



JOEL FUHRMAN, M.D.

Family Physician, Best Selling Author, Nutritional Expert

PROFESSIONAL BIOGRAPHY

Joel Fuhrman, M.D. is a board-certified family physician, and nutritional researcher, who specializes in preventing and reversing disease through nutritional and natural methods. He is the author of seven books including the *New York Times* bestseller *Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss* and his newest release *Super Immunity: The Essential Nutrition Guide for Boosting your Body's Defenses to Live Longer, Stronger and Disease Free*. As one of the country's leading

experts in nutritional and natural healing, Dr. Fuhrman's articles, case studies, and advice are widely published, from medical journals such as the *University of Pennsylvania Journal of Orthopedics and Nutrition Journal*, to consumer publications such as *Mothering Magazine* and *Health Science*. He has appeared on hundreds of radio and television shows including: ABC, CBS, NBC, FOX, CNN, Today, Good Morning America, the Discovery Channel, TV Food Network, and the Dr. Oz Show. His own television program, *3 Steps to Incredible Health!*, directly addresses the crisis of obesity and chronic disease plaguing America and helps support PBS stations nationwide.

Dr. Fuhrman is actively involved in scientific research on human nutrition, and has published in several peer-reviewed scientific journals. His discoveries regarding food addiction and human hunger were published in *Nutrition Journal* in November 2010, in a paper entitled 'Changing perceptions of hunger on a high nutrient density diet.' Currently his research activities include working with researchers on the National Institutes of Health on nutritional interventions for specific autoimmune diseases.

Dr. Fuhrman is the Research Director of the Nutritional Research Project (a project of the National Health Association). Dr. Fuhrman is a founding member and on the board of directors of the American College of Lifestyle Medicine.

Dr. Fuhrman is a graduate of the University of Pennsylvania School of Medicine (1988), and has received the St. Joseph's Family Practice Resident's Teaching Award for his contribution to the education of residents. In addition, Dr. Fuhrman speaks to other physicians at hospital grand rounds and provides nutritional education to physicians for CME credit. His lectures have been approved for physicians' continuing education via the American Academy of Family Physicians and many doctors of all specialties have attended his conferences.

As a former world class figure skater and member of the U.S. World Figure Skating Team, he placed second in the 1973 U.S. National Pairs Championships and third in the 1976 World Professional Pairs Skating Championship in Jaca, Spain. Today, he is an active participant in multiple sports and is a health and fitness enthusiast. His dedication to sports medicine, foot and body alignment, injury prevention, human performance and longevity speaks to these lifelong interests. Along with his nutritional expertise, Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and has lectured to athletic trainers and world-class athletes for maximizing performance and preventing injury. In an invited review in *Current Sports Medicine Reports* in July 2010 entitled 'Fueling the Vegetarian (Vegan) Athlete,' Dr. Fuhrman discussed strategies for reaching caloric needs and performance benefits of a high-nutrient, plant-based diet for athletes.

