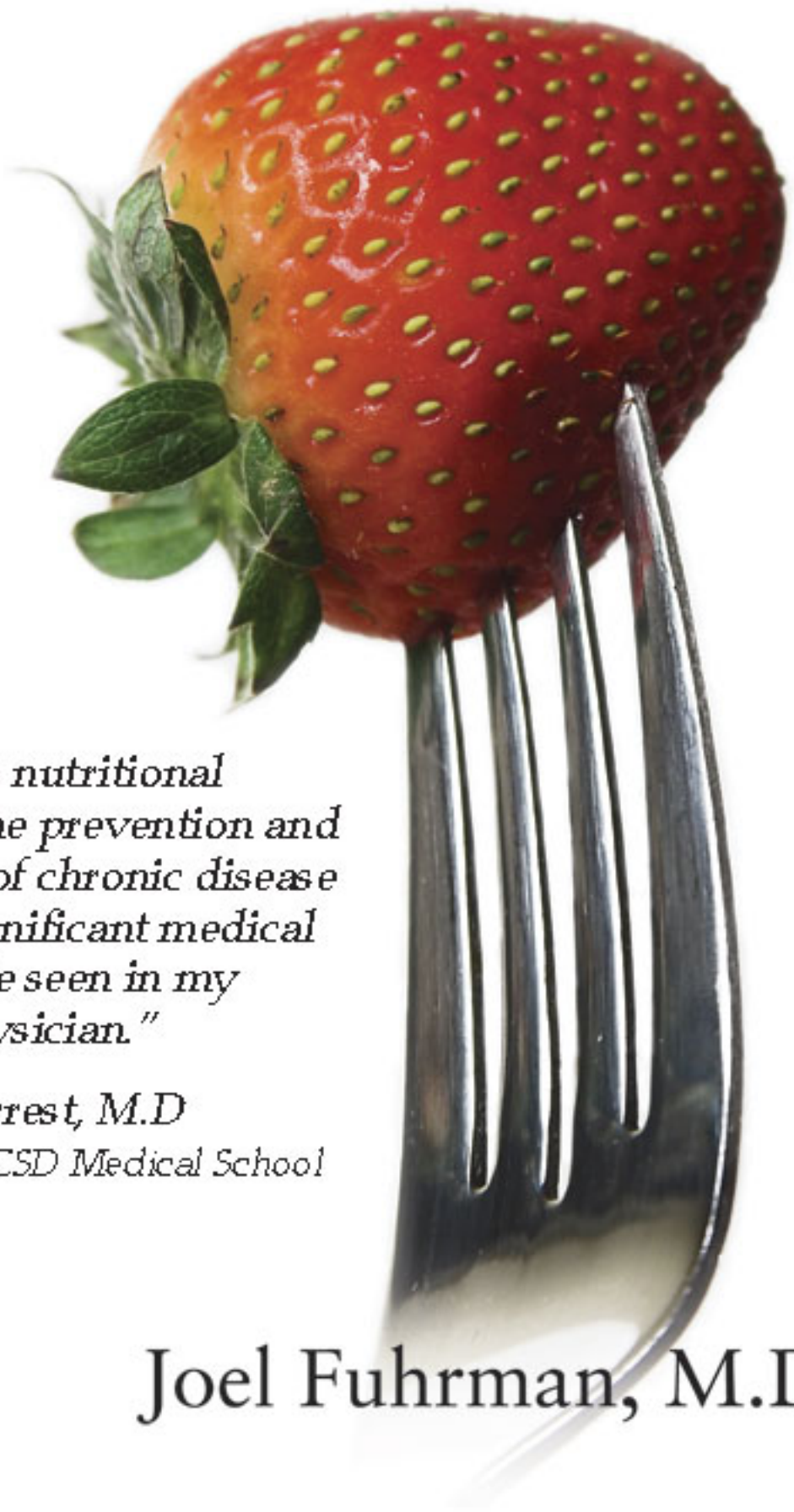


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"Dr. Fuhrman's nutritional approach to the prevention and management of chronic disease is the most significant medical advance I have seen in my career as a physician."

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Professor, UCSD Medical School*

Joel Fuhrman, M.D.

BOOK ONE - the mind makeover

1

EAT FOR HEALTH

BOOK ONE - the mind makeover

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ABOUT THE AUTHOR

Joel Fuhrman, M.D., is a board-certified family physician specializing in lifestyle and nutritional medicine and a graduate of the University of Pennsylvania School of Medicine.

As one of the country's leading experts on nutrition and natural healing, Dr. Fuhrman has been featured in hundreds of magazines and on major radio and television shows, including: "Good Morning America," CNN, "Good Day NY," TV Food Network, and the Discovery Channel's "Second Opinion with Dr. Oz."

Dr. Fuhrman's recommendations are designed for people who want to achieve superior health, maintain effective weight control, and reverse and prevent disease. His most recent books include *Eat to Live*, *Cholesterol Protection for Life*, *Disease-Proof Your Child*, and *Eat Right America—Food Scoring Guide*.

ISBN: 0-9799667-2-8



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“Medicine is in great need of a paradigm shift in its approach to healthcare delivery. *Eat for Health* is an extraordinary book and can be an important catalyst for such a paradigm shift. It should be a must read for healthcare professional students, healthcare professionals, healthcare policy makers, and any individual seeking optimal health.”

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Clinical Assistant Professor of Medicine
University of Texas Healthscience Center,
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“A terrific, “non-diet” diet. Dr. Fuhrman explains precisely what you should eat and he makes it delicious. *Eat for Health* is effective, practical and sensible.”

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Medical Director and Clinical Professor
Department of Family Medicine
UMDNJ-Robert Wood Johnson Medical School

“As a physician, I follow Dr. Fuhrman’s excellent recommendations myself and I have prescribed them to my patients with some wonderful results. *Eat for Health* is a great book for anyone who wants to see less of the doctor!”

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*Board Certified Internal Medicine
Director of Transition to Health’s Nutrition
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“Dr. Fuhrman’s nutritional prescription is a greatly-needed antidote to the US way of eating which has become a leading cause of disease and premature death. Despite all the sophisticated medical technology available today, the sobering truth is that the greatest tools for preventing and reversing disease are your fork and spoon. This way of eating will greatly benefit those in poor health as well as healthy persons desiring optimal wellness and vitality. Further, unlike most weight-loss approaches based on “will-power” and difficult to sustain, Dr. Fuhrman’s approach corrects the underlying causes of excessive hunger and cravings, resulting in permanent, naturally-occurring weight loss. I have had the privilege of personally seeing the tremendous disease reversal that occurs with this way of eating, and whole-heartedly recommend this book.”

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*Investigator, Prevention Research Branch
Department of Epidemiology, Statistics,
and Prevention Research
National Institute of Child Health
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“Dr. Fuhrman’s message is scientifically valid, clinically proven, and very much worth considering for anyone who wants to really enjoy personal health. This prescription for health is both profound and broad in its effect.”

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*Professor Emeritus of Nutritional Biochemistry
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Co-author, “The China Study”*

“Dr. Fuhrman has done a magnificent job of synthesizing the essence of thousands of peer reviewed medical journal articles and devising a dietary program that can work miracles for your health! This man is a pioneer in preventive medicine.”

—**David W. Bullock, D.O.**

*Physical Medicine & Rehabilitation Specialist
Lawrence, KS, & Social Security Medical Consultant*

“I love this book. It’s hard to believe that Dr. Fuhrman could surpass his earlier book, *Eat To Live*, but he did. *Eat for Health* empowers us to make change. It is the only prescription that will ensure that our golden years remain golden and not riddled with disability and disease. Dr. Fuhrman’s advice can enable you to achieve the same weight loss seen with gastric bypass surgery WITHOUT the surgery. A must read to “exercise” your taste buds and rev up your metabolic machinery.”

—**Deanna Cherrone, M.D.**

*Board Certified in Internal Medicine
Founder of Natural Health & Healing, LLC
Avon, CT*

“Dr. Fuhrman’s nutritional approach to the prevention and management of chronic disease is the most significant medical advance I have seen in my career as a physician.”

—**John V. Forrest, M.D.**

Professor of Radiology, UCSD Medical School

“In *Eat for Health* Dr. Fuhrman has taken the most accurate information about nutrition today and made it understandable for anyone who is interested in being responsible for their own health. Dr. Fuhrman’s food rating system—Aggregate Nutrient Density Index makes it easy to decide what to eat. Take this knowledge that’s presented so clearly and live a healthy life.”

—**Deborah Pate, D.C., D.A.C.B.R.**

*Chiropractor and chiropractic radiologist
San Diego, CA*

“If you took a pill every day that made you slimmer, healthier and reversed most disease processes in your body, you would call it a medical miracle. I have witnessed that Dr. Fuhrman’s *Eat for Health* program can provide that miracle makeover that you have been looking for. Plus, it is a delicious and pleasurable way to eat. *Eat for Health* and create your own miracle—today”

—Michael Klaper, M.D.

*Family and Emergency Room Physician
Author and Nutritional Researcher*

“Follow Dr. Fuhrman’s easy-to-understand formula in this book and start having the healthiest time of your life. Fad dieting has no long-term weight and health benefits, but when you eat high nutrient foods the results stick.”

—Gerald Deutsch, President

National Health Association

“At last, a way to eat that can prevent and even reverse disease! And you will stay slim without dieting. Dr. Fuhrman shows us exactly what we need to do and why we need to do it. My wife and I do it! You are what you eat and if YOU don't take care of yourself...no one else can or will. Dr. Fuhrman teaches us nutritional excellence that can even prevent macular degeneration. Start now to live healthier and longer.”

—Stephen Lichtenstein, M.D.

*Attending Surgeon, Wills Eye Institute
Philadelphia, Pennsylvania*

“Awesome! *Eat for Health* is the best, real-world tool I have seen yet for helping people pursue optimal health and/or deal with the majority of today’s diseases. This approach is what “primary care” should be in modern healthcare. The “nutrient density” approach in *Eat for Health* is the cure for most of our diseases and our salvation from the fad diets that plague us. *Eat for Health* is both based on good science and very practical for real people, it could solve the healthcare crisis in America.”

—Marc Braman, MD, MPH

*Director of Lifestyle Medicine
Wellspring Medical Center*

OTHER BOOKS BY JOEL FUHRMAN, M.D.

Eat To Live

Disease Proof Your Child

Cholesterol Protection For Life

Fasting and Eating For Health

Eat Right America-Food Scoring Guide

1
BOOK ONE
the mind makeover

EAT FOR HEALTH
LOSE WEIGHT · KEEP IT OFF · LOOK YOUNGER · LIVE LONGER

First Edition, Published March 2008

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Keep in mind that results vary from person to person. Some people have a medical history and/or condition that may warrant individual recommendations and in some cases drugs and even surgery. Do not start, stop or change medication without professional medical advice, and do not change your diet if you are ill or on medication except under the supervision of a competent physician. Neither this, nor any other book, is intended to take the place of personalized medical care or treatment.

A small percentage of the names used have requested their names be changed.

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BOOK ONE
the mind makeover

EAT FOR HEALTH

LOSE WEIGHT · KEEP IT OFF · LOOK YOUNGER · LIVE LONGER

Joel Fuhrman, M.D.

PUBLISHED BY



Gift of Health Press

DEDICATION

This book is dedicated to all Americans suffering with chronic disease, who were told their problem was simply genetic and that drugs and interventions such as angioplasty and bypass surgery are the only answer.

Even though it is well accepted in the scientific literature that nutritional excellence has powerful therapeutic application, this information has not filtered down to the average American.

People need to know they have a choice. They have a right to know they do not have to suffer and die prematurely of medical conditions that are easily prevented and reversed via nutritional excellence.

So if you have high blood pressure, high cholesterol, diabetes, heart disease, peripheral vascular disease, reflux esophagitis, chronic headaches, irritable bowel syndrome, autoimmune disorders or other chronic medical conditions and you desire improved health, vitality and to free yourself of medical dependency this book is especially dedicated to you with the hope it will transform your health.

ACKNOWLEDGEMENTS

I had assistance from many people in developing this manual and especially with the recipes. My wife, Lisa reads everything I write and helps me immensely with great suggestions. The editor, Meghan Conaton did a great job of organizing the content for easy digestibility and Robyn Rolfes designed the cover layout, and look and feel. Robert Phillips researched and contributed to the development of the concepts relating social relationships and dietary change. Linda Popescu, R.D. performed the nutritional analysis and painstaking scoring of every recipe, Janice McDonnell-Marra, my business manager, coordinated the team's efforts and assisted with every step.

I believe the recipes here are unique in that they make the healthiest foods in the world taste great. You have to see them and taste them to believe it! Many of the recipes are my family's favorites that my wife, Lisa and I have collected over the years. Others have been contributed by chefs working day in and day out tweaking and tasting every one multiple times. Robin Jeep, Allisa Shankoff, and Marian Fanok contributed to and tested every recipe in our office kitchen.

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FORWARD

BY JOHN ABRAMSON, M.D.

Almost daily we hear news of exciting medical breakthroughs. We're barraged by drug ads trying to convince us we need medications to cure diseases we didn't even know we had. And our doctors' enthusiasm about prescribing the latest medicines, tests, and procedures is highly contagious. It's almost impossible not to get swept up in the expectation that we can count on the latest in medicine to protect and restore our health.

There is no doubt that modern medicine can be a God-send, and many of us have benefited from good medical care. But all this good news sounds too good to be true. And it is. The real story is that most of these "miracles" are being foisted upon the public, not because of the health benefits they bring to us, but because of the financial benefits they bring to the medical industries that manufacture these beliefs.

There is, however, a genuine scientific breakthrough that is readily available to you and it isn't expensive. It is the health-giving, disease-preventing power of a truly healthful eating-style. The one thing it does require, however, is that you reclaim responsibility for keeping yourself healthy.

According to both the prestigious Institute of Medicine and researchers from the Robert Wood Johnson Foundation, two-thirds of our health is determined not by the medical care we receive, but by our health habits and the environment in which we live. The problem is that there's a mismatch between what is being done to help us preserve our health and what the scientific evidence shows us would be a lot more effective. Nineteen out of 20 of our healthcare dollars are spent on biomedical interventions like medications, procedures, blood tests, x-rays and MRIs. These biomedical interventions use up all the time and resources that could also help us address the kinds of things that would dramatically improve our chances of staying healthy.

One example: Women can't avoid being confronted with the message that heart disease is their #1 killer and in order to protect themselves, they should "know their numbers." Of course we all know that this means knowing your cholesterol numbers, and we also know that this will lead many otherwise healthy women to be put on a cholesterol-lowering drug by their doctors. There are several things wrong with this common medical narrative:

1. Despite the National Cholesterol Education Program's guidelines for treating healthy women with cholesterol-lowering drugs when their risk hits certain thresholds, there has never been a single, randomized controlled, clinical trial (gold standard) that shows that women who don't already have heart disease or diabetes, benefit from taking a statin. (I know this sounds crazy, but I am the author of an article published in the British medical journal, *The Lancet*, in January of 2007 titled "Are Lipid-Lowering Guidelines Evidence Based?" that made exactly these points.)
2. Eating a healthy diet is three times more effective than taking a cholesterol-lowering statin drug for preventing a recurrent heart attack. Contrary to what is generally thought, the healthy diet doesn't help by lowering cholesterol that much. A healthful diet-style reduces the risk of heart disease by an assortment of other known and unknown mechanisms. Like a good magician, cholesterol-lowering marketing campaigns have focused our attention on cholesterol levels when we should be focused on the real goal: reducing the risk of heart disease and improving overall health.
3. One study followed 7300 healthy women for 31 years to see what risk factors contribute most to premature death. The contribution of elevated cholesterol to increased mortality rate was exactly zero. On the other hand, the Nurses' Health Study shows that women who follow five healthy habits develop 83% less heart disease and 91% less diabetes than women who

don't follow the healthy habits—eat a healthy diet, exercise regularly, don't smoke, don't drink heavily, and maintain a good body weight.

Surprisingly, only 3 out of 100 American women adhere to these healthy habits. We are investing most of our health care resources in lowering cholesterol with drugs instead of helping women adopt healthy lifestyles, which would be far more effective and less costly. Americans now spend about twice as much per person on healthcare as the other 21 wealthiest industrialized countries. Of course, there's little that's more important than health, so if this is what it takes to get the best healthcare in the world, then most people think the high cost of healthcare is a necessary evil. But it's not just the cost of American healthcare that's out of line. The really bad news is that for all the extra money we are spending, Americans not only don't have the best health, we have the worst among the citizens of the wealthiest 22 countries. According to the World Health Organization, Americans live an average of two and a half years fewer years in good health than the citizens of these other countries.

Adding insult to injury, according to the World Health Organization, the efficiency of the American healthcare system (meaning how much health we get for the money we spend) ranks 72nd in the world! Can you imagine how long your employer would continue to buy services from a supplier that ranked 72nd in efficiency, was charging your company twice as much as your international competitors, and achieving inferior results?

Researchers from Dartmouth Medical School calculate that about one third of American healthcare expenditures are now devoted to services that don't improve health and may actually make things worse. This means that Americans are wasting more than \$700 billion per year on unnecessary or harmful healthcare. To put this in perspective, the amount we are wasting each year on unnecessary or harmful medical care is more than the entire budget of the United States Department of Defense.

Corporations are struggling to purchase healthcare coverage for their employees and, by necessity, shifting costs to their workers in the form of higher

monthly payroll deductions, higher deductibles and co-pays, and less coverage. As a result, the number of uninsured Americans is increasing by about one million every year and the majority of the recently uninsured are middle class, full-time workers. They and their employers can't afford health insurance.

We need to get to the bottom of the dysfunction in our national approach to health. The politicians don't want to address the real issues because most of them are dependent on contributions and other support from the healthcare industry. Most of the "experts" don't want to get to the real issues either, because they too have financial ties to the medical industry; same with universities, with medical journals, and even the media.

The "core lesion" (as we doctors say) is that medical knowledge itself is now produced and disseminated primarily for its profit-generating potential. I am not talking about the ads on TV or about the so-called non-profit groups that take large amounts of money from the medical industry. I'm not even talking about the free lunches that the drug companies' sales reps bring to doctors' offices to get them to listen to their sales pitches. Or about the continuing education lectures and seminars that doctors attend to maintain their licenses, which are overwhelming sponsored by the drug and other medical industries. This is where it gets really scary: I am talking about the clinical trials that are published in our most trusted medical journals. The majority of these studies are industry sponsored, and research shows that the odds are five times greater that these commercially sponsored clinical studies will conclude that the sponsors' drugs are the treatment of choice compared to non-commercially sponsored studies of exactly the same drugs!

To make matters worse, almost all of the articles in medical journals that influence the way that doctors practice medicine have commercial sponsorship. Between 1999 and 2004, for example, all but one of the 32 most influential articles that were published had commercial sponsorship. The commercial corruption of the sources of medical knowledge has become so overwhelming that the current editor of the Lancet and the recent editor of the British Medical Journal told the New York Times that "[Medical] journals have devolved into information-laundering operations for the pharmaceutical industry."

When the drug and other medical industries invest in research, their primary responsibility is not to optimize your health, but to maximize their shareholders' return on investment. In a medical system with proper oversight, these two goals would be the same—the profits made by private industry would be a direct reflection of their contribution to our health. But the oversight of the FDA, medical journals, universities, and academic physicians has all been seriously eroded by growing dependence on drug and other medical industry funding.

The end result is that the “knowledge” that your doctor receives from the sources that he or she has been trained to trust is distorted in two ways. First, the evidence is overwhelming that the conclusions presented in even the most trusted medical journals are biased in favor of their commercial sponsors. And second, in the same way that plants grow toward sunlight, the “knowledge” produced by commercially sponsored medical research grows towards the medical interventions that have the greatest potential to generate profits instead of the greatest potential to improve our health.

This may sound like dismal news, but understanding the truth points the way to enormous opportunities for you to take back control of your health (and for your employer to become a more intelligent purchaser of healthcare services). Your health is mostly in your control, but a guide is needed to show the way and protect you from getting distracted by all the commercial hype that surrounds health and healthcare.

For a healthier workforce and a healthier nation, both medically and economically, the information in this book is the solution. The solution to our health-care problem is not going to come from making better drugs or from better distribution of economic resources. It has to come from each of us taking better care of our health, so we avoid the need for medical interventions. For those of you taking medications, without addressing the dietary cause of your problem—this book is for you. For those of you who just want to live healthier and longer without medical disability and needless medical tragedies—this book is for you too. And for those of you who are concerned about the economic health of our nation—this book is for you as well.

This is why Dr. Fuhrman's work is so important. It is what we need to hear, well-researched, up-to-date, scientific information about healthy nutrition taught with wisdom and compassion. Not a fad diet, and not requiring great feats of self-denial, *Eat for Health* shows you how to take control of your dietary habits without going hungry and without denying yourself all of your favorite foods. The most fascinating aspect of this plan is that eating healthier can lead to greater, not less eating pleasure. You will quickly realize that you don't have to be a slave to unhealthy habits and you don't have to be controlled by the intense marketing for highly processed, calorie-dense, nutrient-poor foods.

Please accept my congratulations for reading this and deciding to take control of your health future. Study it well. Soon you will be enjoying a diet that will improve your health tremendously. You will have more energy and will be taking pride in the way that your body is responding to being fed well. *Eat for Health* has a powerful message, it may save your life.

John Abramson MD

Author, *Overdosed America:*

The Broken Promise of American Medicine

Clinical Instructor, Harvard Medical School

INTRODUCTION

PREPARE FOR A NEW YOU!

Congratulations on starting this program! Your decision to pursue superior health is one of the most important journeys you will ever undertake.

I developed *Eat for Health* after a comprehensive review of over 20,000 scientific studies on human nutrition over the last 20 years. I can say with certainty that this is the place to begin your nutritional turnaround. I have seen the effects of this plan in action on thousands of patients with a wide range of diseases and health concerns, from migraines and allergies to heart disease and diabetes, and the bottom line is, it works. The results over the years have demonstrated that this diet's foundation, nutritional excellence, is our most powerful intervention, not only to prevent disease, but also to reverse it and enable people to recover completely from most chronic degenerative illnesses. It is the path to medical wellness in your own life.

Nothing shows the power of this way of eating more than hearing from people who apply this knowledge and live it every day in their own lives. Throughout this book, beginning with Chapter One's selection of Medical Case Studies, you will find testimonies from a sampling of people from around the country who have changed their lives following this plan. They are from different backgrounds, are different ages, and had different reasons for beginning this journey, but they all now share excellent health. As you make your way through this book, take a moment to think about their stories and to discover the advantages that are possible when you eat right and make a commitment to your own health.

The physical change that you can create is one that your body was made to live. The body is a self-healing machine when you supply it with the optimal nutritional environment, and the information presented here is the fastest and most effective way to create that environment. If you have high blood pressure, high cholesterol, diabetes, heart disease, indigestion, headaches, asthma, fatigue, body aches, or pain—or you want to prevent yourself from developing these and other chronic conditions—this plan is for you. *Eat for Health* can enable you to avoid angioplasty, bypass surgery, and other invasive procedures. If you are not yet ill, it can make sure you never have a heart attack, stroke, or dementia in your later years. It can reduce and eventually eliminate your need for prescription drugs. In short, it can enable you to optimize your health and potentially save your life. And it can do all of this while increasing the pleasure you get from food.

Many of you have invested in this program to lose weight. I want to assure you that you will lose all the weight that you want, even if diets have failed you in the past. This is the most effective weight loss plan ever documented in medical literature and the results are permanent, not temporary. According to a recent medical study, the nutritional program presented in this book is the most effective way to lose weight, especially if you have a lot of weight to lose. The subjects, followed for two years, lost more weight than the subjects of any other study in medical history, and they kept it off.¹ More and more, new medical studies are investigating and demonstrating that diets rich in high-nutrient, plant foods have a suppressive effect on appetite and are most effective for long-term weight control.² The healthiest way to eat is also the most successful way to obtain a favorable weight, if you consider long term results.

Many of my patients have lost up to 20 pounds in six weeks and that was just the beginning. However, this is nothing like your typical diet book because when the focus is on weight loss alone, the results are rarely permanent. Here, there is no calorie counting, portion-size measuring, or weighing involved. You will eat as much food as you want, however, over time you will become satisfied with fewer calories. This is an eating-style that you will learn to enjoy forever. The goal here is to have the information change you in a natural fashion, so this

becomes your preferred way of eating. To accomplish this, you will be presented with scientific, logical information that explains the connection between food and your health. In implementing this information in your life, and using the included meal plans and great-tasting recipes, you will shed pounds naturally and almost miraculously, merely as the side effect of eating so healthfully.

The reason the program works so well is because its success is hinged on knowledge. It takes time and effort to learn this body of knowledge, but that's because this program is not simply a quick fix. Once you have learned and practiced all of the information available to you, you will be a nutritional expert and the keys to weight success will be in your hands—and your mind.

While weight loss is important, it is not our main goal. It is a pleasant and normal by-product on the road to the primary goal: great health. Superior health is marked by an exceptionally long and relatively disease-free lifespan, and countless studies reveal that people with superior health are slim. By teaching you how to achieve superior health, your ideal weight will follow naturally. You will understand the physical cravings that cause overeating, as well as the psychological factors that can help you change this pattern of consumption. Applying the information in this book to your life will help you achieve long-term success because it will create new, healthy behaviors that will eventually become effortless in your life. It is so highly effective that it enables you to take control of your own health destiny.

What Is *Eat to Live*?

Eat To Live is the title of my bestselling book published in 2003. People all over the globe soon used that phrase to describe the overwhelmingly successful eating-style I created. I receive a continuous barrage of e-mails and letters of gratitude describing miraculous changes in health thanks to the book. These testimonies—some of which you will read in these pages—encouraged me to develop *Eat for Health*.

Developing *Eat To Live* and seeing the changes it caused in all of these people reinforced my knowledge that high-nutrient diets can restore the body to good health. Thousands of people lost dramatic amounts of weight without

difficulty and never regained it back. More importantly, they recovered from diseases such as allergies, asthma, acne, headaches, high blood pressure, diabetes, reflux esophagitis, lupus, kidney insufficiency, angina, cardiomyopathy, multiple sclerosis, and many more. The results and success stories are astounding.

I have long studied and utilized high-nutrient eating as a medical therapy, but even I have been surprised by the power of eating this way. For example, someone asked me on my website if my diet could make your hair turn brown after it had turned grey. I said, “Of course not,” but then two people commented that it had happened to them. I could not believe it. Similarly, one of my patients had Hepatitis C before starting my eating-style. I didn’t think this high-nutrient eating style would cure his hepatitis infection, however, after some time his Hepatitis C was completely gone. I had to repeat the blood tests three times to believe it. These cases confirmed for me that eating this way could create medical transformations for millions of Americans.

My intention in writing this book was to make the principles of *Eat To Live* easier to incorporate in your life and to share the new lessons I’ve learned about the obstacles people have to making dietary changes. In addition, this book makes the *Eat To Live* principles more accessible to a larger audience. You will see that all people—sick or healthy, overweight or slim, young or old—can benefit from this plan because it creates the environment necessary for our bodies to thrive and experience what amounts to a miracle in our modern world: a long, disease-free life without heart disease, strokes, dementia, or even cancer.

Even though the information presented here is an extension of the nutritional and lifestyle program I laid out in *Eat To Live*, you do not have to read *Eat To Live* to understand this program. In this book, you will encounter the words, “*Eat To Live*,” and when you do, keep in mind that it simply refers to a way of eating, a combination of food and lifestyle factors that I also refer to as my “eating-style.” Everything you need to achieve your health and weight-loss goals is in the pages before you. All you need to do is read them and implement their knowledge and practices in your own life.

Nutrients: The Basis of the Program

The eating-style that you will find in these pages is based on a central idea: Most people do not consume enough micronutrients on a daily basis. Because their micronutrient needs aren't met, they can't control food cravings and overeating. This deficiency also makes them more susceptible to the critical diseases and serious medical conditions that plague the American population.

Micronutrients are vitamins, minerals, and phytochemicals: valuable, but calorie-free parts of certain foods. My nutritional advice attempts to radically reduce your consumption of low-nutrient foods and radically increase your intake of high-nutrient foods. While the program will never ask you to count calories, for good health and a long, disease-free life we must seek to consume more nutrients from fewer calories. Basically, we must eat foods with a high nutritional bang per caloric buck. We will further discuss the relationship between nutrients and calories and how to determine the nutrient-density of foods in Phase One of this book.

Nutrient-density is the critical concept I use in devising dietary and nutritional advice to my patients and to the public. Adequate consumption of vitamins, minerals, and phytochemicals is essential for a healthy immune system and to enable your body's detoxification and cellular repair mechanisms that protect you from cancer and other diseases.

Perhaps not surprisingly, most of the foods that have a high nutrient-density are straight from nature, primarily fruits and vegetables. Therefore, these foods play major roles in our journey to great health. Nutritional science in the last 20 years has demonstrated that colorful plant foods contain a huge assortment of protective compounds, most of which are still being studied by scientists. Many newly discovered—and, as yet, unidentified—compounds in nutrient-rich food work in fascinating ways to facilitate the removal of toxins from the body, detoxify carcinogens, repair DNA damage, and reduce free radical formation. Only by eating an assortment of natural foods that are nutrient-rich can we access the diversity of these elements that are necessary to protect ourselves from common diseases.

You Are the Cure

I have been part of the medical community as a family physician for almost 20 years, and I can tell you that drugs and doctors cannot grant you excellent health and protection from disease and suffering. Almost every doctor knows this. The most effective health-care is self-care. Reading this book, practicing the plan and mastering its techniques will deliver the best possible self-care to you: nutritional excellence. The nutritional excellence I'm describing can prevent and even reverse most medical problems within three to six months. This is a bold claim, but the facts, supported by scientific research and literature, show that most medical problems and medical tragedies we face in the modern world are the result of nutritional folly. Our American diet has resulted in a sickly nation with the majority of people taking prescription drugs by the time they reach the age of 50. Your body is made of the foods you have eaten, and when you eat the standard American diet (SAD), you get the diseases that most other Americans get.

Fifty percent of Americans die of heart attacks and strokes. You don't have to be one of them! Twenty-eight million Americans suffer from the crippling pain of osteoarthritis. You don't have to be one of them! Thirty-five million Americans suffer from chronic headaches. You don't have to be one of them! You simply do not have to be sick.

We consider it normal to lose youthful vigor in our thirties, carry 30 to 40 extra pounds, live with chronic illness in our late forties and fifties, only to live our last decades completely dependent on others. This should not be considered normal. This is the result of a life-long pattern of unhealthy living and misguided information. We should look forward to enjoying an active life into our nineties. This seems like an outrageous expectation because most people spend a lifetime consuming an unhealthy diet. They have yet to make the connection that we are what we eat and that ill health in the later years of our lives is the result of our earlier, poor choices.

I have cared for more than 10,000 patients, most of whom first came to my office unhappy, sick, and overweight, having tried every dietary craze without success. After following this educational program for superior health and weight-loss, they shed the weight they always dreamed of losing and they kept

it off. For the first time in their lives they had a diet plan that didn't require them to be hungry all the time. Most importantly, they were able to eventually discontinue their medications. When you learn and follow this program of eating it is possible to:

- Never have a heart attack or a stroke
- Avoid dementia in later life
- Dramatically reduce your chance of getting cancer
- Prevent and heal digestive problems such as reflux, dyspepsia, constipation, and hemorrhoids
- Prevent and often resolve erectile impotence, high blood pressure, and other circulatory impairments
- Prevent and reverse diabetes (type two) and high cholesterol, at first lessening the need for drugs and eventually resolving these conditions
- Age slower, live longer, and maintain youthful vigor, intelligence, and productivity into the later years

Some people may be skeptical that I can make such radical claims, but these statements are supported by medical science and thousands of clinical patient case histories. The reversal of dietary-caused diseases occurs in a relatively short time and is easily observed by anyone following my program. However, don't make any decisions about starting the program yet. You first have to know much more about this. When you are ready to commit yourself to achieving superior health, I promise to make it almost impossible for you to fail.

About These Books

Eat for Health is designed to make this eating-style easy and fun by combining my relentless research and hands-on experiences with motivational exercises and mouth-watering recipes. I have developed and used this information with thousands of patients over the years with remarkable results.

The book that you are currently holding, Book One, provides all of the information, knowledge, history, tips, and techniques that you will need to understand each of the four phases of the program, practice their tenets, implement them in your life, and continue using them for long-term success. In it, you will learn that you have control over your health and weight. You will be pleasantly surprised to learn that you are not at the mercy of your genes or the pharmaceutical companies. You will also learn more specifically about why certain foods are more dangerous to our bodies than others and how you can learn to increase your enjoyment of the foods that are the most nutritious.

The companion to this book, Book Two, is a workbook and cookbook, intended to help you practically implement the program. This book has been created on graduated phases that correspond to the four phases in Book One. Each phase incorporates more nutritional principles to disease-proof your body as you learn more about this eating-style. The fourth and last phase is the most effective eating-style for reversing disease and maximizing health and longevity. While Phase Four is optimal, any level will bring you closer to your health goals and if you are overweight, you will still see dramatic benefits with all phases.

Each of the four phases in this program is, in fact, a separate nutritional plan. With the help of my staff, including world-class chefs, I have designed weekly menu plans with recipes for each phase. You can remain in any phase as long as you like. As you learn more and work with these books, your taste buds will gradually realign themselves and actually become stronger and more discriminating. As you become healthier, you will lose your psychological dependence on unhealthy foods. One of the ways in which *Eat for Health* is unique and revolutionary is that it is based on the idea of a gradual implementation of an increasingly higher micronutrient content in a person's diet. Where many diets ask you to go "cold turkey" on certain foods, or make the first weeks of their plans the hardest, this program is designed so you can make smaller changes first. As you increase your knowledge and preference for healthy foods, you can choose to move forward—all at your own pace. After you learn more of the science, practice the dietary modifications, and make some of the recipes, you can see the benefits and then challenge yourself with the next phase.

While it may be tempting to immediately begin trying the recipes and using the meal plans in Book Two, I strongly urge you only to move forward in the phases of Book Two after reading at least the corresponding information in Book One. While you may only choose to follow Phase One or Phase Two of Book Two, all of the information presented in Book One will help you in your efforts. Trying to live this eating-style without understanding the intricacies of how and why it works will likely leave you with one more failed attempt at dietary change, or the benefits won't be permanent.

The recipes included in Book Two incorporate the healthiest, most nutrient-dense foods in the world to greatly increase the life-sustaining properties of your diet. *Eat for Health* will teach you an eating-style, not a calorie-counting formula. Do not focus on calories or portion sizes. Instead focus on increasing your intake of disease-protective nutrients with healthy foods.

I want to repeat that for clarity. The focus here is on learning about the disease-protective compounds in natural foods and how you can deliciously eat more and more of these foods. As you eat more of them, you will lose your food cravings, and you will automatically eat less unhealthy and fattening foods. If you are overweight, your weight will fall dramatically.

In the process, you will be enjoying some of my favorite recipes that rival the offerings at quality restaurants. This is not about deprivation! Rather, it is about living and experiencing life to its fullest. As you increase your intake of nutrient-dense foods and replace unhealthful foods, you will, over a period of time, reset your internal taste preferences and hunger drive. Once this happens, you will be amazed at how easy it becomes to follow my plan and maintain your ideal weight forever, without dieting.

Using This Book

This book is broken down into four phases that correspond to the four dietary phases in Book Two, which contain a meal planner, and a recipe and shopping guide. These four phases take you on a journey into eating a great tasting diet that is very different from the diet most Americans eat today. The four-phase approach with four different menu plans allows you to adjust to this eating-style

gradually. As you learn more about high-nutrient foods in each phase, the meals in Book Two will become healthier by increasing the nutrient-density you consume with disease-fighting foods.

Go at your own pace. Read Phase One of this book and then use the plans and recipes in Phase One of Book Two. But, of course continue on reading the subsequent chapters and phases in Book One while you are living with the phase one eating recommendations. When you think you're ready to move forward to the second level in Book Two, return to Book One and refresh your knowledge of the Phase Two chapters before moving on. Do the same for the other phases as you feel comfortable, or read through this book completely, and then determine which phase is right for you to start, and jump in.

Regardless of how you choose to use this book, I advise you to master the material and exercises in each phase before moving on to the next one. The goal of this program is to teach you to eat healthfully, enjoy it, and learn to prefer a healthy eating-style instead of a disease-promoting one. Don't decide now whether you think you can do it or whether you want to make all these changes. Learn the information before making a judgment; give the information a chance to work.

After you finish Phase One of this book you will see and understand why the menus are constructed the way they are. It may be that the change from the way you eat now to the first phase of this eating-style is a big one. If so, you can make this first big change and stop there, or you can continue to change even more as you go on with the rest of the book. It's all up to you.

Taking the initial step to transform your health and well-being is a big one. It takes initiative, and you must make a commitment if you want the astonishing results that are possible. As you learn more and more from the phases, the objective is that you will learn gradually to prefer this type of eating. I hope to be able to change your food preferences so that you will eventually prefer the healthiest foods. You may think that this will require a miracle, but what you will learn in this book will make it a reality.

Along the way, you will find a series of dietary exercises that will help you prefer healthy eating. Rather than working your muscles, they are exercises with food that will strengthen your digestive system, stretch your palate, and allow effortless weight loss without dieting. This is an innovative, new concept because this is not a diet; it is simply the healthiest way to eat and live.

Using Book Two

Book Two—the food guide, recipe guide and menu planner—contains four separate phases of healthy eating intended to practically and efficiently create your complete health makeover. Each phase of menus takes you to a new level of nutritional excellence. To help you see your progress, each of the foods in Book Two is scored. These numbers are a way to quantify the nutritional content of a variety of different foods. We will further discuss these numbers and how to use them in Phase One of Book One.

The purpose of this scoring system is not to have you count and calculate every food you eat, rather it is a teaching tool that enables you to compare and recognize a super-healthy diet from a moderately-healthy one. By seeing the scores in the recipes and menus, you can understand the difference between the four phases and you can see a tremendous difference between this program and any other diet plan or nutritional advice. It lets you see food in a different light, like putting on a special pair of glasses that enables you to immediately calculate the nutritional value of your diet. By studying the nutrient-density score of what you choose to put in your mouth, you can better recognize what a diet that is heart attack and cancer protective looks like. Do you want to lower your risk of heart disease by 30 or 40 percent? Or do you want to lower your disease risk by nearly 100 percent? It will be up to you to decide, but you will be amazed how few nutrients are earned from eating a dietary pattern similar to other Americans. This will help motivate you to increase the nutritional density of your diet, as you are able to visualize the characteristics of the eating-style that is richest in disease-fighting nutrients.

Remember, by the time you finish reading this book and studying the materials, you will be able to instantly distinguish high-nutrient foods from low-

nutrient foods. You will know how to make a meal or pick foods in a restaurant to increase your nutrient density. However, the purpose of the scoring system is NOT to have you be fanatical about counting points and scoring foods. You do not have to carry around a calculator and a pad to monitor your nutrient scores. The intention is that you look at the way I calculate scores, understand it, and understand the way the recipes are constructed to increase their nutrient density. Then, you can do what I do, which is to naturally enjoy foods that score high on the nutrient density line and, in so doing, eat to increase my health.

This Is a Different Diet World

Get ready for an exciting three months of your life. If you follow this program for that time—whether through all four phases or only into Phase One or Two—you will experience a personal transformation that is only possible when you eat for health. You will be thrilled with how easily your weight drops and at the subtle changes you experience in your physical and emotional well-being. You will feel better than you have in years.

I know how frustrating it is to dive into a promising diet only to meet with failure. You blame yourself, which sets up a vicious cycle of guilt and punishment. This expresses itself through self-defeating behavior. Most people who have been through this cycle have given up on the idea of reaching their ideal weight. It seems too impossible and their failure in the past reinforces this. This will not be the case here. Mediocre expectations yield mediocre results, so you must, right now, raise your expectations. Give this program a true test and follow it as directed, and I am confident you will get different results than you have in the past. You will not only lose your excess weight, but you will also see both subtle and dramatic improvements in your health. You will lower your cholesterol, triglycerides, and blood pressure. If you have adult-onset (type two) diabetes, it will improve and can eventually resolve. Most people are amazed as symptoms such as migraines, acid reflux, and indigestion disappear. You will experience the power of health.

I feel strongly that this is the healthiest diet for disease-protection and longevity, and, if you are significantly overweight, it is also the most safe and effective way to lose a dramatic amount of weight. It works for those who have

failed at losing weight or achieving their dietary goals in the past. Studies have shown that only three out of 100 people who attempt to lose weight actually succeed. The problem is not people. The problem is that most weight-loss approaches focus on reducing calories. That winds up reducing nutrients simultaneously, which is predictive of eventual failure.

The cuisine designed for nutritional excellence is radically different from other plans because you eat a lot of food. Forget calorie counting and traditional diets. Don't panic because you feel full and satisfied; this is normal. If you are overweight, you will still lose weight. Your body appreciates the nutrients and will reward you with optimal health and an ideal weight.

CAUTION:

This program is so effective at dropping your weight, blood pressure, and blood sugar that medication adjustments will be necessary so that you are not over-medicated. If your blood sugar or blood pressure improves dramatically and medications are not reduced or eliminated, it could be harmful to your health. Please consult your physician.

Be One of the Few, Not the Many

Like the classic victim, we actually grow to love those things that are killing us—in this case, food. This phenomenon is known as addiction and an addiction to certain foods can be just as deadly as many other addictions. However, if you are reading this, it is not too late to change. I can show you how to get rid of the food addictions sabotaging your health.

Since you have purchased this program, you are probably interested in the relationship between what you eat and your health. It is likely you are already attempting to eat differently than those around you. The secret to achieving spectacular results is your willingness to exchange the fossilized, limiting beliefs held by most Americans for new and wonderful expectations. I offer you this simple idea: if you adopt this program, you will achieve your ideal weight, slow down the clock of aging, and prevent and even reverse disease, all at the same time. While doing this, you will also discover a level of enjoyment in eating that

you have never imagined. It all begins with a state of mind, but you first must be open to the possibility that this can happen.

Your success is dependent on your willingness to learn. It is okay if you don't want to adopt everything in this program or even agree with everything you read at first. The way to get the most out of these books is to read both books completely. I recommend you suspend decision-making at first. It is best if you wait until you have learned more, then you will be in an educated position to decide if you really do disagree with something and why. Try not to let what you have learned in the past cloud your learning here; nutritional science has changed dramatically in recent years. This scientific, nutritional program was designed after years of studying thousands of articles from the scientific literature, seeing the most effective nutritional interventions used by other physicians around the world, and observing and testing these methods with my patients. The preponderance of the evidence all points in the same direction: the program works and it works best for those who understand it best. Read, practice the exercises, and ask questions. Those that learn this program well typically find they achieve remarkable results.

Finding Your Motivation

You are what you eat. To be your best, you must eat the best. Perhaps you already know this, but it doesn't always make it easy to live that way. I will teach you new nutritional principles to enable you to think and grow healthy. I can also teach you to prefer to eat healthfully if you give me that chance, but motivation is key to starting the program and sticking with it.

On a scale of 1 to 10, rate the most compelling reasons you have for eating healthfully:

- ___ I want to recover from a chronic illness, such as high blood pressure, diabetes, headaches, or high cholesterol.
- ___ I want to protect myself from developing a dangerous disease.
- ___ I want to prevent the deterioration in health, physical, and mental abilities that are typically considered a normal part of aging.

- ___ I want to lose weight and look and feel better.
- ___ I want to increase my energy and reduce fatigue.
- ___ I want to improve the health of my family.
- ___ I want to improve my physical fitness.
- ___ I want protection from frequent bouts of infectious disease.
- ___ I want to have better digestion.
- ___ I want to have better sexual enjoyment and performance.
- ___ I want to look and feel younger.
- ___ I want to have a better emotional outlook on life.
- ___ I want to live longer.
- ___ I want to live without medical interference and hospitalizations.
- ___ I want to avoid surgery or prescription medication.
- ___ I want to reduce my dependency on medication.
- ___ I want to save money on health care and prescription drugs.

Each time you feel some difficulty with the eating-style in this book, each time you want to revert back to your old ways of eating, each time you slip-up on the program, each time you believe this level of health is unattainable for you, come back and look at this page. Habits are hard to break and the way you eat is a habit. Remind yourself of how important these things are and why they are more than adequate motivation for continuing to learn, practice, and live with the goal of nutritional excellence.

Getting Started

Take your time ingesting the information presented in both of these books. Read them more than once and live with the information. If you have a copy of the audio version, listen to the CD's as well as reading the book. It is best to both listen and read, even if the material is redundant. The degree of redundancy here

is purposeful and part of making certain information stick. The idea is for the information to become so familiar that you can recall it to a conscious level whenever you need to use it.

From Phase One to Phase Four, the dietary program changes in intensity. Getting through Phase Four does not mean you must live its eating-style perfectly every day, but if you put it into action it represents a degree of practice and mastery that has resulted in developing a set of skills that you will use for the rest of your life.

In going through this program, know that you are not alone. The cases that you will read throughout this book will remind you of that, but there are thousands of people from all over the globe who are utilizing these dietary principles. With the added support of this book and our unique interactive website, you have an opportunity to truly enjoy this journey to wellness. You will have the help of a community of like-minded people via www.eatforhealth.com, where you will communicate with thousands of others who are eating for health. My staff and I are committed to teaching, working, supporting, encouraging, listening, and answering you along the way. We are going to make sure you won't fail if you truly desire to succeed at this.

I urge you to take this program seriously, study it, and put it to work in your life. If you do, you will be rewarded with a healthy, almost disease-proof body, and you will naturally gravitate towards your ideal weight without counting calories, measuring portions, or eating only thimble-sized amounts of food.

Reaching your goals is no accident. Success requires thoughtful, directed action. We applaud the professional athlete whose precise moves are graceful and appear effortless. What we don't see are the years of physical training, the thousands of hours of practice, and the power of concentration that made it all possible. People who successfully reach their goals have worked diligently to reap the rewards. The same is true for attaining true health. So let's get started.

1

CHAPTER ONE

THOUSANDS OF SUCCESS STORIES

Eat For Health is the only eating style that will allow you to shed pounds, while you reverse existing diseases and protect yourself from future health problems. In the following pages, you will learn about the science that makes this way of eating successful in fostering your health, and you will discover how to live this diet in your own life. However, what I often find even more convincing than the scientific data is seeing the results from patients who have followed my plan. For the past 16 years, I have been recommending the fundamentals of this diet to the patients in my medical practice, the readers of my previous book, and people who have reached out to me from around the world. In that time, I have seen the transformative power of practicing an eating-style focused on high-nutrient foods, the core of this plan. Hearing from people who have lived this plan and seen these changes in their own lives is thrilling.

Below is a small sampling of the thousands of emails and letters that I have received from my patients and from people who have followed my nutritional advice and discovered the transformative power of this way of eating. The illnesses and weight problems detailed below vary greatly, but all of these individuals found that the power of prescription medicine was nothing compared to the power of nutrition. Browse through their stories, hear them in their own words, and let their personal experiences inform and motivate you in your quest for great health. In seeing what this plan has done for their lives, you will see better what the *Eat for Health* plan can do for you, and you will be ready to implement it in your life.

CARDIOVASCULAR ISSUES

“Five years ago, at the age of 49, my husband Don appeared to be in perfect health, but then he began to experience pressure in his chest. We found out that his left anterior descending artery was 95 percent blocked and his cholesterol was 259 with an LDL of 178. He had a stent placed, remained under the care of cardiologists, and was taking cholesterol lowering drugs, high blood pressure medications, and blood thinners. He tried to eat more carefully too, but he began having chest discomfort again and was found to have further heart disease.

This time, while waiting to have more invasive procedures performed, a friend of ours who is a doctor told us about the work Dr. Fuhrman was doing and encouraged us to see him as quickly as possible.

When we first met him, we were so impressed with the time Dr. Fuhrman spent with us, reviewing Don’s history and sharing a wealth of information in a way that we could understand. We returned home with all the tools we needed to get us started on the journey to regaining health. We thoroughly enjoyed *Eat To Live* and immediately began to implement the program. We were amazed at the results.

Within two weeks Don had lost twelve pounds and his blood pressure dropped so low he no longer needed medications. Now he is 20 pounds lighter, his chest pains are resolved, and he was able to discontinue all his medications. His LDL cholesterol went from 163 while he was on medication to 103 off medication—and I lost 10 pounds as well! We both want to thank you for helping us understand how important it is to ‘*Eat To Live*’ by giving our bodies the food we need for proper nutrition. We just can’t thank you enough for everything.”

Laura and Don Klase
Orefield, Pennsylvania

LUPUS

“When I was 32 years old, I developed a rash on my face, and my body felt stiff and sore. The joint pain in my hands and shoulders continued to worsen, and my wrists felt like someone had hit them with a hammer. I saw a rheumatologist who prescribed an anti-inflammatory drug and blood work. It indicated that I had lupus. At first I thought, ‘Good news. I have a diagnosis, so now I can do something about it.’ I became discouraged when I was told there is no known cure for lupus. I would have to live with the disease and be on medication, including steroids, for the rest of my life. I was also told that I could experience serious organ damage, need a kidney transplant, and die. In addition, the medicine would make me gain weight and be puffy.

This information was not acceptable to me. I searched for answers, and, after trying other things with no success, I found Dr. Fuhrman. I traveled from Virginia to his office in New Jersey. I followed his advice regarding eating a high-nutrient diet, and, within a few months, I had made a complete recovery from lupus. For the first time in years, I looked and felt great.

I visited my old rheumatologist because I thought he would be impressed with my story. When I told him about my experience and my newfound health he wrote ‘Spontaneous Recovery’ on my chart and dismissed me rudely. So, when a doctor tells you that it has not been proven that diet has any effect on lupus, keep in mind that he may never have listened to people who told him otherwise. Today, lupus is not part of my life. I play tennis and compete on a local team, and no one would guess that I was ever in so much pain.”

Robin Zelman
Charlottesville, Virginia

LUPUS WITH KIDNEY INVOLVEMENT

“In March 2004, my niece Julisa developed a rash. It was treated as poison ivy with topical medications. When the problem persisted, tests revealed kidney damage and stage-four lupus. She was placed on immunosuppressive drugs and steroids, creating very difficult side effects for a teenage girl. Desperate for alternative treatments, Julisa’s mother and I searched for lupus information and found out about Dr. Fuhrman. He explained the benefits of natural, balanced nutrition and first prescribed a high-nutrient diet to improve Julisa’s immune system. We were very skeptical, so we also took Julisa to a kidney specialist who told us that she was soon facing complete and inevitable kidney failure and would need dialysis. He placed Julisa on the national kidney transplant list.

We struggled with the options. On one hand, Julisa would endure a weekly routine of dialysis sessions and eventual kidney failure if a transplant wasn’t found. On the other hand, she and the family would have to completely change our eating habits to comply with Dr. Fuhrman’s program, and we weren’t sure it was going to work. We finally decided to treat her lupus with Dr. Fuhrman’s approach. Under his care she improved so quickly that he was able to gradually discontinue all of her medications. Amazingly, within a few months blood and urine testing revealed absolutely no trace of lupus in Julisa’s system. Her kidney function has returned to normal. When we returned to the pediatric rheumatologist for a final check-up, he said he had never seen a case where the medications worked so well. He didn’t even know we were able to slowly discontinue and then stop all the medications, and the results were all because of Dr. Fuhrman’s nutritional program! It was a miracle.”

Rosario and Julisa Taveras
Paterson, New Jersey

ASTHMA, MIGRAINES AND HIGH BLOOD PRESSURE

“By the age of 43, I was a physical mess. I was 70 pounds overweight, asthma had become a constant nuisance in my life, and I had developed high blood pressure, acid reflux, and an irregular heartbeat. I was especially concerned because heart problems cost both my parents their lives at young ages. I was on blood pressure medications, four Tums, and two different inhalers. I also frequently required oral steroids. I was sent to a dietician who told me I would lose 10 pounds if I changed from drinking Coke to Diet Coke. For years I saw an allergist once a week for allergy shots. Then I started experience violent migraines on a frequent basis, which was the last straw. One day a friend gave me a newspaper article about Dr. Fuhrman’s work and I called his office immediately.

Dr. Fuhrman’s advice totally transformed my life and the lives of many of my friends. Six years later, I no longer have headaches. I have not needed asthma medications in years and I do not have high blood pressure anymore. I have lost 70 pounds and kept it off. I thank God for my good health and the high energy level I experience everyday. I realize that all my years of medical problems were self-caused by my food choices. Now my husband and I enjoy each meal from a repertoire of delicious, healthy recipes, and I can’t imagine living any other way.”

Linda Castagna
Milford, New Jersey

SARCOIDOSIS

“I was generally thin until I turned 32; then I gained 30 pounds almost overnight. At age 34, I began having labored breathing and was diagnosed with sarcoidosis. The disease caused significant scarring over a large area of my lungs. I began the standard treatment of a biopsy and steroids.

Another three years and 20 pounds later, my life changed when the button on my last comfortable pair of pants snapped and the zipper broke. It was funny and embarrassing, but deadly serious all at the same time. That day I decided I had to change and went to the bookstore to find some answers. I stumbled upon Dr. Fuhrman’s book, and it made sense to me.

Six months later, I was 60 pounds lighter. Then my wife noticed a lump on my neck. It had been there for years, but without all my fat obscuring it, it was now readily visible. I had assumed that my gasping was the result of the sarcoidosis, but it turned out I had a massive thyroid cyst blocking my windpipe and cutting off my air supply. The doctors decided that it needed to come out.

Prior to surgery, I had an MRI and the doctors found I had no traces of sarcoidosis. It had completely cleared up, just as Dr. Fuhrman had predicted. The surgery was problematic and I went into anaphylactic shock because the walls of my thyroid were stretched to the limit. I almost died, but more sobering was the fact that if I hadn’t followed Dr. Fuhrman’s advice, the cyst would have remained obscured and burst on its own.

I am now 46 years old; I run 20 miles each week and have unbelievable stamina. My systolic blood pressure went from 140 to 108, and my current LDL cholesterol level is 40. I feel great, look 10 years younger than I did two years ago, and take no medications. You too can achieve your ideal weight, reverse disease, and delay the aging process!”

Bob Phillips
Morrestown, New Jersey

PSORIASIS AND PSORIATIC ARTHRITIS

“I was desperate when I traveled to New Jersey to see Dr. Fuhrman. I had been diagnosed with psoriatic arthritis and had suffered from open skin lesions and full body itchiness for years. I followed his advice to the letter. He put me on a special eating plan, and, after about three months, I started to get better. My legs and arms cleared up first. My body healed from the extremities inward, and six months later my psoriasis was totally gone. My doctors are amazed. Today my skin is completely clear with no itchiness or blotches, and I have no more arthritic pain. Recent blood tests show I no longer have the blood test markers that show inflammation. I cannot fully express what this recovery means to me. I am so grateful that Dr. Fuhrman insisted I could be helped and then guided me to wellness.”

Jodi O’Neil
Cary, North Carolina

POLYMYALGIA AND FIBROMYALGIA

“I developed joint pains when I was 40 years old and then found out I had high blood pressure and high cholesterol. I went on the Atkins diet and my cholesterol shot up to over 300. My body aches and pains worsened and I was diagnosed with polymyalgia rheumatica and then fibromyalgia, a condition of chronic pain. I couldn’t sleep well. I couldn’t even sit on the toilet without severe pain. I took medications, steroids, and even used magnets, but nothing helped. I prayed and got to the point where I didn’t even want to live if my life had to be like this.

Then a co-worker told me about the best health book she had ever read. It was *Eat to Live*. I read it in two days, and I still read it over and over again like a textbook. It has been two years since

I first got the book and today I am well. I can even work out at the gym four times a week. Many people think that eating unhealthy food is the most important thing, but I have learned that feeling great is even more important. I am 66 and I feel better than I did when I was 30.”

Suzanne Demeo
South Orange, New Jersey

DIABETES AND DIABETIC RETINOPATHY

“Before I read Dr. Fuhrman’s book I weighed 205 pounds and had diabetes for seven years. The information enabled me to lose 60 pounds and get rid of my diabetes, high blood pressure, and high cholesterol without medication. My LDL cholesterol went from 168 to 73 in five months, and I successfully dropped my weight to 143 pounds. The most amazing thing is that my ophthalmologist had told me that I required laser surgery to treat diabetic retinopathy, but after changing my diet he found that the damage was no longer there and I didn’t require surgery. I am extremely grateful because I know Dr. Fuhrman has added many quality years to my life.”

Martin Milford
Santa Rosa, California

SEVERE MIGRAINES AND FATIGUE

“Our daughter Renee has been plagued by headaches since she was five. They intensified when she was 11 and from that point on she suffered tremendously from the pain and the treatments she had to endure. In addition to an arsenal of drugs, she was hospitalized four times and even received intravenous drugs; nothing worked.

We went to chiropractors, nutritionists, dentists, acupuncturists, and rheumatologists, but nothing helped. Renee was not able to remain in school. She was tutored at home when she felt up to it, but most of the time she simply could not get out of bed.

As you can imagine, this had a profound impact on Renee and our family. She was forced to give up sports, trips, friends, school, and just being a kid. Twice she talked about not wanting to live anymore. As a result, she began seeing a counselor to help her deal with this life-altering illness.

I did not consider Renee an unhealthy eater, but at her first visit to Dr. Fuhrman he tested her level of antioxidants and carotenoids and found them to be extremely low. He explained that Renee's deficiencies of these nutrients were preventing her body from effectively removing metabolic wastes and other toxins. He told us it would take about three months for her to get well. We were highly skeptical, but Renee gave it her best shot. Our entire family ate Dr. Fuhrman's vegetable-based diet and truly enjoyed the recipes.

After one month I was still concerned because Renee did not seem better and was still suffering. I called Dr. Fuhrman and he reminded me that getting the nutrients into Renee's bloodstream did not mean those nutrients were concentrated in her skin, brain, and other tissues.

After three months, Renee was her old self again. She was smiling all the time and her headaches were almost totally gone. Her energy and personality returned, she has resumed school, and she's back doing sports again. I cried with joy when I saw Dr. Fuhrman again. He has given us our daughter back."

Janine Kranor
Oakland, New Jersey

ULCERS

“For approximately a year before consulting with Dr. Fuhrman, our daughter Caitlin suffered from progressive fatigue, severe acne, and chronic stomach upset. It caused numerous absences from school, which was troubling because Caitlin was an honor student who had always done well academically. After seeing several doctors with no diagnosis, Caitlin became exceedingly frustrated and asked us to enroll her in counseling for stress management. We began counseling as a family.

Caitlin’s symptoms worsened and she was eventually diagnosed with ulcers. Six weeks later, we learned that the tests revealed an alarmingly high presence of the antibodies that fight bacterially-based ulcers. According to the doctor, Caitlin probably had the bacteria in her stomach for more than a year. He immediately prescribed a course of four antibiotics taken simultaneously, which destroyed her digestive system. She was worse than ever.

We asked our counselor to recommend a physician who practiced nutritional medicine and we were led to Dr. Fuhrman. He immediately put Caitlin on a cleansing diet with lots of green vegetables and high-nutrient soups, but no medication of any kind. Over those first two months, as her digestive system healed, Caitlin regained her energy and her skin cleared. No more stomach upset, no more acne, no more fatigue. Caitlin was healthy in body and spirit and she was discharged from counseling. She graduated from high school with honors and received a scholarship to pursue her college education. We are so grateful to Dr. Fuhrman and nutritional medicine and can’t imagine where we would be without this approach.”

Gigi Smith
West Milford, New Jersey

FERTILITY

“My husband is a physician, and when he and I first found out about Dr. Fuhrman, we were both very impressed with his depth of knowledge. We converted to the plant-based approach to eating, and we increased our energy levels, lowered our cholesterol, and lost excess weight. Surprisingly, we were then able to conceive our first child. Subsequently, I enjoyed two complication-free pregnancies, which is no small detail since I gave birth at age 39 and 44. That was not a possibility before I started following Dr. Fuhrman’s nutritional recommendations.

Our nutrition choices have continued to change our lives and the lives of our children. Because they have always eaten a high-nutrient, plant-based diet, they enjoy fruits and vegetables, and mealtime is a pleasant experience. Neither of them has ever needed antibiotics. They have had no ear infections, allergies, asthma, or persistent childhood illnesses.”

Sheila Ott
Greensboro, North Carolina

DEPRESSION

“I suffered for many years going from doctor to doctor, including alternative medicine doctors, and for the most part I got worse. I had severe migraines, depression, and anxiety, and was taking anti-depressants and painkillers. I was gaining weight, becoming lethargic, and had just about given up. Then I started Dr. Fuhrman’s plan. Within a few weeks, I was off all medications and losing weight. Amazingly, my headaches disappeared! However, years later I moved away from Dr. Fuhrman, I went through a stressful period and started eating how I used to. I became depressed, anxious and the headaches returned. I went to another doctor who insisted I go back on medication. One day, I was lying in a dark room, coping with a headache and I realized

what I needed to do. I pulled out my books, re-started the program, and I am once again free of pain. I learned my lesson: you are what you eat.”

Patti Brandt
Tucson, Arizona

ALLERGIES AND ASTHMA

“During spring and summer I was practically the girl in the bubble. My entire life revolved around avoiding exposure to things that would trigger my severe allergies and asthma. I never went outdoors, except long enough to get into my air-conditioned car that was equipped with a pollen filter. Then I started Dr. Fuhrman’s plan and my symptoms got less and less severe. I used to associate nice weather with misery and my dangerous medications, but now it’s smooth sailing! I feel so free! I can sit next to open windows and have no symptoms and even spend entire days outside. It’s amazing: my allergies and asthma are gone!”

Jennifer Shields
Danbury, Connecticut

FOR DOCTORS ONLY

These limited case studies are only a tiny sampling of the many thousands of lives that have been dramatically changed for the better by adopting this program of high-nutrient eating. For example, so many of my patients have achieved recoveries from lupus that one of them interviewed other patients who had previously suffered from autoimmune diseases and wrote a book about it. Some physicians or skeptics may say, “You claim to have hundreds of documented cases of disease recoveries, but these case histories are not sufficient. You also need medical studies that can corroborate these results. Lots of people can make false claims. How do I know your word is true?”

My response is that I agree that more scientific studies would be helpful, and my office is now involved with four new research trials in 2008. However, some very important research supporting these concepts has been done already, so these cases are not the only evidence that diseases such as high blood pressure, heart and circulatory diseases, diabetes, headaches, and digestive problems can be prevented and resolved via better nutrition. Before getting into the foundation of this program, let’s briefly review a small sampling of the scientific evidence that supports this plan and helps explain the science behind the many health transformations that have occurred in people’s lives.

As you move forward, keep in mind that there are other diets with some features of *Eat for Health*. Obviously, the scientific evidence over the last 50 years has encouraged many knowledgeable individuals to eat more vegetables and other healthy foods. However, the small nuances that make this program unique make a big difference in the outcome, especially in achieving permanent results. Remember, temporary weight loss is of no benefit. The results must stick forever. *Eat for Health* gets the best results because it has no equal when considering making people change for the long-term.

One of the features that makes this program work is learning about the healing power of high-nutrient super foods; however, that alone is not unique. *Eat for Health* explains and targets the most critical facets of what makes a diet medicinal. It supplies optimal levels of nutrients, while minimizing excesses and

harmful food choices, and does it in a way that makes eating healthfully more pleasurable. It also prevents overeating and removes cravings and food addiction. To truly understand it, you must dive into this book.

***Eat For Health* and Cardiovascular Disease**

The dietary recommendations contained in this book and the elements that make a diet cardio-protective have been tested in multiple studies. The evidence here is overwhelming. Let’s first look at the LDL cholesterol lowering effects of various dietary plans, as documented in published medical journal articles.

METHOD	% DECREASE LDL CHOLESTEROL
American Heart Association standard low-fat advice ¹	6%
High protein (Atkins-type) ²	No significant change
Low-fat vegetarian ³	16%
High olive oil—Mediterranean ⁴	No significant change
Cholesterol-lowering medication (statins) ⁵	26%
<i>Eat For Health</i> ⁶	33%

Eat for Health puts together many different qualities that make a diet cardio-protective and cholesterol-reducing. It’s not just a low-fat or vegetarian way of eating that makes a diet ideal. This eating-style has such dramatic benefits because it is very high in mixed fibers and vegetables and has sterols and other compounds from beans and nuts. This is the only dietary intervention shown to lower cholesterol as effectively as cholesterol-lowering medications. Though the low-fat vegetarian diet did lower LDL cholesterol 16 percent, triglycerides were actually 18.7 percent higher and the LDL/HDL ratio remained unchanged. The results of the study that patterned the recommendations of *Eat for Health* differed in that the LDL cholesterol was more significantly lowered without

unfavorable impact on HDL or triglycerides, reflecting sizable improvement in cardiac risk factors. I have hundreds of patients in my medical practice who have witnessed dramatic reductions in their blood lipids, especially LDL cholesterol, without drugs.

Keep in mind that cholesterol lowering does not adequately explain the protective effect of *Eat for Health* in cardiovascular disease since the diet has powerful anti-inflammatory and other beneficial biochemical effects. Even though drugs may lower cholesterol, they cannot be expected to offer the dramatic protection against cardiovascular events that nutritional excellence can. The aggressive use of cholesterol-lowering drugs does not prevent most heart attacks and strokes and does not decrease the risk of fatal strokes.⁷ That is, in clinical trials a significant percentage of patients on the best possible statin therapy still experience events; however, lowering cholesterol with nutritional excellence can be expected to offer dramatically more protection and disease reversal compared to drug therapy, without the risk or expense of prescription medication. Consider these articles from the medical community:

- 1) The effect of a plant-based diet on plasma lipids in hypercholesterolemic adults: a randomized trial. *Annals of Internal Medicine* (2005).

This study showed that when two diets have the same amount of fat and saturated fat, it is the one with the higher amount of high-nutrient plant material that gives the best results for cholesterol -lowering and other measurable disease risks. Here is the conclusion without modification:

“Previous national dietary guidelines primarily emphasized avoiding saturated fat and cholesterol; as a result, the guidelines probably underestimated the potential LDL cholesterol-lowering effect of diet. In this study, emphasis on including nutrient-dense plant-based foods, consistent with recently revised national guidelines, increased the total and LDL cholesterol-lowering effect of a low-fat diet.”⁸

- 2) The combination of high fruit and vegetable and low saturated fat intakes is more protective against mortality in aging men than is either alone: the Baltimore Longitudinal Study of Aging. *The Journal of Nutrition* (2005).

This study showed that reducing saturated fat intake is helpful in reducing heart disease deaths, but in terms of the potential to reduce death from all causes it is not as effective as diets that are high in fresh vegetables and fruits. The study showed, however, that when there is a low saturated fat intake and a higher intake of vegetables, fruits and beans, the benefits are dramatic. Over an 18 year follow-up of more than 501 initially healthy men, these researchers found that when both parameters were met, men consuming more than five servings of fruits and vegetables per day, and getting less than 12 percent of calories from saturated fat, were 76 percent less likely to die of heart disease and 31 percent less likely to die from all-cause mortality (meaning all causes of death). The study stated:

“These findings demonstrate that the combination of both behaviors is more protective than either alone, suggesting that their beneficial effects are mediated by different mechanisms.”⁹

- 3) Plant-based foods and prevention of cardiovascular disease: an overview. American Journal of Clinical Nutrition (2003).

The study concluded:

“Evidence from prospective cohort studies indicates that a high consumption of plant-based foods such as fruit and vegetables, nuts, and whole grains is associated with a significantly lower risk of coronary artery disease and stroke. The protective effects of these foods are probably mediated through multiple beneficial nutrients contained in these foods, including antioxidant vitamins, minerals, phytochemicals, fiber, and plant proteins. In dietary practice, healthy plant-based diets do not necessarily have to be low in fat. Instead, these diets should include unsaturated fats as the predominant form of dietary fat such as nuts. Such diets, which also have many other health benefits, deserve more emphasis in dietary recommendations to prevent chronic diseases.”¹⁰

These studies are representative of thousands that illustrate that superior nutrition could have profound effects on each of us and on the collective health of our nation. In my many years of medical practice caring for thousands of patients with advanced and even unstable heart disease, every one of the patients who adopted my nutritional advice for the long-term improved their cardiac condition, and not one has experienced another heart attack. Many physicians using aggressive nutritional interventions for patients with heart disease, including Caldwell Esselstyn, M.D., and Dean Ornish, M.D., have documented similar results. For example, Dr. Esselstyn followed 17 very ill patients with documented, advanced triple-vessel disease on angiography over a 16-year period. The patients recovered, their angina resolved, and they got well. He stated, “In this study, patients become virtually heart-attack proof, which is remarkable since these same patients had experienced 48 cardiac events among them in the eight years prior to joining the study.”

The evidence conclusively shows that the national dietary guidelines, and even the improved recommendations of the American Heart Association, do not go far enough to offer people the information necessary for maximizing results. Modern cardiology is focused on drugs and high-tech interventions that do little to extend lifespan. However, for those desiring more than mediocrity and a true protection against heart disease and premature death, there is a clear-cut answer. The most effective and safest way to lower your LDL cholesterol and protect your long-term health is through this health-altering and life-saving approach. The life that is saved could be yours.

Eat for Health and Diabetes

As the number of people with type-two (adult onset) diabetes continues to soar, it is openly recognized that the growing waistline of the modern world is the main cause of this epidemic; however, most physicians, dieticians, and even the American Diabetes Association have virtually given up on weight reduction as the primary treatment for diabetics. Consider this statement from a medical advisory committee: “It is nearly impossible to take very obese people and get them to lose significant weight. So rather than specifying an amount of weight loss, we are targeting getting metabolic control.” This is doublespeak for—our

recommended diets don't work, so we just give medications and watch patients gradually deteriorate as the diabetes advances. Today, medications are the mainstay of treatment and, unfortunately, most of these medications cause weight gain, worsening the syndrome and making the individual more diabetic. Additionally, the narrow focus on blood-sugar reduction and reliance on medications gives patients a false sense of security because they mistakenly think their somewhat better controlled glucose levels are an indication of restored or improved health. They continue to gain weight following the same dietary habits that originally caused the problem.

It is well accepted that if it were possible for people to stick with weight reduction and high-nutrient eating, that route would be the most successful. Patients with diabetes who successfully lose weight from undergoing gastric bypass surgery typically see their diabetes melt away.¹¹ Dietary programs that have been successful at effecting weight loss have been dramatically effective for diabetics too, enabling patients to discontinue medications.¹²

Preventing and reversing diabetes is not all about weight loss. The nutritional features of *Eat for Health* have profound effects on improving pancreatic function and lowering insulin resistance over and above what could be accomplished with weight loss alone. The increased fiber, micronutrients, and stool bulk, plus the cholesterol-lowering and anti-inflammatory effects of this eating-style, have dramatic effects on type-II diabetes. Scores of my patients have been able to restore their glucose levels to the normal range without any further need for medications. They have become non-diabetic. Even my thin, type-I, insulin-dependent diabetic patients are typically able to reduce their insulin requirements by almost half and have better glucose control using this high-nutrient eating-style.

Diets high in fiber and vegetables have been consistently shown to be beneficial for diabetic patients and offer considerably better results when compared to the current recommendations of the American Diabetic Association Diet.¹³ The dietary advice typically offered to diabetics is not science-based, and it caters to Americans' social and food preferences and food addictions. In contrast, the qualities of an eating-style that maximizes

benefits for weight reduction, cardio-protection, and diabetes reversal are described within this book.

***Eat for Health* and Autoimmune Disease**

Working with patients who have autoimmune diseases is one of the most rewarding aspects of my medical practice. Autoimmune and immune-mediated illnesses include diseases such as rheumatoid arthritis, lupus, psoriasis, multiple sclerosis, connective tissue disease, and the inflammatory bowel diseases called ulcerative colitis and Crohn's, but there are also more than 100 clinical syndromes considered autoimmune diseases. Obviously, not every patient with these diseases can make a complete, drug-free recovery; however, the amazing thing is that so many patients can, and do, recover. The recoveries are not limited to recognized autoimmune diseases. I see many patients with pain syndromes without laboratory documentation of autoimmune disease. The ability to achieve substantial improvement, and in many cases complete remission of these supposedly incurable illnesses, is exciting. I have been writing about these success stories for many years, including submissions to medical publications.¹⁴ For the last 20 years, multiple studies have been published in medical journals documenting the effectiveness of high-vegetable diets on autoimmune illnesses.¹⁵ These have been largely ignored by the medical profession and most doctors still deny the effectiveness of nutrition on autoimmune and inflammatory conditions; however these pages describe the critical features of the eating-style most effective in aiding people suffering with these conditions. Although it is not clear why these studies are quickly forgotten or ignored after their publication, one factor may be that there is no financial incentive for anyone to promote the power of dietary intervention as a medical therapy like pharmaceutical companies do when studies show some efficacy for their products.