

Joel Fuhrman, M.D., has helped millions of people drop pounds and add years to their lives.

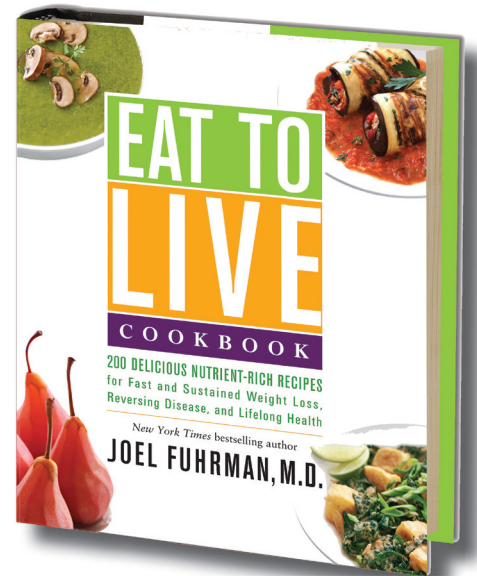
Now, with the new ***Eat to Live Cookbook,*** eating well and feeling great have never been easier.

With his #1 best seller *Eat to Live*, Joel Fuhrman, M.D., international authority in preventing and reversing disease through nutrition, has helped people lose weight, reverse disease, and add healthy years to their lives. Ten years after initial publication, *Eat to Live* continues to top bestseller lists and has helped spearhead a nationwide movement to change the way we think about food, diet, and health. In his highly-anticipated cookbook, Dr. Fuhrman makes his nutrition-first diet more accessible than ever and demonstrates how simple and delicious healthy food can be.

Steeped in the latest nutritional science, **EAT TO LIVE COOKBOOK: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health**, reveals the most effective, healthy, and proven path to permanent weight loss and lifelong health. In addition to his own recipes, Dr. Fuhrman reveals how to bring the Eat to Live concept into everyday life through his unique “nutritarian” formula, healthy cooking and shopping tips, and astounding success stories from those whose lives have been transformed. **EAT TO LIVE COOKBOOK** is a healthy first step toward eradicating food cravings, eliminating excess weight, and reversing and preventing disease.

From breakfasts such as “Polenta Frittata” and “Blueberry Nut Oatmeal” to main meals including “Too Busy to Cook Vegetable Bean Soup” “Jamaican Jerk Vegetable Salad” and “Eggplant Cannelloni with Pine Nut Romesco Sauce” to desserts that help prevent overeating including “Coconut Carrot Cream Pie” and “Chocolate Cherry Ice Cream” each recipe will keep individuals and families happy, satisfied, and healthier than ever.

An essential cookbook for weight loss, longevity, vitality, and disease prevention and reversal, Dr. Fuhrman’s EAT TO LIVE COOKBOOK shows how easy it is to make incredible health transformations in our own kitchens.



Dr. Fuhrman[™]
Smart Nutrition. Superior Health.