



Fasting-And Eating-For Health: A Medical Doctor's Program for Conquering Disease

By Joel Fuhrman, Neal D. Barnard

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Integrating an age-old health practice with state-of-the-art medical research, a program explains how a natural diet--without fasting--can renew health, how and why fasting works, and specific dietary and fasting programs for overcoming chronic diseases. Tour.

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Editorial Review

Review

“Dr. Fuhrman's powerful and practical guidelines apply for conditions ranging from the common cold to serious heart problems. This program provides an alternative to the costly and all-to-common side effects of surgery and drugs.” ?*Andrew Nicholson, M.D., Director of Preventive Medicine, Physicians Committee for Responsible Medicine*

“By individually tailoring nutrition plans based on a case-by-case basis, Fuhrman has treated hundreds of patients with rheumatoid arthritis successfully.” ?*Vegetarian Times*

“This is where the future of medicine should be heading.” ?*Ronald Cridland, M.D.*

“This is neither alternative medicine nor conservative medicine, but rather progressive medicine. Dr. Fuhrman's approach offers individuals suffering from [chronic] diseases the only real chance for a meaningful cure. I have been fortunate to observe many of these outcomes firsthand and can testify to the power of this approach for certain diseases.” ?*James Craner, M.D., M.P.H.*

“Dr. Fuhrman's book is revolutionary. It shows clearly and unmistakably the way to recover health, and could change the prevailing way of treating disease.” ?*Theodore Coumentakis, M.D.*

“If you are lucky, you will read Dr. Fuhrman's book before you have subjected yourself to medications and medical procedures. This book is for those who want to take charge over their health and well-being, and for those who want to embark on a journey toward a more satisfying life.” ?*Don Jeret, M.D.*

“I know that every health seeker in America will want to read this book. It provides a working knowledge of vital information that is currently known to relatively few people. Share it with those you love.” ?*John Pilla, M.D.*

About the Author

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.

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