

Doctor Building Nutritarian Army to Fight Disease

Celebrities sing Dr. Fuhrman's praises for helping them stay fit and trim, but this physician is determined to arm all Americans with not only the best weapon for battling weight struggles but also for fighting off chronic illnesses like heart disease, high blood pressure, diabetes, and others. He has helped countless individuals make dramatic health recoveries through his unique high-nutrient dietary approach each saving thousands of dollars on medications. Dr. Fuhrman's scientific discovery contributing to this success is that micronutrient adequacy derails food addictions and overeating behavior. These disease recoveries, achieved with natural whole foods, prepared deliciously, are inspiring to all and critical to consider in our present crisis of expensive and unaffordable health care.

Flemington, NJ ([PRWEB](#)) January 27, 2010 -- Dr. Fuhrman is grateful for the attention that Alanis Morissette's weight loss success has brought to him and his book EAT TO LIVE, but the bigger story here is the dramatic recoveries from life-threatening illnesses his readers have achieved following his [high nutrient](#) diet-style. Dr. Fuhrman is passionate about educating the public and stresses, "Micronutrient adequacy is needed to control appetite and food addictions. Not only is this the key to weight loss but more importantly it is the key to [reversing heart disease](#) and many chronic illnesses debilitating people everyday."

Singing sensation Morissette put an end to her lifelong battle with weight and has acclaimed Joel Fuhrman, M.D.'s book EAT TO LIVE as the key to her success. Dr. Fuhrman emphasizes a diet composed of [nutrient dense foods](#) which are vital to weight loss, good health and longevity. He has even coined the term, [nutritarian](#) to describe the eating style he advocates.

A now trim and fit Morissette says, "This isn't just a healthy phase. This is a way of life. I feel like my body is what it was born to be." watch video

[Mehmet Oz](#), M.D. calls Dr. Fuhrman's plan, "a medical breakthrough."

Living a Nutritarian lifestyle is life changing. Fuhrman's readers and online members are living proof and want to share their success . . .

Ronnie was still very ill and was certain he was not going to live much longer after failed bypass surgery and stents placed in his arteries — he was still having chest pain. As a last ditch effort, he googled "reverse heart disease" and discovered Dr. Fuhrman's web site. Ronnie lost over 140lbs in one year and completely restored his health. He was able to rid himself of all medications and save over \$600 per month in out-of-pocket expenses! You will be astounded by his remarkable recovery.

Charlotte suffered a stroke and was diagnosed with diabetes, high blood pressure, high cholesterol, and 65 percent blocked arteries, she found Dr. Fuhrman's book and was assured by the successes on his website. She lost a staggering 133 pounds and recovered her health including completely getting rid of her diabetes — something she didn't think was possible.



Anthony was 33 years old, 360 pounds, with high blood pressure and frequent migraines. He had always struggled with weight. After reading Fuhrman's EAT TO LIVE he "got it" and started making changes. Today he is without headaches, 160 pounds lighter and more energetic.

Dr Fuhrman thinks dramatic success stories, like these, achieved with natural whole foods is newsworthy and critical to consider in our present crisis of expensive and unaffordable health care. Lets make sure everyone knows how they can get well.

Joel Fuhrman, M.D., is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. His other books include Eat For Health, Disease-Proof Your Child, and Cholesterol Protection for Life. In addition, to being widely published in medical journals and consumer publications, like People magazine and The Economist, he is recognized as one of the country's leading experts on nutrition and natural healing and, as such, has appeared on hundreds of radio and television programs shows including: ABC, CBS, NBC, FOX, CNN, Today, Good Morning America, the Discovery Channel, TV Food Network, CNBC and others.

###



Contact Information

Janice Marra

DrFuhrman.com

<http://www.drfuhrman.com>

908-237-2195 ext. 233

Online Web 2.0 Version

You can read the online version of this press release [here](#).