



TESTIMONIALS

DISEASE-PROOF YOUR CHILD: *Feeding Kids Right*

Nutritional Choices Ease Later Life Pregnancy. . .

“When my husband (who is a physician) and I first found out about Dr. Fuhrman we were very impressed with his depth of knowledge. He is not only very knowledgeable, but very committed to his work, and amazingly informed about how nutrition affects each part of the body and its specific function. My husband and I both converted to Dr. Fuhrman's plant-based approach to eating, and we both found a tremendous increase in energy levels, lower cholesterol, loss of excess weight, and surprisingly we were then able to conceive our first child. Subsequently, I enjoyed two complication-free pregnancies, no small detail, giving birth to our son at age 39 and our daughter at 44, without the potential of that occurring before I started following Dr. Fuhrman's nutritional recommendations. While pregnant, Dr. Fuhrman's advice helped tremendously with bouts of nausea, but there were no other complications.

I believe that our nutrition choices -- pre-pregnancy, during pregnancy, and as we introduced foods to our children -- have changed their lives forever. Because our children have always eaten a high nutrient, plant-based diet, they enjoy all types of fruits and vegetables and meal time is a pleasant experience. Neither has ever needed antibiotics -- no ear infections, allergies, asthma or persistent childhood illnesses. They do get the occasional cold, but quickly recover. My son is now a very energetic six-year old, but very well-behaved and not hyperactive. He has an excellent attention span for his age and excels as a student.

I am so thankful to Dr. Fuhrman and how he makes his advice available via his website, www.DrFuhrman.com, since it is very difficult to find classically-trained medical doctors who understand and advocate the nutrition component of disease prevention and natural living, rather than just dispensing medications.”

Lori M., Statesville, NC

A Young Girl's Miraculous Recovery from Advanced Lupus. . .

“In March 2004, my niece, Julisa developed a rash and after consulting several doctors, it was treated as poison ivy with topical medications. When the problem persisted, we took Julisa to St. Joseph's Hospital in Patterson, NJ. Following many tests, including kidney DNA, she was found to have kidney damage and diagnosed with stage-four lupus (end stage), and placed on immunosuppressive drugs and steroids, including Prednisone, Immuran and Cytoxan creating very difficult side effects for a teenage girl. Desperate for alternative treatments, Julisa's mother and I searched the Internet for lupus information and found out about Joel Fuhrman, M.D. and we made the first appointment in August 2004.

Dr. Fuhrman explained the benefits of natural, balanced nutrition and first prescribed a plant-based, very high nutrient diet to improve Julisa's immune system. He found her to be severely nutritional deficient, especially in antioxidants. Of course, we were very skeptical that a diet could have such a drastic impact on her condition. About the same time we took Julisa to a kidney specialist at Presbyterian Hospital in New York City, who told us that she was soon facing complete kidney failure and dialysis was inevitable. He placed Julisa on the national kidney transplant list. We struggled with the options facing her and the family. On one hand, Julisa would endure a weekly routine of dialysis sessions and eventual kidney failure, if a transplant wasn't found. On the other hand, she (and the family) would have to completely

change eating habits -- no more soda, pizza or cheeseburgers -- to comply with Dr. Fuhrman's program, and we weren't sure it was going to work.

We finally decided to treat her lupus with Dr. Fuhrman's approach and under his care she improved so quickly he was able to gradually discontinue all of her medications. Even Dr. Fuhrman was surprised that her kidney function came back to normal so quickly. Within one month she went from a creatinine of 4.7 in September 2004 to a creatinine of 0.8 in October 2004. Amazingly, within a few 4 months blood and urine testing revealed absolutely no trace of lupus in Julisa's system. Her kidney function has returned to normal and she has no further symptoms of lupus. What was amusing was when we returned to the pediatric rheumatologist for a final check-up he stated, I have never seen a case where the medications worked so well and the kidneys bounced back so quickly. Little did he know we had stopped all the medications! The results were all because of Dr. Fuhrman's nutritional program. We were a little nervous and did not say anything.

Julisa recently celebrated her "Sweet Sixteen", with a healthy future, no lupus and junior year in high school ahead of her. We all take every opportunity to tell other lupus patients and anyone we know about the miraculous results obtained from Dr. Fuhrman's nutritional approach. We are so very grateful to Dr. Fuhrman."

Rosario P., Clifton, NJ

Dietary Changes End a Teenager's Bout with Stress, Fatigue, and Ulcers. . .

"For approximately a year before consulting with Dr. Fuhrman, our daughter Caitlin suffered from progressive fatigue, severe acne, and chronic stomach upset which caused numerous absences from school. This was troubling, as Caitlin was an honor student who had always done well in school. After seeing several doctors with no diagnosis, Caitlin became exceedingly frustrated and asked us to enroll her in counseling for stress management. We agreed to begin counseling as a family. In time, the symptoms worsened and Caitlin underwent endoscopy which revealed the presence of ulcers. But, when we returned to the doctor's office six weeks later, we learned that the pathology report had revealed an alarmingly high presence of the antibodies which fight bacterially based ulcers. According to the doctor, Caitlin probably had the bacteria in her stomach for more than a year. He immediately prescribed a course of four antibiotics taken simultaneously, which destroyed her digestive system. She was worse than ever.

We asked our counselor to recommend a physician who practiced nutritional medicine. Dr. Fuhrman immediately put Caitlin on a cleansing diet, with lots of green vegetables, and vegetable soups, with no medication of any kind. Over those first two months, as her digestive system healed, Caitlin regained her energy and her skin cleared. No more stomach upset, no more acne, no more fatigue.

It was such a relief to us to have that concern lifted from our shoulders. Caitlin was healthy in body and spirit and was discharged from counseling. Caitlin graduated from High School with honors and received a Presidential scholarship to pursue her college education this fall. Her older sister has successfully incorporated many of Dr. Fuhrman's nutritional guidelines into her diet while away at college, with many health benefits, and as a family, we have changed our approach to nutrition forever.

We are so grateful to Dr. Fuhrman and his devotion to nutritional medicine and can't imagine where we would be if we hadn't heard about his amazing approach to balanced nutrition."

Gigi S., West Milford, NJ