

living nutritarian



Dr. Fuhrman

*The member exclusive
e-magazine*

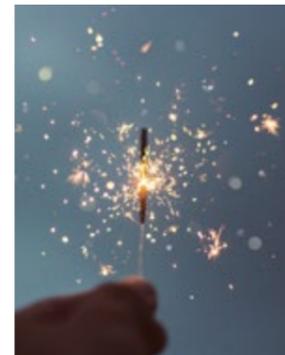
Winter 2018



Contents

HAPPY NU-YEAR

For Nutritarians 2018 can be your best year ever.



Spread the love- How do you help someone understand the benefits of a Nutritarian diet?



Flame retardant chemicals in animal products; just when you thought it couldn't get worse.



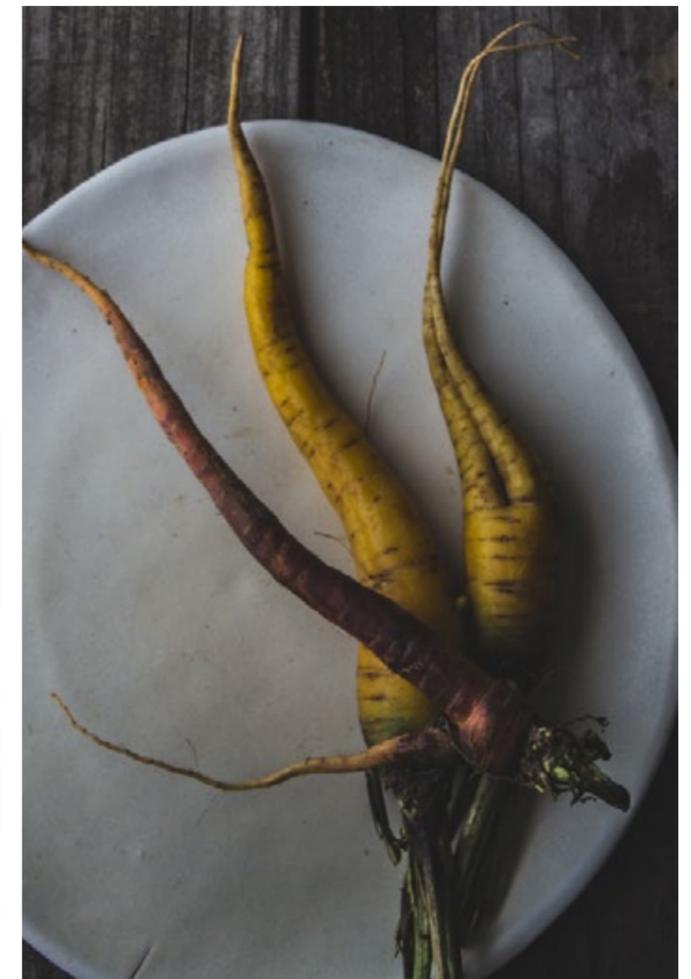
5 questions for Dr. Fuhrman- get to know the man behind the diet.

WELLNESS TAKES CENTER STAGE

At Dr. Fuhrman's Office in Flemington, NJ, wellness takes center stage. Discover ways to fight osteoporosis and food addiction.



All choked up? Find out how to prepare an artichoke. And with a little bit of know-how, you can avoid its thorny side and get to the tasty part quickly and easily.



PLANTING THE SEED: FOR ELITE ATHLETES HEALTHY DIETS ARE TAKING ROOT

A number of professional athletes are reaping the benefits of following a vegan or vegetarian diet this year – and all are playing at the top of their game.



ADVICE FOR LIVING THE NUTRITARIAN LIFE

Bring on the party, but don't bring on the unhealthy food!

How do I handle holiday celebrations — or, as I call them, “food free-for-alls.”

Spread the Love

It's hard to watch your friends and family continue to eat the Standard American Diet (SAD), when you know how much better and healthier you feel following the Nutritarian eating style. But remember: nagging, lecturing and scolding will probably fall on deaf ears, so avoid being The Food Police. (The exception to this rule is with your kids, since you get to set the healthy menu at home).

So how do you help someone understand the benefits of a Nutritarian diet? Lead by example.

Host a dinner party — Check the holiday menus in the recipe section of the website, and pick dishes that have general appeal. Let everyone know this is a Nutritarian party to sample and eat delicious food that will protect their health. Make a fantastic soup, great salad with dressing, some delicious vegetable, bean, and whole grain sides, and end with a flourish: a few gorgeous desserts, like our Healthy Chocolate Cake, a frozen Chocolate Raspberry Banana Bites, and some Vanilla Nice Cream to dazzle their eyes and taste buds.

Tailgating, tastefully — Blustery autumn days bring to mind two great American pastimes: football and tailgating. Heading to any sporting event, you can dish up hearty fare like savory chilis, crunchy (kale) chips, and hearty (bean) burgers. Have a big, crisp salad on hand, as well as a couple of nut-and seed based dressings, some hummus and cut-up veggies for dipping.

Pro tip: More and more professional athletes have switched

to a Nutritarian diet to protect their health and prolong their athletic prowess as they age.

If you've been invited to someone else's party, make sure to bring some healthful dishes that you can share with a crowd: salad, cut-up wraps, a fruit tray, Nutritarian desserts, or whatever else sounds festive. Not only will it ensure that there's food on hand that you can enjoy – you'll also probably be the hit of the party.

Office party — You can't escape festive occasions at work just because the "treats" are going to be sugary or salty, fried or processed. Not everyone wants to pig out on junk food and many will appreciate a great wokked vegetable dish made with a Thai Curry sauce or other interesting flavors. Bring in a tray of fruit, or show off your baking skills with one of Dr. Fuhrman's desserts, such as our irresistible Peanut Butter Cookies, no one will ever guess that they are made with green lentils!

Putting the 'U' in Nutritarian

Everybody has their own tips and strategies. What are yours? Email us at: LNmag@drfuhrman.com and we'll include our favorites in the next issue of Living Nutritarian.

