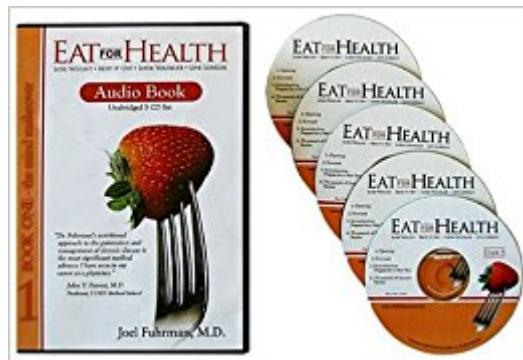


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# Eat For Health: The Mind Makeover (Unabridged)



## Synopsis

Hundreds of medical doctors utilize Dr. Fuhrman's Eat For Health system in their medical practice. It is because all diets fail, for vast majority, in the long-run, unless there is an adequate understanding of nutrient density of food and how low-nutrient-eating leads to food cravings, food addictions and fuels overeating behavior. Dr. Fuhrman's Eat For Health is a medical breakthrough because without this fascinating information you are essentially destined to be struggling with dieting forever, compelled to consume excess calories, and not be able to comfortably and permanently maintain a lighter, healthier weight. Dr. Fuhrman is the founder of the high nutrient eating style and a pioneer in the growing field of nutritional medicine. Now with Eat For Health, (a two-book set) Dr. Fuhrman has taken his bestselling Eat To Live book a gigantic step further, he has made his approach nation-friendly, now everyone can easily do it. "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 UCSD Medical School. Thousands who have recovered from their medical problems have been calling Dr. Fuhrman's Eat For Health program a medical miracle. We are not just talking about the people who have lost their excess weight after failing for years on one diet after another, but diseases, such as heart disease, high blood pressure, diabetes, allergies, asthma, autoimmune illnesses (including lupus) and headaches have simply melted away. Published medical research already documents this as the most effective weight loss method ever recorded in medical history. There was an average two year weight loss of 53 pounds. Most importantly they kept the weight off. This complete two-book set actually teaches you how to prefer a health-promoting diet-style over a disease-promoting diet. The hallmark of healthy eating is to consume more foods that contain a high nutrient density and less food with a low nutrient density. To make it easy, Dr. Fuhrman has scored thousands of foods so that in each of the 4 phases, the nutrient density of the suggested menus increases. The outcome is that when you eat enough high nutrient foods you can reverse most medical problems without drugs. If diets never worked for you in the past you will now understand why and you will be motivated to lose your excess weight and get well again. Eat For Health can save your life. Dr. Fuhrman's MANDI food and meal scoring system (patent pending) lets you know exactly how healthy your diet is. You can choose your own level of nutritional excellence and you can move forward to a higher level at your own pace when you are ready or you can pump it up to phase four to get maximal weight loss and therapeutic effect to reverse disease. High Nutrient Food, Not Drugs, Is The Prescription Book two contains the menus and recipes. It teaches you how to make this diet work easily for you and your family. With over 150 delicious and easy recipes, it makes high nutrient eating truly gourmet. From

strengthening your taste buds to dealing with temptation, restaurant eating, to eating on the road, this program will make sure you can do it, enjoy it, and even fit it into your busy schedule. It is guaranteed to change your life forever. A scientifically proven system to have you lose your food addictions and actually prefer healthy foods over low-nutrient food. A gradual, 4 phase program with custom menus so you can adjust the program to your individual needs and preferences. Everyday recipes that taste phenomenal and are easy to make. A nutrient scoring system to measure the nutritional quality of your diet. Remove toxic hunger and you will succeed at losing weight and keeping it off forever!

## **Book Information**

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## **Customer Reviews**

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. --Richard N. Podell, M.D. 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. --Tonja R. Nansel, PhDI 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.

Joel Fuhrman M.D. is a board-certified family physician, best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. As one of the country's leading experts on nutrition and natural healing, Dr. Fuhrman has appeared on hundreds of radio and television shows including: ABC, CBS, NBC, FOX, CNN, Today, Good Morning America, the Discovery Channel, TV Food Network, and The Dr. Oz Show. His own PBS television show, "3 Steps to Incredible Health", began airing nationwide in June 2011. His best-selling book, Eat to Live, published in 2003 (Little Brown) has gone through over 20 printings and been published in multiple foreign language editions. The revised version was released by Little Brown in January 2011. His recent works include Super Immunity and Disease-Proof Your Child and has had published a total of 7 books on human nutrition to date. Dr. Fuhrman is actively involved in scientific research in human nutrition. His discoveries on food addiction and human hunger were published in the scientific journal, Nutrition Journal, in November 2011 entitled, The Changing Perception of Hunger on a High Nutrient Density Diet. Dr. Fuhrman is the research director of the Nutritional Research Project - a project of the National Health Association. Dr. Fuhrman is on the board of directors of the American College of Lifestyle Medicine. He is also a member of the Whole Foods Market scientific advisory board. Dr. Fuhrman is a graduate of the University of Pennsylvania School of Medicine (1988). As a former world class figure skater, he placed second in the United States National Pairs Championships in 1973. Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and lectured to athletic trainers and world-class athletes for maximizing performance and preventing injury.

Eat For Health makes more sense than any other eating plan I have ever read about and over the years I have read more than my share. Some time ago I read about Calorie Restriction and how it is indeed the only proven thing to extend the longevity on one's life. (See calorierestriction dot org.) It involves restricting the number of calories that one eats but it also means that the calories you eat MUST be nutritious calories. Dr. Fuhrman takes this even further or at least makes it simple to

apply. Using the information in his book all you need to do is make sure your diet includes an abundance of these nutrient rich foods. There is no need to count calories. If you stop eating the Standard American Diet [SAD] and adopt this nutrient dense way of eating you will at least greatly reduce your chances of ever developing heart disease, cancer, autoimmune diseases and who knows what else and you will not be overweight or be doomed to living your final years in physical pain and suffering from conditions like arthritis and type 2 diabetes etc. I am in my 60s and I am 5 ft. 11 in. tall. In January of 2009 I was 205 pounds and decided it was time to lose a few pounds. I switched from eating what I thought was a very healthy diet which included avoiding junk like MSG and high fructose corn syrup and hydrogenated oils and included seafood and almost never any dairy or red meat or poultry, to eating strictly vegan. I cut out the seafood and the cheese and eggs. I lost 12 pounds but could not lose anymore. In June I decided to drink a lot of grapefruit juice and sometimes had nothing but grapefruit juice all day and sometimes I would have one vegetarian meal. I did this for a couple of weeks and lost another 12 pounds but I was hungry all the time. Then I read Dr. Fuhrman's book, Eat To Live, which is quite similar to Eat For Health. I started following it, eating the nutrient dense foods and one helping of beans/legumes a day and no more than one serving of grains/starch a day. I literally stuffed myself. I would spend my entire one-hour lunch at work eating. I don't drink fruit juice anymore. I eat the fruit instead and lot's of it. By the end of August I had lost another 12 pounds, getting my weight down to 169. When I started on this journey I never really expected to reach this point but when I saw how easy it had become there was no reason not to. I went from a 38 inch waste to a 32 inch waist. This information is the key to losing weight in a healthy manner and the key to keeping it off and living a healthy life free of disease. Here it is now December and I haven't yet had the cold that I normally come down with in October or November every year. I am sure eating right is contributing to this fact. The nice thing about Eat For Health is that it offers the reader more options. It is designed into 4 phases so that you can stop at any phase you wish or can move from one phase to the next whenever you choose to at your own pace. You don't have to give up on animal foods entirely. This does not require being a vegetarian or being a vegan but it does require being a nutritarian and greatly limiting the animal foods that you eat. Eat For Health is beyond calorie restriction, better than The Rave Diet and Life Style and makes Fit For Life look archaic. Don't get me wrong those are good books in themselves but not as good as what Dr. Fuhrman delivers. Dr. Fuhrman IS a medical doctor and a former world class athlete. He lives by the information in his books as does his family. He has the scientific backing and studies that support his approach and he makes more sense than anyone else out there. This is pure logic people. Are you ready for it? Get the hard copies of the books [It is

a 2 book set] and get the audio CD to listen to. That's what I recommend and that's what I did.

I've read a lot about health, yet I still remain overweight. Why? Finally I feel I understand why from listening to Dr. Fuhrman's audio book. For those who aren't familiar with some health basics, Dr. Fuhrman dispels such myths that "dairy is good for you" and "you can't get enough protein from plant sources". He explains the importance of eating highly nutrient foods. This book differs from Eat To Live in that it's more gradual in weening you off unhealthy foods and introducing fruits and veggies into your diet. I was able to lose weight using the Eat to Live's drastic six weeks of optimal nutrient eating. The weight just fell off effortlessly. However, I feel I was only able to do this after recovering from a stomach flu. Earlier this year, I was so sick I couldn't keep water in my system what so ever. After listening to Eat for Health, I feel that sickness completely reset my hunger drive and removed all cravings. Right after that stomach flu, I was able to eat large quantites of salad. In Eat for Health, Dr. Fuhrman explains toxic hunger. It's our salt cravings, our sweet tooth, and our need to eat all the time. When we aren't eating these empty calorie high salt high fat foods, our body starts to detox. It's this detox that makes us think we have hypoglycemia or that we are hungry. When we put more food in our mouth (usually more junk) it alleviates these symptoms. We forever think we are hungry. Technically we are still hungry since our body is desparte for nutrients, yet it's addicted to bad food. Learning about that toxic hunger has taught me why I struggle to lose weight. I'm physically and emotionally addicted to bad food. Despite all the knowledge I have about what to eat, I feel this book has really prepared me for the detox my body will go through when I change my diet. Eventually, after I lost weight the first time using the Eat to Live principles, I gained it all back when bad food was introduced into my diet again. My addictions consumed me again (no pun intended). Listening to Dr. Fuhrman speak has really motivated me. I'm slowly encorporating his suggestions. I highly recommend this audio book. His information will hopefully make the difference for me this time around.

I have five friends now on this program. We all love the way we feel and the weight loss. I'm currently down over 30 pounds and still going. Doctor has taken me off 4 medications. A must book for health and permanent weight loss.

I've been looking for ways to eat more healthy and this book gives you some very good recipes to try out. I've bought both this book and the one with the strawberry on the cover and this one is more useful. If you are looking to purchase the book for recipes, definitely go with this one.

I have seen Dr Fuhrman's plan work on a lot of my friends. I've recommended and purchased a lot of these books for my friends and family. It's changed their lives and mine too! It's an easy to follow and well communicated. I use it every day and make notes in the margins of what I like and don't like. My one recommendation would be to add the page numbers next to the meal plans so that the reader could access the information easier than having to look it up. I looked up ALL recipes to make it user friendly.

Wow, is this ever an eye opener. It's a great way to decipher the information, because you really have to listen to it over a number of times for it to sink in. Nevertheless, even applying just some of it with the idea that you'll eventually get there is worthwhile. I started to feel better immediately and simply had more energy. This should be mandatory for every person in US.

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