

DR. FUHRMAN'S SECRETS TO HEALTHY COOKING

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Joel Fuhrman, M.D. and Lisa Fuhrman

In this cooking DVD, Dr. Fuhrman and his wife, Lisa, take you into the kitchen to demonstrate the techniques and principles behind preparing high nutrient foods.

Learn how to prepare great tasting and high nutrient recipes. By incorporating these recipes into your daily menu, you'll take your health to the next level of nutritional excellence!

Dr. Fuhrman reveals his favorite recipes and general formulas for making:

- *Salad Dressings & Dips*
- *Soups & Stews*
- *Main Dishes*
- *Vegetable Smoothies*
- *Ice Cream & Sorbets*

Includes a FREE bonus recipe booklet!

Running Time: 48 minutes

**For more information visit www.DrFuhrman.com
or call 1-800-474-WELL (9355)**

Joel Fuhrman, MD is one of the country's leading experts in nutritional medicine. Dr. Fuhrman has appeared in hundreds of magazines, radio, and television shows including: Good Morning America, The Today Show, Good Day New York, America's Talking, TV Food Network, CNN and the Discovery Channel.