



TESTIMONIALS

CHOLESTEROL PROTECTION FOR LIFE

"My cholesterol dropped radically, my angina resolved and my heart condition vanished. I no longer take any medications. Dr. Fuhrman saved my life."

John Pawlikowski

"My cholesterol used to be over 200. I never thought about it at the time, but I was as you say "a heart attack waiting to happen." Thanks to Dr. Fuhrman's *Cholesterol Protection For Life*, today my cholesterol is 142 and I'm thrilled! I feel healthier, look better, and now know I'm safe from having a heart attack."

Denise Viscanza

"I started the program last January and now maintain my weight at a 155lbs—perfect for 5'10" male. Previously, I could not get my weight below 180. My cholesterol also dropped from 275 to 147 in the first 6 weeks! Thanks for all the help and encouragement."

Mark Zimmer

"After 3 heart attacks within 3 months of each other and 5 angioplasties in a 3-year period, I was still very ill. I almost died soon after the last angioplasty and had internal bleeding that was difficult to stop. The torture of all my medical problems made me think I would be better off if I had died. I was left with unstable angina, which means I had chest pain from my bad heart almost all the time. I weighed 225 pounds and I could not walk one block. I was on about 10 medications and I was a cardiac cripple at the age of 60.

Luckily, I found out about Dr. Fuhrman. Within 3 more months my chest pain was gone and I was walking again. From not being able to walk one block I was now able to walk two miles with no problems. Within seven months of eating Dr. Fuhrman's high nutrient density diet-style I weighed 135 pounds. I had lost 90 pounds without even trying to lose weight. I just wanted to be healthier and live again.

When I think back to how sick I was, it is frightening. I suffered from daily migraines, had bleeding ulcers from all the medications. Now I walk 3 miles a day, go to yoga. . . and enjoy life immensely. I know I would not be alive today if it was not for Dr. Fuhrman."

Julia Spagnoli

"I could go on and on about struggles, cravings, relief from cravings, addiction — but I'll just put my current results as an "attaboy" for the doctor: July 1, 2005: I weighed 190 lbs, my blood pressure was 130/72 (taking 3 medications to keep it down), and my cholesterol was 192 (while on 1 medication). September 7, 2005: I weigh 164.5 lbs, my blood pressure is 124/86 (WITH NO MEDICATION), and my cholesterol is 132. You've literally saved our (my wife and I) lives, and I can't thank you enough."

Shawn Powers