

SUGGESTED INTERVIEW QUESTIONS

- What is 'super immunity' and what are the health benefits of achieving 'super immunity'?
- What is a nutritarian?
- You say the 'nutritarian' approach is the best way to fulfill our nutritional needs without gimmicks, calorie counting or portion control. Would you explain his?
- Americans eat 100 grams of protein per day on average, twice as much as we need. What is the negative consequence of this?
- What are your five simple rules for a powerful immune system?
- Which are some of the most deadly foods we should avoid?
- How does a 'nutritarian' diet compare to a vegetarian diet? A vegan diet?
- What about supplements—are they good for us?
- Can we really “win the war against cancer” with better nutrition?
- How does a 'nutritarian' diet help those with heart disease, high blood pressure, high cholesterol?
- How can a 'nutritarian' diet help those with autoimmune disorders?
- What is your view of the risk/benefit of the flu shot, and how does it relate to medical care in general?
- You say that by eating nutrient dense super foods on a daily basis, and avoiding the most 'deadly' foods, we can expect good quality of life through to our 90s and beyond. Does science bear this out?

