

## “A medical breakthrough.

If you give this diet your complete commitment, there is no question in my mind that it will work for you.” -MEHMET OZ, M.D.

# EAT TO

# LIVE

THE AMAZING NUTRIENT-RICH PROGRAM  
FOR FAST AND SUSTAINED WEIGHT LOSS

## JOEL FUHRMAN, MD

COMPLETELY REVISED AND UPDATED

LOSE 20 LBS.  
OR MORE  
IN 6 WEEKS

## Eat To Live - Book Summary

When Mehmet Oz, or any of New York's leading doctors have a patient whose life depends on losing weight, they call on Joel Fuhrman, M.D. In Eat to Live: The Nutrient-Rich Program for Fast and Sustained Weight Loss, Dr. Fuhrman offers his healthy, effective, and scientifically proven plan for shedding radical amounts of weight quickly, and permanently.

Losing weight under Dr. Fuhrman's plan is not about willpower, it is about knowledge. The key to this revolutionary diet is the idea of nutrient density, as expressed by the simple formula:

### Health= Nutrients/Calories

When the ratio of nutrients to calories is high, fat melts away and health is restored. Losing 20 pounds in two to three weeks is just the beginning.

### What to expect with Eat To Live:

- No counting calories
- Never feel hungry
- Overcome food addictions
- Loose weight
- Reverse Disease
- Make great tasting recipes

The nutritional quality of the Eat To Live program is effective even for those who have previously been unable to lose weight. However, Eat To Live is not only for those who are overweight, it is also for anyone who wants to protect their health.

You will learn about the Eat To Live dietstyle because you want to:

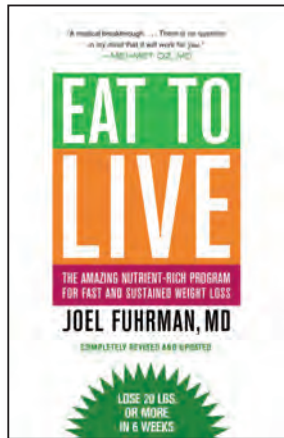
- \* Maximize health and longevity
- \* Reach your ideal weight
- \* Reverse disease such as diabetes, hypertension and heart disease
- \* Avoid unnecessary and potentially harmful medical interventions
- \* Raise healthy children, safeguarding their future against autoimmune disease and cancer

Eat To Live was designed for those who are not satisfied with mediocrity and want to maximize their opportunity for a positive health outcome. Most people are addicted to the toxic Standard American Diet and are committing slow suicide with food. Thinking about change is difficult. With time, these changes will come easily, and you will eventually prefer this style of eating. After reading this book you will have all the information you need to succeed. You will say, “This makes sense.”

## A Message from Dr. Fuhrman

I have seen thousands of patients in my practice transformed by the Eat To Live high nutrient food plan described in my book.

Food is an amazing substance that has the power to both create and destroy health. Over 85% of all Americans ultimately die from diet-related illnesses. Don't become a statistic - Eat To Live and arm your children with all the best tools - Disease-Proof Your Child.



## EAT TO LIVE:

The Amazing Nutrient-Rich Program  
for Fast and Sustained  
Weight Loss

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## What the Experts Say About “EAT TO LIVE”

“**F**inally, a diet book that looks at the science of eating right in an accurate fashion. Most diet books have little basis in proven physiology. Dr. Fuhrman's book, *Eat to Live*, deals with why we gain weight, how to lose weight, and how to stay thin and healthy for life, and he backs it up with real scientific data. All controversy ends after you read this book. It will be the final word in diet books and the one I recommend to my patients.”

~ **Thomas Davenport, M.D.**

Mass. General Hospital Fellowship / Harvard Univ.

“**S**imply a great piece of work. Dr. Fuhrman has painstakingly taken the time to wade through the ever burgeoning mountain of evidence which proves that the American diet and many physician supported fad diets are not only unhealthy, but they are contributing, if not the direct cause, of our enormous public cardiovascular and cancer problem. His references are excellent and exhaustive. As individuals and as a nation, we cannot ignore this book. Dr. Fuhrman, I commend you.”

~ **Robert J. Warren, M.D.**

Fellow American College of Surgery  
Merididian Hospital, New Jersey

“**A** medical breakthrough. If you give this diet your complete commitment, there is no question in my mind that it will work for you.”

~ **Mehmet Oz, M.D.**

Director, Cardiovascular Institute  
Columbia-Presbyterian Medical Center  
Director, Cardiovascular Institute  
Columbia-Presbyterian Medical Center

## “EAT TO LIVE” Success Stories

“**E**at To Live has been the easiest lifestyle change that I have ever made. I am rarely hungry. The recipes in your book are very tasty, and I have discovered many other vegan, lowfat recipes that have helped me along the way. I have lost 19lbs and am much happier and vibrant. I'm looking forward to reaching my ideal weight and quite possibly never having to diet again....especially since I don't consider this a diet!”

~ **Isabel**

“**I** want to thank you for writing your outstanding and revolutionary book, *Eat to Live*. I have lost 25 lbs since I started the program and look forward to obtaining my ideal weight by this Fall/Winter. I have another 25 lbs to go. I can't recall when was the last time I weighed 130 lbs (I'm 5'2"). I look so much better and feel great! I can now wear tank tops and feel sexy doing so.”

~ **Cecilia**

“**T**wo years ago, I started getting a lot of pain in my right wrist, and eight doctors did not know why. I had been on heavy medication, such as Methotrexate, Oruvail, Voltaren and Prednisone. Each drug had a different side effect, and I was still not getting better. In a few months, *Eat To Live* not only eliminated the pain in my wrist, but my blood pressure went down. I lost 60 pounds and have remained healthy. I have kept the weight off and the pain away, and I feel great. I owe it all to you! I can't thank you enough.”

~ **Marnie**