

Dr. Fuhrman's program has helped many restore their health and fully enjoy life again!

Success Stories:

Thousands of people around the world have improved their quality of life after discovering the program of superior nutrition developed by physician and best-selling author Joel Fuhrman. His books, DVDs, lectures and patient care have helped people attain dramatic weight loss and recover from severe health conditions such as heart disease, diabetes, high blood pressure and autoimmune illnesses. Following are just a few of many success stories:

Ronnie



Ronnie weighed over 300 lbs and couldn't perform even the simplest of tasks without shortness of breath and chest pain. After having a quadruple bypass surgery and feeling that he had been 'fixed', he went back to his old routines. His coronary arteries continued to deteriorate, his weight climbed and the pain began again. It was only after a second stay in the hospital and stent placement that failed, that he decided to change his life. Ronnie was on many medications to lower his blood pressure and cholesterol, and even with all of them, his health was not improving. He



searched on the Internet and found Dr. Fuhrman's website, where he said his recovery really began. He lost 140 pounds in one year, and he is now completely off medication. His blood pressure, cholesterol and other vital signs are normal. He no longer suffers from heart disease, he runs and plays sports. With such impressive results he has served as an inspiration to family members and many others who have also lost weight and begun to live healthier lives.

	July 2008	July 2009
weight	300 lbs	160 lbs
blood pressure	161/110 (on meds)	115/70 (no meds)
waist	58"	34"
BMI	41.5 (morbidly obese)	21.7 (healthy)
cholesterol	228(on meds)	132 (no meds)
triglycerides	312	63
LDL	148	75

Julia

Julia's battle with heart disease brought her to the brink of death. She suffered three heart attacks over a three-month period and had five angioplasty procedures in three years. After the last procedure, she almost died when doctors could not stop her internal bleeding. Her typical day involved taking 10 different medications, and living with constant chest and joint pain. She feels fortunate that she learned about Dr. Fuhrman and his book, "Eat To Live." She started following the program and within just a few months, her chest pain was gone and she could walk again. Today, she has lost 105 pounds and walks three miles a day. She is completely off medications and her blood tests, such as cholesterol and blood pressure, are normal. She attends yoga classes and enjoys every-day pleasures such as cooking and gardening. She transformed herself from a "cardiac cripple" to a healthy, happy human being, because of Dr. Fuhrman's program.



Emily



Emily weighed 226 pounds, was depressed and could barely force herself to get out of bed in the morning. Then she discovered Dr. Fuhrman's book, "Eat To Live," and began to turn her life around. She started eating fresh greens and fruits, and avoiding the foods she had previously craved, such as cheese, diet cola and creamy ranch dressing. Within two months, her blood pressure and cholesterol level had dropped dramatically, and she had broken her addiction to toxic foods. She stuck with the program and lost 100 pounds in one year. For the first time in her life, she not only lost weight, but kept it off. Through healthy eating choices and exercise, she feels like a completely new woman.



Scott



Scott hit rock bottom when he woke up one morning and discovered that his weight had reached an all-time high of 501 pounds. He was unable to walk more than a few feet at a time. His knees, lower back and feet ached constantly. He needed help showering and dressing. He consulted surgeons, but felt an operation was not the best option for him to lose weight and regain his health and independence. When he read "Eat To Live," he committed to following Dr. Fuhrman's program. Over a four-year period, Scott lost 333 pounds and once again enjoys the healthy, active life he had cherished as a young man.



Charlotte

Charlotte had been overweight since childhood, and carried the added burden of a family history of obesity, heart disease and diabetes. She tried many diets over the years, but could never make the weight loss stick. She suffered a stroke at age 56 and later was diagnosed with Type 2 diabetes and also suffered from tachycardia or rapid heart beat. When she read "Eat To Live," she decided to give Dr. Fuhrman's program a chance, and she soon started losing weight. Thanks to her adherence to the principles of nutritional excellence, she no longer needs diabetes medication and her heart problems resolved. She's lost 130 pounds and her cholesterol levels are at normal ranges. Charlotte credits Dr. Fuhrman's plan with helping her beat the food addictions that destroyed her health and trapped her in a life of obesity and chronic disease.



Tony



Tony was diagnosed with diabetes when he arrived at a hospital emergency room with a blood sugar level of 491, far above normal. Doctors put him on insulin and other medications, but he became very ill and had to get up three or four times a night to eat. He went online to search for answers to his health dilemma, and came across Dr. Fuhrman's website. He began the program and soon had lost weight and dropped his blood sugar to normal levels, and was able to stop taking medication. In just three months, his weight dropped from 220 to 188 on Dr. Fuhrman's program. Today his diabetes is gone and his weight is stable at 165.

Jodi



Jodi began experiencing skin rashes and joint pain as a teenager, some 40 years ago. She was put on steroids which swelled her body, she says, "like a beached whale." She was on medications for almost 20 years and saw different medical specialists including allergists, dermatologists, hematologists, rheumatologists, and endocrinologists. She suffered with psoriatic arthritis and was also diagnosed with other autoimmune diseases, including rheumatoid arthritis, lupus, and

Sjogren's. In a quest to improve her health, she read Dr. Fuhrman's books, "Eat To Live" and "Eat for Health," and changed her eating habits. She finally resolved her health conditions, lost weight, and is off medication. Her psoriasis is gone, she no longer suffers from joint pain, and for the first time in her life can enjoy playing sports like tennis and volleyball.



Read more success stories at DrFuhrman.com