

BIOGRAPHY

Joel Fuhrman, M.D. is a board-certified family physician, six-time New York Times best-selling author and internationally recognized expert on nutrition and natural healing, who specializes in preventing and reversing disease through nutritional methods. Dr. Fuhrman coined the term “Nutritarian” to describe his eating style, which is built around a diet of nutrient-dense, plant-rich foods. Dr. Fuhrman has authored numerous research articles published in medical journals and is on the faculty of Northern Arizona University, Health Science Division. He serves as President of the Nutritional Research Foundation.

For over 25 years, Dr. Fuhrman has shown that it is possible to achieve sustainable weight loss and reverse heart disease, diabetes and many other illnesses using smart nutrition. In his medical practice, and through his books and television specials, he continues to bring this life-saving message to hundreds of thousands of people around the world.

Dr. Fuhrman created the Nutritarian diet, an eating plan that incorporates the latest advances in nutritional science. At the center of the Nutritarian diet is the simple health equation, $H=N/C$. This equation expresses the concept that your health (H) is predicted by your nutrient intake (N) divided by your calorie intake (C). His **ANDI scoring system** (featured in Whole Foods Market), which measures the relative nutrient density of common foods, has directed millions of consumers to eat an anti-cancer diet-style.

Background

A native of Yonkers, N.Y., Dr. Fuhrman is a former world-class figure skater, who placed second in the United States National Pairs Championships in 1973 and third in the 1976 World Professional Pairs Skating Championship in Jaca, Spain. Along with his nutritional expertise, Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and has lectured to athletic trainers and world-class athletes about maximizing performance and preventing injury.

Dr. Fuhrman is a graduate of the University of Pennsylvania (Pearlman) School of Medicine (1988) and has received the St. Joseph’s Family Practice Resident’s Teaching Award for his contribution to the education of family practice residents; and a C3 Cardiology Global Health Award for teaching cardiologists nutritional science.

In addition to the Dr. Fuhrman’s Wellness Center in New Jersey, Dr. Fuhrman also operates his Eat To Live Retreat in San Diego where overweight people from all over the world come to stay for 4-12 weeks to conquer food addiction and recover their health.

Books and Media

In his hundreds of radio and television appearances, including The Dr. Oz Show, The Today Show, and Good Morning America, Dr. Fuhrman has educated millions of people on the long-range benefits of healthy eating. His four hugely successful PBS specials, which have raised over \$35 million for public television, bring essential nutritional knowledge to homes all across America.

Dr. Fuhrman is the author of 11 books, including six New York Times bestsellers:

- **Eat to Live** (Little Brown, 2003)
- **Super Immunity** (HarperOne, 2012)
- **The End of Diabetes** (HarperOne, 2013)
- **The Eat to Live Cookbook** (HarperOne, 2013)
- **The End of Dieting** (HarperOne, 2014)
- **The End of Heart Disease** (HarperOne, 2016)

Dr. Fuhrman’s most recent books are ***Eat to Live Quick & Easy Cookbook*** (HarperOne, May 2017) and ***Fast Food Genocide*** (HarperOne, October 2017).

