



SAMPLE SPEAKING TOPICS

- **Nutritional Excellence: The Solution to Rising Healthcare Costs!**
With healthcare costs rising exponentially, it's time for corporations to get serious about controlling these costs. Healthy employees equal increased productivity and decreased expenses. Dr. Fuhrman offers a new interventional strategy with medically document results to prevent and reverse disease while radically lowering your company's health care expenditures.
- **Eat To Live: Achieve Superior Health & Longevity, Lose Weight, Prevent and Reverse Disease!**
Learn how to apply Dr. Fuhrman's proven method for consuming nutrient-rich foods that protect yourself and your family from cancer and heart disease. With this program, reversing diseases such as diabetes, high blood pressure and high cholesterol are achieved without drugs. You will learn why eating a diet based in foods rich in anti-oxidants and phytochemicals enables the body to lose weight, require less calories, get rid of your food cravings, and achieve paramount health. No more fat gram, carb, or calorie counting... the key to optimal health is nutrient density!
- **Say No to Heart Disease!**
The seminar teaches that heart disease, atherosclerosis, high cholesterol, high blood pressure and strokes are entirely avoidable and reversible conditions through nutritional excellence. Any person taking this seminar should be able to drop their cholesterol 100 points, lose weight, lower their blood pressure and be able to gradually reduce and eventually eliminate medications. Heart disease and stroke are the number one cause of death in America and this seminar aims to create a growing army of heart disease protected individuals.
- **Disease Proof Your Child: Protecting Our Children's Future**
Backed by a multitude of scientific studies, Dr. Fuhrman explains how eating particular foods (and avoiding others) has a significant impact on your child's resistance to dangerous infections and a dramatic effect on reducing the occurrence of illnesses like asthma, ear infections, and allergies. He presents the documented link between early life diet and the development of serious illness in adulthood. He puts in plain words how eating right in childhood is the most powerful weapon against developing cancer, cardiovascular disease and auto-immune disorders in the future.
- **Avoiding the Toxic Hunger Trap: The Secret to Permanent Weight loss & Longevity**
Joel Fuhrman, MD discusses the chemistry behind the human body's drive to overeat and proposes a solution designed to halt the vicious cycle of food addiction and overindulgence. The information provided in this lecture breaks the myth that eating healthy is not palatable. With an approach that is both scientific and practical, Dr. Fuhrman addresses the roadblocks to success and provides practical solutions, including eating out tips, shopping tips, and recipes, designed to help participants take control of their health destiny. Reach your goals by learning how to make high nutrient eating taste great!
- **Nutritional and Dietary Therapy for Disease Reversal**
This seminar teaches the nutritional and environmental cause for chronic disease and gives precise dietary and supplemental protocols for intervention and reversals of disease, lessening and in most cases eliminating the need for medications. Conditions such as, high blood pressure, diabetes, heart disease, obesity, food addiction, autoimmune disorders, skin disorder, digestive disorders, headaches and many more are discussed. Food supplements and fasting are covered, including the misuse of such therapies and alternative medicine myths.

For additional media/press information, video clips, press releases, and book reviews, please visit Dr. Fuhrman's online media center at: www.drfuhrman.com/company/press.aspx

To view current Dr. Fuhrman events, please visit the doctor's event calendar at: <http://drfuhrman.com/events/calendar.aspx>

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