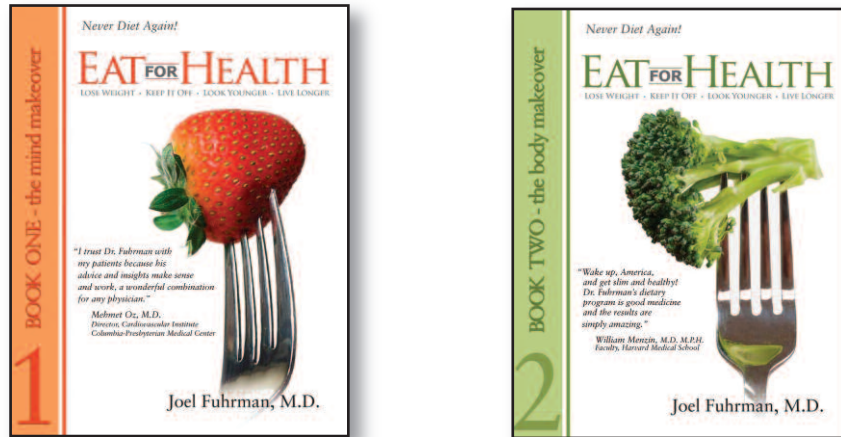


EAT FOR HEALTH

LOSE WEIGHT • KEEP IT OFF • LOOK YOUNGER • LIVE LONGER

by Joel Fuhrman, M.D.



2 Book Set, (Hardcover)

"EAT FOR HEALTH is the only eating style that will allow you to shed pounds while you reverse existing diseases and protect yourself from future health problems ..."

- ✂ A scientifically proven system to help you lose your food addictions and actually prefer healthy foods over low-nutrient food.
- ✂ A gradual, **four – phase program** with custom menus so you can adjust the program to your individual needs and preferences
- ✂ Everyday recipes that taste phenomenal and are easy to make
- ✂ A **nutrient scoring system** to measure the nutritional quality of your diet
- ✂ Remove toxic hunger and you will succeed at losing weight and keeping it off forever.
- ✂ Use high nutrient foods to beat disease, get rid of diabetes, lower your blood pressure and cholesterol without drugs and protect yourself against cancer and get more pleasure out of eating

Why do hundreds of medical doctors utilize Dr. Fuhrman's **EAT FOR HEALTH** system in their medical practice? It's because all diets fail in the long-run, for the vast majority, unless there is an adequate understanding of the nutrient density of food and how low-nutrient-eating leads to food cravings and food addictions which fuel overeating. Dr. Fuhrman's **EAT FOR HEALTH** is a medical breakthrough because without this fascinating information you are essentially destined to be struggling with dieting forever, compelled to consume excess calories, and not be able to comfortably and permanently maintain a lighter, healthier weight. Dr. Fuhrman is the founder of the high nutrient eating style and a pioneer in the growing field of nutritional medicine. Now with **EAT FOR HEALTH**, Dr. Fuhrman takes his proven *Eat To Live** program a gigantic step further, and makes his approach attainable for the average person. Now everyone can easily do it!

*** Published medical research documents this as the most effective weight loss method ever recorded in medical history. There was an average two year weight loss of 53 pounds. Most importantly, they kept the weight off!!**

"Dr. Fuhrman's nutritional approach to the prevention and management of chronic disease is the most significant medical advance I have seen in my career as a physician."

John V. Forrest, M.D.
Professor UCSD Medical School

Thousands who have recovered from their medical problems have been calling Dr. Fuhrman's **EAT FOR HEALTH** program a medical miracle. They are not just talking about the people who successfully lost weight after failing for years on one diet after another, but about the diseases, such as heart disease, high blood pressure, diabetes, allergies, asthma, autoimmune illnesses (including lupus) and headaches which they have witnessed simply melt away.

"I trust Dr. Fuhrman with my patients because his insights make sense and work, a wonderful combination for any physician."

Mehmet Oz, M.D.
Director, Cardiovascular Institute
Columbia-Presbyterian Medical Center

This complete two-book set actually teaches you how to prefer a health-promoting diet-style over a disease-promoting one. The hallmark of healthy eating is to consume more foods that contain a high nutrient density and less food with a low nutrient density. To make it easy, Dr. Fuhrman has scored thousands of foods so that in each of the 4 phases, the nutrient density of the suggested menus increases. The outcome is that when you eat enough high nutrient foods you can reverse most medical problems without drugs. If diets never worked for you in the past you will now understand why and you will be motivated to lose your excess weight and get well again. **EAT FOR HEALTH** can save your life!

"If you took a pill every day that made you slimmer, healthier and reversed most disease processes in your body, you would call it a medical miracle. I have witnessed that Dr. Fuhrman's Eat For Health program can provide that miracle makeover that you have been looking for. Plus, it is a delicious and pleasurable way to eat. Eat For Health and create your own miracle – today!"

Michael Klaper, M.D.
Family and Emergency Room Physician
Author and Nutritional Researcher

Dr. Fuhrman's MANDI food and meal scoring system (patent pending) lets you know exactly how healthy your diet is. You can choose your own level of nutritional excellence and you can move forward to a higher level at your own pace when you are ready or you can pump it up to phase four to get the maximal weight loss and therapeutic effect to reverse disease. High Nutrient Food, Not Drugs, Is The Prescription.

Book two contains the menus and recipes. It teaches you how to make this diet work easily for you and your family. With over 150 delicious and easy recipes, it makes high nutrient eating truly gourmet. From strengthening your taste buds to dealing with temptation, restaurant eating, and eating on the road, this program will make sure you can do it, enjoy it, and even fit it into your busy schedule. It is guaranteed to change your life forever.

"Eat Dr. Fuhrman's high-nutrient way, and you will never fail a diet again. I'm now convinced there is only one sure way to achieve your ideal weight and great health, and that is to eat more high-nutrient foods and exercise daily."

Mike Huckabee
Former Governor of Arkansas
and 2008 Presidential Candidate