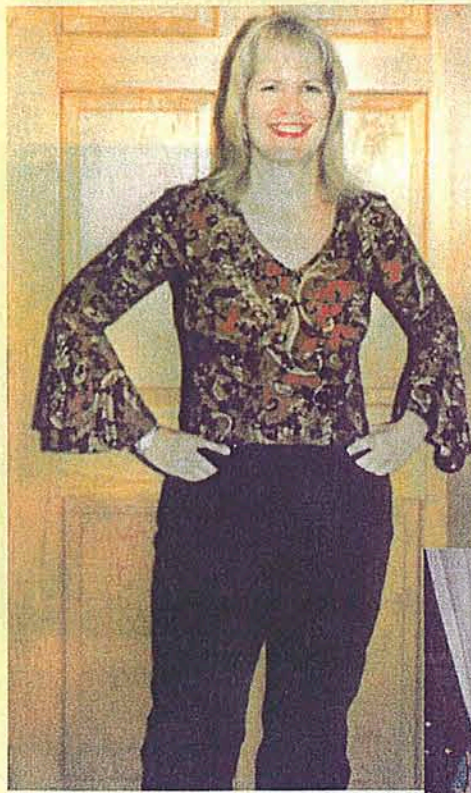


Success Stories *continued*

ously drawn from Dr. Fuhrman's as well as his family's own experience of observing this diet for many decades. But for the majority of our population, *Eat to Live* is must reading, a prescription for lifelong health and reversal of killer chronic diseases. It is written in an engaging and personal style. I found it hard to put down.

Make no doubt about it, Dr. Fuhrman's *Eat to Live* will not win a popularity contest with middle America or with the conventional dieticians. It is simply too revolutionary, but with the growing cadre of enthusiastic followers who have been able to drop huge amounts of weight quickly and keep it off, Fuhrman is "the man."

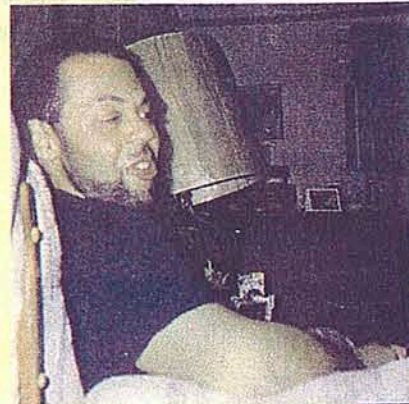
"Before adopting Dr. Fuhrman's healthy lifestyle, I had trouble sleeping and felt generally sick all of the time. Twice, doctors have done biopsies looking for cancer because of my symptoms. My body felt as if it was aging rapidly and prematurely. After following Dr. Fuhrman's plan I dropped 32 pounds in less than two months. All of my vital signs improved dramatically! I sleep more soundly, run 15 miles every weekend, lift weights and enjoy life more than ever. Thanks, Dr. Fuhrman!"



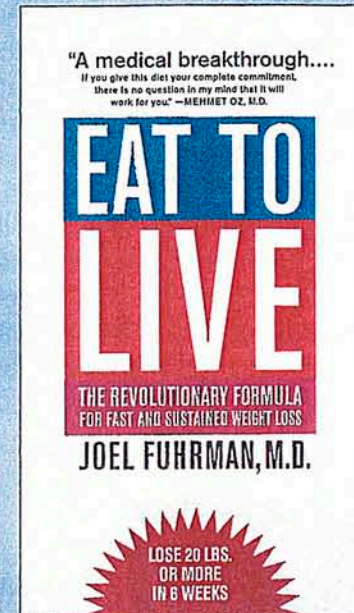
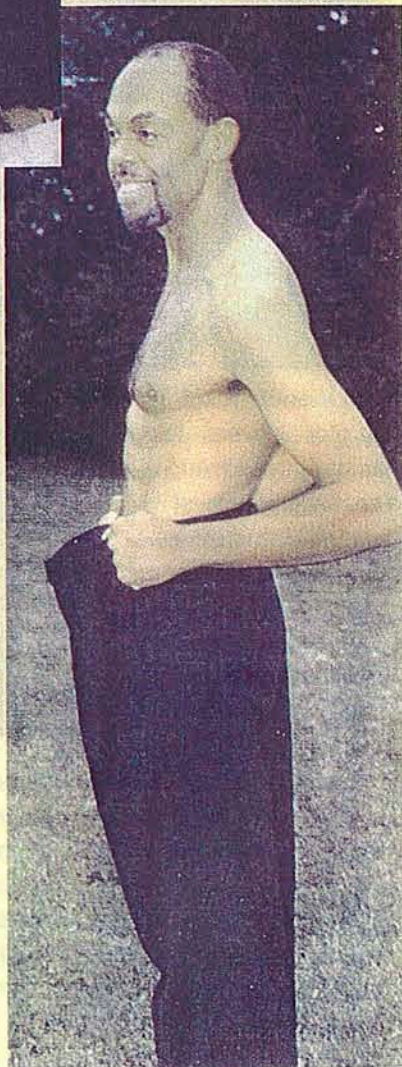
JUDY VARTELAS
Age: 43
Weight Lost: 30 lbs.



"I weighed 170 pounds and thought my weight and fatigue problems were caused by a thyroid problem. I was unable to lose weight despite a vegetarian diet and lots of exercise. Instantly, after starting Dr. Fuhrman's program the weight melted away and now, not only do I look better, I feel GREAT! I have so much energy. I was amazed by how easy it was to follow Dr. Fuhrman's program. We even began a monthly health support group to help other families seeking a healthier lifestyle. My goal is to be around for my children and their children and to teach them the many benefits of his healthy, high nutrient diet."



BOB PHILLIPS
Age: 42
Weight Lost: 35 lbs.



how people got fit with EAT TO LIVE

Dr. Fuhrman's new book is climbing the charts.

Dr. Fuhrman's new book, *Eat to Live*, sold out in its first printing when it was in the nation's bookstores for only one week. We are all very excited for Dr. Fuhrman and feel that his book, *Eat to Live* has the potential to reposition the way Americans think about healthy eating. Among the television shows lined up, Dr. Fuhrman will be featured on the Discovery Channel's weight loss special debating Dr. Atkins this summer. Watch for this exciting show.

by Lynn Grudnik



Although the public seems to be responding to the benefits of Dr. Fuhrman's work, the dieticians called to comment on it for the popular lay magazines have slammed it. For example, a dietician from *Glamour* magazine alludes to the massive amount of fruits and vegetables in the diet by calling it "rabbit food." While it is true that Dr. Fuhrman attacks

Continues on next page.

Success Stories continued

conventional American dogma, you would think these so-called experts would open their eyes when presented with so much solid scientific evidence in one book. Perhaps the concepts and science presented are too avant-garde for the conventional dietician. Certainly their comments illustrate they did not read the entire book. They seem to evaluate *Eat to Live* based on how close Dr. Fuhrman's recommendations come to their own (worthless) conventional approach and judge it accordingly.

It is a shame that the dieticians of these popular magazines have come to their negative conclusions, as it will diminish the opportunity for so many to get thin and, most importantly, to get healthy. We have a health care crisis and an obesity epidemic, thanks to their prevailing viewpoints. Now is the time for Americans to stop their self-destruction and let *Eat to Live* lead the way.

Dr. Fuhrman stated, "I see patients every day who first went to a dietician for advice. They wind up losing no weight, gaining weight, or at best losing a little weight. When these same individuals come to me and succeed in dropping 12-20 pounds the very first month and 50-80 pounds over the next six months permanently, they are thrilled and often disgusted at the time and money they wasted on dietician visits."

Every dietician in America should carefully study *Eat to Live* and offer it to their patients. It was written with the comprehensive scientific references and documentation to convince the educated skeptic.

If you know someone who needs to lose a lot of weight quickly and safely, this is a must read. But this book is not just about losing weight. It is about promoting a maximum state of health for life. In this, the book stands alone for preventing and reversing the major chronic diseases that kill the majority of Americans. Dr. Fuhrman shows that the same diet

that helps you maintain a healthy weight is the same diet that reverses heart disease and diabetes and helps to prevent cancers.

Clearly, Dr. Fuhrman believes that knowledge is power. The first four chapters provide the reader with a comprehensive overview of human nutrition. The explanations are very clear, with graphics to illustrate. Throughout the book, extensive scientific citations are provided. In chapter five he evaluates other popular diet plans, including the Atkins plan, and exposes their flaws.

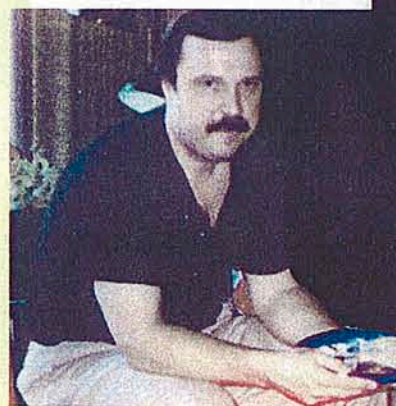
Fuhrman pulls no punches. For example, he states, "Atkins convinces his followers that he knows better than leading nutritional research scientists who proclaim that meat consumption is an important factor in the etiology of human cancer." A meat-based, low-fiber diet, like the one Atkins advocates, which includes little or no fruit, no starchy vegetables and no whole grains, could more than double your

risk of certain cancers, especially of meat-sensitive cancers, such as epithelial cancers of the respiratory tract. Fuhrman supplies hundreds of scientific references including studies conducted by the National Cancer Institute. They found that the relative risk of lung cancer was sixfold greater in non-smoking women in the highest fifth of saturated fat consumption, compared to the lowest fifth. Fuhrman continues, "It is not only that Atkins' menu plans are incredibly high in saturated fat; it is that he restricts the foods known to offer powerful protection against cancer. Even his more permissive diets, supposedly for maintenance, are dangerously low in these anti-cancer foods. Atkins' devotees adopt a dietary pattern completely opposite of what is recommended by the leading research scientists studying the link between diet and cancer in the world today."

The sample meal plans and recipes are wonderful, obvious. *Continues on next page.*

EAT TO LIVE SUCCESS STORIES

"I wasn't able to find a photo of myself when my weight peaked at 210, but I knew I felt terrible and looked like a fat slob. After my first visit with Dr. Fuhrman, I lost 25 pounds and soon leveled off at 155, the weight I was in high school. On Dr. Fuhrman's diet I enjoy food more than ever. I am satisfied at each meal, no longer watching calories, measuring portions and feeling ill after eating."



ROBERT FANOK
Age: 50
Weight Lost: 55 lbs.

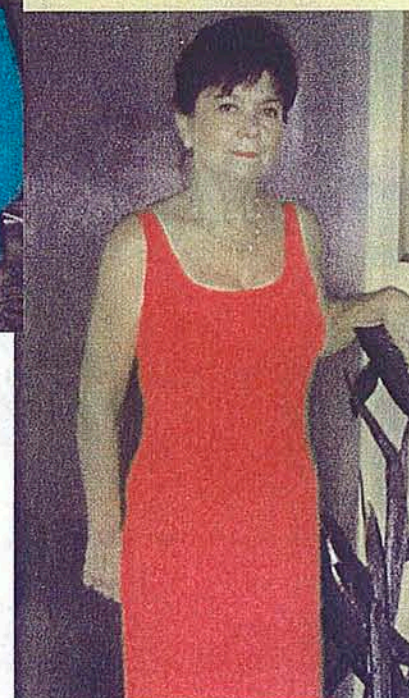


VICTORIA ARNSTEIN
Age: 32
Weight Lost: 30 lbs.

"I am only 5 feet tall, so weighing 148 pounds was uncomfortable for me. I really did not understand how trying to eat less food was not working to lose weight, until I met Dr. Fuhrman. I learned from him that eating healthfully to prevent cancer later in life would have the side effect of me losing 30 pounds. Now I feel great. Looking better is the welcome side effect of regaining and maintaining excellent health."



JANET LEHET
Age: 66
Weight Lost: 45 lbs.



"Four months ago, I was grossly overweight, had triglycerides and a cholesterol level of nearly 400, and poorly controlled diabetes in spite of lots of medications. One day I checked into the emergency room fearing I was having a stroke. I read about Dr. Fuhrman's work while waiting to leave the hospital and saw him right away. As of October, I have lost 45 pounds and astoundingly I no longer have diabetes, high triglycerides, or high cholesterol. I literally plummeted from a size 12 to a size 6 within the first three months under Dr. Fuhrman's care. I feel better now than I did at age 50, and I am on no medications!"



GERARDO PETITO
Weight Lost: 80 lbs.



"I thank my daughter Geri for insisting I go see Dr. Fuhrman. She said, 'If anyone can help you, it's him.' Well, she was right. After 25 years of taking insulin I was off it completely in a few days. I was a great patient and did exactly as Dr. Fuhrman said and it was well worth it. After losing 80 pounds, I have been medication free for two years. I owe it all to him!"