



# ENDORSEMENTS

## **DISEASE-PROOF YOUR CHILD: *Feeding Kids Right***

"Food choices, especially food choices early in life, are the primary cause of disease and premature death is the take home message of this book. While the scientific community is just beginning to realize this great truth, Dr. Fuhrman has already taken the revelation and put it in the form of a tool kit. If you truly love your children and your grandchildren, or if you are simply a true American patriot concerned about the health of the nation, then read this book and put it into practice. It's light years ahead and is a magnificent source of salvation for our children."

**Groesbeck P. Parham, M.D.**

Professor of Gynecologic Oncology & Preventive Medicine  
Senior Scientist, Comprehensive Cancer Center  
University of Alabama at Birmingham

"Dr. Fuhrman reveals the secrets to long-term, sustainable health using diet choices for growing up smart and growing old happy. Take your doctor a copy!"

**Mehmet Oz, M.D.**

Director, Cardiovascular Institute  
Columbia-Presbyterian Medical Center

"Physician. Father. Educator. Joel Fuhrman, M.D. has mastered all three of those roles and shares his nutritional and healing wisdom in this practical, readable book. The major fatal diseases that plague us - clogged arteries, obesity, diabetes, cancers and others - begin in childhood, and Disease Proof Your Child will help you give your offspring the healthiest start possible. Thank you, Dr. Fuhrman, for sharing your experience and teachings where it will do the most good - through 'disease-proofing' our children."

**Michael Klaper, M.D.**

Director, Institute of Nutrition Education and Research  
Manhattan Beach, California

"Disease Proof Your Child is a timely response to America 's health care crisis. The time to effectively institute healthy nutrition is during childhood. Dr. Joel Fuhrman provides solutions for children, parents, and physicians."

**Caldwell B. Esselstyn, Jr., M.D.**

Preventive Cardiology - Cleveland Clinic Foundation

"Dr. Fuhrman's latest book couldn't have come at a better time given the epidemic of obesity, cancer, diabetes and heart disease which is reaching earlier and earlier into the lives of our children. In "Disease Proof Your Child", Dr. Fuhrman irrefutably documents that what we feed our children from infancy through adolescence, and how we respond to their childhood illnesses, will profoundly determine the kind of health and longevity they will enjoy for the rest of their lives. Dr. Fuhrman's book offers a ringing defense for the value of a plant-based diet and presents easy to apply strategies for changing the problematic dietary and lifestyle habits of children--and their parents. It is destined to take its place among the most important child-rearing books ever written..."

**Mark A. Huberman, President**

National Health Association

"Dr. Fuhrman provides information, easy to read and understand but science-backed, that will help

every parent raise healthy children who will later become disease-proofed adults."

**Neal Pinckney, Ph.D.**

Founder and Director, Healing Heart Foundation  
Author: Healthy Heart Handbook

"Disease-Proof Your Child, is an essential guide for every parent. Our children are faced with a nutritional crisis today and this book is a blessing to parents seeking to give their children the gift of excellent health. The nutrition and health information, practical meal plans and recipes, and medical advice from one of our nation's leading preventive medicine physicians is invaluable."

**John Westerdahl, PhD, MPH, RD**

Nutrition Editor, Veggie Life Magazine  
Director, Wellness & Lifestyle Medicine  
Castle Medical Center, Kailua, Hawaii

"Great Book! Disease-Proof Your Child should be required reading for every parent. This book would have been invaluable in raising our children. Dr. Fuhrman should be every family's doctor."

**Howard F. Lyman**

Author of The Mad Cowboy, No More Bull!

"Dr. Fuhrman's book offers your family the solution to the epidemic of obesity and sickness that afflicts nearly every child eating the rich Western diet. Don't miss this opportunity."

**John McDougall, MD**

Director of the McDougall Live-in Program, Santa Rosa, CA

"Knowledge is power and Dr. Fuhrman's book, Disease Proof Your Child is a powerful tool for insuring that the children you love will live healthy and happy lives. Read this book! Most importantly, put this invaluable advice of one of American's most outstanding physicians into practice."

**Doug Lisle, Ph.D. and Alan Goldhamer D.C.**

Authors of The Pleasure Trap

"Children don't need to be chronically sick--as children or adults. Dr. Fuhrman's book compels parents to re-think the way they raise their children, starting with what they eat."

**James Craner M.D., MPH**

Environmental and Occupational Medicine  
Assistant Clinical Professor, Department of Medicine  
Univ. of California, San Francisco School of Medicine

"It is full of clarity, wisdom, and guidance you can trust and (the book) gives you the power to shape your child's health destiny."

**John Robbins**

Author: The Food Revolution,  
Reclaiming Our Health, and  
International Best Seller - Diet for a New America

"Finally, we have a way to put a stop to the landslide of disease American children will suffer from in the future and our growing cancer epidemic. Parents and grandparents, get this book? Disease-Proof Your Child is the most precious legacy you can leave your child."

**Agatha Thrash, M.D.**

Medical Director, Uchee Pines Institute