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?