequently Asked Questions"

Calling *Eat To Live* a medical breakthrough, Dr. Oz classifies Dr. Fuhrman as "A world expert in nutrition and obesity research who has gone beyond the guidelines set up by

the National Institutes of Health and the American Heart Association."

High praise comes from a long list of scientists, authors and prominent physicians who have reviewed Dr. Fuhrman's book and found it to be the solution those confused about optimal nutrition have been searching for. John Robbins, author of *The Food Revolution* and *Diet For A New America*, said, "This is a rare and priceless exception. It's a jewel. Get it."

In summary, I congratulate the astute author of *Eat To Live* for producing a worthy sequel to his *Fasting and Eating For Health* (available from the NHA on page 35) and for his continuing dedication to providing safer proven roads to enduring health and longevity.

*Eat To Live* will be available from the National Health Association soon. See page 36 for ordering instructions. Call the NHA at 813-855-6607 and order your copy today!