



# SPEAKING TOPICS FOR MEDICAL PROFESSIONALS

## Eat to Live

Dr. Fuhrman outlines how the key to achieving dramatic weight loss and optimal health is through nutrient density. He explains why traditional diets fail and how to help patients break the cycle of sabotage by utilizing a four dimensional model of hunger (calories, nutrients, volume, and addiction). Dr. Fuhrman's Eat to Live program describes his dietary protocol for weight loss that is an effective therapy for chronic diseases, such as headaches, hypertension, diabetes and coronary artery disease.

Professionals completing this seminar learn:

- An effective nutritional model for successful weight reduction counseling, disease intervention, and risk reduction for common diseases
- To apply the nutrient density equation for effective dietary interventions:  $\text{Health} = \text{Nutrients}/\text{Calories}$
- How a vegetable-based diet compares to grain-based diet for improving lipid profiles and other risk markers.

### Reference for Presentation:

Fuhrman, MD, Joel. Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss. New York: Little, Brown and Company, 2003.

## Cholesterol Protection for Life

High cholesterol levels are closely associated with increased risk of coronary heart disease and stroke-the number one causes of death in America. In this seminar, Dr. Fuhrman discusses nutritional approaches to prevent heart disease and lower cholesterol; the safest and most effective natural cholesterol-lowering supplements (which ones work and which don't). Dr Fuhrman illustrates how heart disease, atherosclerosis (angina), high cholesterol and high blood pressure are conditions that are reversible through aggressive nutritional intervention and cholesterol lowering protocols.

Professionals completing this seminar learn:

- An effective nutritional model for successful cholesterol reduction counseling, intervention, and heart disease risk reduction
- How a vegetable-based diet compares to grain-based diet for improving lipid profiles and other risk markers.

### Reference for Presentation:

Fuhrman, MD, Joel. Cholesterol Protection for Life. New Jersey: Gift of Health Press, 2006.

## Disease Proof Your Child

Backed by a multitude of scientific studies, Dr. Fuhrman explains how eating particular foods (and avoiding others) can have a significant impact on children'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 illustrates how nutritional excellence in childhood is the most powerful weapon against developing cancer, cardiovascular disease and auto-immune disorders in the future.

Professionals completing this seminar learn:

- The body of science that documents the link between early-life diet and cancer.
- The dietary pattern leading to our country's epidemic of cancer and autoimmune disease
- The role of food addiction in the childhood obesity epidemic
- How to give advice to pregnant women to prevent childhood cancer and brain tumors.
- Nutritional protocols for ADD, autoimmune disease, allergies and asthma, mood disorders, avoiding antibiotics, and more.

### Reference for Presentation:

Fuhrman, Joel. Disease Proof Your Child: Feeding Kids Right. New York: St. Martin's Press, 2005.

## Key Citations

### Eat To Live

Jenkins DJ, Kendall CW, Popovich DG, et al. Effect of a very-high-fiber vegetable, fruit, and nut diet on serum lipids and colonic function. *Metabolism* 2001 Apr;50(4):494-503

Jenkins DJ, Kendall CW, Marchie A, et al. The Garden of Eden--plant based diets, the genetic drive to conserve cholesterol and its implications for heart disease in the 21st century. *Comp Biochem Physiol A Mol Integr Physiol* 2003 Sep;136(1):141-151.

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Campbell TC, Parpia B, Chen J. Diet, lifestyle, and the etiology of coronary artery disease: the Cornell China study. *Am J Cardiol* 1998 Nov 26;82(10B):18T-21T

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Steinmetz KA, Potter JD. Vegetables, fruit, and cancer prevention: a review. *J Am Diet Assoc* 1996 Oct;96(10):1027-1039.

Finley JW. The antioxidant responsive element (ARE) may explain the protective effects of cruciferous vegetables on cancer. *Nutr Rev* 2003 Jul;61(7):250-254

### Cholesterol Protection for Life

Lau VW ; Journoud M ; Jones PJ. Plant sterols are efficacious in lowering plasma LDL and non-HDL cholesterol in hypercholesterolemic type 2 diabetic and nondiabetic persons. *Am J Clin Nutr.* 2005; 81(6):1351-8.

Jenkins DJ ; Kendall CW ; Marchie A ; et al. Effects of a dietary portfolio of cholesterol-lowering foods vs lovastatin on serum lipids and C-reactive protein. *JAMA.* 2003; 290(4):502-10.

Jenkins DJ ; Kendall CW ; Popovich DG ; Effect of a very-high-fiber vegetable, fruit, and nut diet on serum lipids and colonic function. *Metabolism.* 2001; 50(4):494-503.

Suido H ; Tanaka T ; Tabei T ; et al. A mixed green vegetable and fruit beverage decreased the serum level of low-density lipoprotein cholesterol in hypercholesterolemic patients. *J Agric Food Chem.* 2002; 50(11):3346-50.

### Disease-Proof Your Child

Ames BN. Micronutrients prevent cancer and delay aging. *Toxicol Lett* Dec 28,1998;102-103:5-18. Ames BN,, DNA damage from micronutrient deficiencies is likely to be a major cause of cancer. *Mutat Res* 2001:475(1-2):7-20.

Jensen CD, Block G, Buffler P, et al. Maternal dietary factors in childhood acute lymphoblastic leukemia. *Cancer Causes Control* 2004;15(6):559-570.

Frankel S, Gunnell DJ, Peters TJ, et al. Childhood energy intake and adult mortality from cancer. *BMJ* 1998;316(7130):499-504.

Maynard M, Gunnell D, Emmett P, et al. Fruit, vegetable, and antioxidants in childhood and risk of adult cancer; the Boyd Orr Cohort. *J Epidemiol Community Health* 2003;57:218-225.

Satia-about a J, Galanko JA, Martin CF, et al. Food groups and colon cancer risk in African-Americans and Caucasians. *Int J Cancer* 2004;109(5):728-736.