



BEGINNER'S GUIDE TO THE NUTRITARIAN DIET:

Dr. Fuhrman's Blueprint to Lose Up to
12 Pounds in 10 Days with ZERO Cravings



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CAUTION:

This program is so effective at dropping your weight, blood pressure, and blood sugar that you may need to have your medication adjusted so that you are not overmedicated, which could be harmful to your health.

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, medication and even surgery.

Please consult with your physician.

ALERT:

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 physician. Neither this nor any other book is intended to take the place of personalized medical care or treatment.

YOU CAN LOSE WEIGHT FAST AND DO IT HEALTHFULLY

Whether you have 10 pounds to lose or 100, losing that weight will be beneficial. But for your long-term health, you must keep the weight off and make sure your weight loss diet is also a longevity-promoting diet.

Excess fat – in itself – is dangerous

Adipose (fat) tissue is a place where the body stores extra energy, but it is much more than that. Adipose tissue produces and secretes compounds that affect the function of other types of cells. When there is excess fat tissue on the body, that tissue releases pro-inflammatory compounds, leading to a systemic low-grade inflammation.^{10,11} This inflammation has a number of negative consequences including insulin resistance, elevated triglycerides, impaired immune function, and an increase in the risk of cardiovascular disease, type 2 diabetes, and cancer.^{1,2}

Apart from inflammation, obesity stresses the body. The heart and blood vessels must circulate more blood, and often these changes in blood flow dynamics lead to hypertension. The accumulation of fat around the heart can lead to heart muscle stiffness and arrhythmia.³ Visceral fat in particular impairs lung function, increasing the stiffness of the respiratory system and changing breathing patterns.⁴ The mechanical load of the excess weight causes wear and tear on the joints, increasing the risk of osteoarthritis.⁵ All of these effects are exacerbated by the pro-inflammatory environment caused by obesity.

The first few pounds lost will start to benefit your health

Studies have found that losing just 5-10 percent of one's body weight (10-20 lb for a 200-lb person) improves glucose metabolism, blood pressure, and lipids (cholesterol), and could help prevent type 2 diabetes and hypertension in

susceptible people.⁶ In people with body weight in the obese range, weight loss of even 5 percent decreased plasma glucose, insulin, and triglycerides, and improved beta cell function, insulin sensitivity, and systolic blood pressure, with further improvements with more weight lost.⁷

In studies on people at risk of diabetes due to impaired glucose tolerance, each 2-lb increment in weight loss reduced the risk of being diagnosed with diabetes by 16 percent.⁸ In people with high blood pressure, each 2-lb increment of weight loss was linked to a decrease of 0.68 and 0.34 mm Hg in systolic and diastolic blood pressure, respectively. Similarly, each 2-lb increment was associated with a decrease in total cholesterol by 2.28, LDL by 0.91, and triglycerides by 1.54 mg/dl.⁷

The takeaway: more weight loss is better, but there is measurable improvement even after the first few pounds. Most importantly, you have to keep the weight off to maintain these benefits. Re-gaining weight after weight loss makes it even harder to lose the second time.⁹

Getting in touch with true hunger helps you stick to your new style of eating

By meeting the body's micronutrient needs with filling, fiber-rich foods, this eating style helps suppress the withdrawal symptoms and food cravings that drive you to consume more calories than you require. On a typical American diet, after digestion, the body begins to mobilize and eliminate waste products, causing uncomfortable symptoms. I have proposed the usual "hunger" symptoms of headaches, light-headedness, shakiness, irritability, fatigue, and inability to focus are withdrawal symptoms from a toxic diet. Research has now confirmed highly processed foods are associated with withdrawal symptoms.¹⁰

In my experience guiding patients through their transition to the Nutritarian diet, I observed that my patients' perceptions of hunger changed as their diets improved, and I have documented and published these results. Switching to a Nutritarian diet led to a lower frequency of uncomfortable symptoms of hunger in a survey study of hundreds of participants. In this study, 80% of respondents said that their experience of hunger changed; "hunger pains," discomfort between meals, and irritability were experienced less often, and there were more feelings of hunger in the mouth and throat and less in the head and stomach.¹¹

Diminishing the irritability, headache, and other withdrawal symptoms from a typical low-nutrient diet and making the hunger experience more comfortable helps people stay on track with their new diet, allowing them to stick with it long-term. Another survey study showed respondents who followed a Nutritarian diet not only lost weight but kept those initial losses off over time. Among those who started in the obese range, the average weight loss was 56 lb. at 3 years.¹²

Even if you only have a few pounds to lose now, getting in touch with true hunger can help prevent you from gaining weight in the future.

A healthy, sustainable way to lose weight and keep it off: focus on health and longevity

Losing excess weight reduces the risk of diabetes, heart disease, and cancer.¹³⁻¹⁶

However, not every weight-loss method is good for your health. A lot of weight-loss methods cut out some, but not all, weight gain-promoting, disease-promoting foods. Low-carb diets cut out high-glycemic processed foods. A low-fat vegan diet cuts out animal products and oils. But we need to strictly limit or avoid all disease-promoting foods and focus on foods that both promote weight loss and have health benefits backed by scientific evidence.

In addition to weight loss, data from the same survey study mentioned above confirmed the cardiovascular benefits of a Nutritarian

diet. Respondents who had hypertension, on average, reduced their systolic blood pressure by 26 mm Hg after one year on a Nutritarian diet. Cholesterol and triglycerides dropped dramatically as well.¹⁷

The main strength of losing weight this way is that the weight loss is only the tip of the iceberg of health and longevity benefits received. The Nutritarian diet is built on foods with scientific evidence backing their cardioprotective, anti-cancer, and other health-promoting properties. This is a diet you can follow comfortably and enjoyably forever. When your focus is long-term health and longevity, weight loss happens effortlessly and is permanent.

What if you only have a few pounds to lose?

Even if you have a smaller amount of weight to lose, you will notice improvements. Studies on short-term weight-loss programs in moderately overweight people found that small weight losses improved the participants' reported measures of quality of life and psychological well-being.^{18,19}

Plus, a weight in the "normal" range in itself is not a guarantee of excellent health. A micronutrient- and phytochemical-rich diet gives the body the tools it needs to achieve that goal. If you have elevated cholesterol, blood pressure, inflammatory markers, or fasting glucose, you can expect improvements and resolution of abnormal parameters.

Type 2 diabetes, heart disease, and cancer take decades to develop. If you start eating healthfully now, in addition to trimming down, you may save your life. You only get one.



STAY AWAY FROM TRENDY WEIGHT-LOSS DIETS

Almost any diet will be effective for weight loss in the short-term. As long as you are ingesting fewer calories than before, you will experience some weight loss, but that doesn't mean the diet is a healthful one. Research suggests macronutrient-juggling diets (low-fat, low-carb, high-protein) have similar – and modest – effects on weight loss.¹⁻⁵ Keeping the weight off and achieving good health requires changing your diet for the better, for life.

Low-carb, high-protein diets: Atkins

Our culture's obsession with protein is contrary to what the science says about high-animal protein diets. Long-term observational studies point to serious drawbacks of high-animal protein diets, demonstrating an increased risk of premature death.⁶⁻⁸ Animal protein is the primary dietary factor that elevates insulin-like growth factor 1 (IGF-1): when IGF-1 is elevated too high, it increases cancer risk.^{7,9-11}

To be clear, these diets get some things right: they cut out high-glycemic carbohydrates that promote weight gain, and encourage the consumption of leafy greens and other non-starchy vegetables. Plus, high-protein foods are filling, helping people to consume fewer calories, and produce a small increase in the short-term calorie burn after a meal. Studies have demonstrated short-term weight loss (6 months to 2 years) on low-carbohydrate, high-protein diets.^{12,13} In these short-term studies, successful weight loss can result in improvements in cholesterol levels and blood pressure. However, the long-term studies, noted above, suggest if you follow these diets, you will be sacrificing your long-term health for minimal to moderate short-term weight loss.

The very low carbohydrate structure of these diets also restricts and reduces important fiber-rich, anti-cancer foods such as beans, berries, and orange vegetables like carrots and winter squash, limiting phytochemical richness and variety. Beans have significant benefits, including low glycemic load, cholesterol- and blood-pressure-lowering properties, and promoting a beneficial gut microbiome, but even more significant are their documented longevity-promoting effects.¹⁴⁻¹⁸



The diet of our ancestors: Paleo

The Paleolithic diet is a high-animal-protein diet that is not as low in carbohydrate as the Atkins type and ketogenic diets. However, most paleo devotees consume relatively high amounts of animal products. Paleo diets consist of vegetables, fruit, lean meat, fish, eggs, nuts, and seeds, and shun foods that became more common after the dawn of agriculture, such as beans, grains, and dairy products.

On the plus side, paleo diets do not use dairy, include more fruit and carotenoid-rich orange vegetables than most low-carb diets, and generally exclude high-glycemic refined carbohydrates. However, lean meats are a major calorie source, making the diet too high in animal protein, making IGF-1 levels too high, which in turn increases cancer risk.⁹⁻¹¹ Because the focus is on what was available to early hunter-gatherers, some paleo advocates argue that certain high-calorie sweeteners such as honey and

coconut sugar are acceptable; however, these are just as glycemicly unfavorable and weight-gain promoting as regular table sugar.

Paleo's strategy of modeling our diets after those of our pre-agricultural ancestors has serious flaws. In particular, the assumption that the diet humans in the Paleolithic period are thought to have eaten was the ideal diet is a dubious hypothesis. Early humans ate whatever was available, and what was available was not necessarily ideal for human health. The archaeological evidence indicating what these early humans ate is limited, but suggests early humans consumed a broadly varied diet including leaves, tubers, seeds, nuts, wild grains, insects, honey, meat from animals they hunted, and fish in coastal regions. Most likely their diet varied by season and geographical area, and the proportions of animal and plant foods are unclear.¹⁹⁻²⁴

However, modern paleo diets are based on modern dietary preferences, with animal protein as a major source of calories, and generally include more meat than was likely available to pre-agricultural humans. Nevertheless, humans are primates and genetically adapted to diets rich in plant material. Only long-term studies looking at hard-end points, such as age of death, can adequately settle these different views—and they have. Long-term studies with large numbers, studying people for decades, consistently demonstrate more animal products are lifespan unfavorable.^{6-8, 25-27}

Studies on the Paleolithic diet have found modest weight loss; no greater effect on glucose and insulin levels compared to Mediterranean, American Diabetes Association, or other diabetes diets; and reduced resistant starch intake, leading to negative effects on the microbiome.²⁸⁻³¹

Leaving out ultra-processed foods and increasing the variety of vegetables and fruits, paleo is a step up from the standard American diet, but certainly it includes too much animal protein and unnecessarily prohibits longevity-promoting legumes, rich in resistant starch.



Low-carb, high-fat diets: Keto

Under normal circumstances, the brain uses glucose exclusively to produce energy; most other cells are flexible, able to use glucose or fat. When glucose is unavailable, the body goes into an emergency state called ketosis, in which ketones (derived from fat) are used as an energy source. Ketogenic diets aim to keep the body in chronic ketosis. Originally used as a treatment for drug-resistant epilepsy in children, “keto” has gotten popular as a weight-loss diet.

A ketogenic diet cuts out dangerous refined carbohydrate foods and encourages some health-promoting foods such as green and non-starchy vegetables, nuts, and avocado, but removes many longevity-promoting foods, such as beans, starch-containing vegetables, and most fruits.

Although a keto diet can be lower in animal protein (and higher in fat) than some other low-carb diets, animal protein is not the only problematic component of meat. There are cooking-produced carcinogens and pro-inflammatory and pro-oxidant substances to consider, as well as increased LDL cholesterol and the most dangerous oxidized LDL.³²⁻⁴⁶ Red and processed meats are linked to greater risk(s) of colorectal cancers and overall mortality.^{25, 47, 48} Chronic ketosis itself is stressful on the body, and it is unknown whether it is safe to be in a long-term state of ketosis.^{49, 50}

The proposed benefits of keto are misrepresented by many advocates claiming antioxidant and anti-inflammatory effects and inhibition of aging-related pathways, which are significantly better from a diet of high-nutrient, whole plant foods with attention to glycemic load – a Nutritarian diet.



Very low-fat vegan diets

Very low-fat vegan diets cut out animal products completely, usually limit added sugars, and do not restrict any vegetables or fruits. However, nuts and seeds are restricted, and there is insufficient attention placed on glycemic load. Swapping with the low-carb diets, very low-fat vegan diets cut out one category of dangerous foods (meat and dairy) but often includes way too much of another questionable category – high-glycemic carbohydrate foods like pasta, bread, white potatoes, and arsenic-contaminated brown rice. A high-glycemic diet increases insulin signaling, which is unfavorable for longevity and prevention of heart disease and cancer.⁵¹⁻⁵⁷ Including more greens, beans, and nuts and seeds dramatically enhances micronutrient absorption and diversity.

Although weight loss has been reported in many trials on vegetarian and vegan diets, including those very low in fat,⁵⁸ these diets unnecessarily limit nuts and seeds, which promote cardiovascular health and aid in weight loss because of their satiating properties.⁵⁹⁻⁶³ Several long-term prospective studies have identified nut consumption as a powerful factor associated with longevity for many reasons.⁶⁴



Mediterranean diet

The traditional Mediterranean diet was rich in vegetables, beans, nuts and seeds, cooked tomatoes, and low in animal products. Studies have shown the Mediterranean diet results in modest weight loss.⁶⁵ Long-term adherence to a Mediterranean diet is associated with reduced risk of heart disease, stroke, cancer, and death from all causes (compared to a standard diet).⁶⁶⁻⁶⁸ The Mediterranean diet

is better than the standard American diet, but there is much room for improvement: the modern Mediterranean diet focuses too heavily on olive oil (instead of nuts and seeds) as a fat source, which promotes weight gain. The frequent intake of fish is also problematic; despite the omega-3s, fish is a highly contaminated food,⁶⁹ and algae-derived supplements are a much cleaner source.



DASH diet

The U.S. National Heart, Lung, and Blood Institute developed the DASH diet to specifically lower blood pressure. It emphasizes vegetables, fruits, and whole grains; it is low in saturated fat; lower in sodium than a standard diet; and rich in potassium, calcium, magnesium, fiber, and protein.

There is evidence from randomized controlled dietary intervention trials that the DASH diet helps to reduce blood pressure and LDL cholesterol.^{70,71} In a head-to-head study, a reduced-calorie version of the DASH diet paired with exercise resulted in weight loss, but the DASH diet alone did not.⁷²

The DASH diet is a big improvement on the standard American diet: more vegetables and fruits, more whole vs. refined grains, and a smaller amount of oil. Still, there is too much meat, dairy, and junk food, and insufficient emphasis on greens, beans, nuts, and seeds.



Intermittent fasting (16:8)

I recommend using the principles of intermittent fasting coupled with a Nutritarian diet. Restricting the duration of your daily eating window to 8 – 10 hours, early in the day, helps align your food intake

with your circadian rhythms and makes it easy to restrict the number of calories you take in. Human studies on intermittent fasting suggest it improves insulin sensitivity, reduces inflammation, and promotes weight loss.⁷³⁻⁷⁶ However, it's important to do more than just change the timing of your food intake – the food itself must be health-promoting too.



Avoiding gluten or lectins

Some diet books instruct followers to avoid some natural plant substances, which they incorrectly view as toxic or obesogenic. Gluten, the main protein in wheat, is problematic for a small percentage of the population who have either celiac disease, non-celiac gluten sensitivity, IBS, wheat allergy, or certain autoimmune conditions. However, it is not harmful to someone without those conditions. Anti-gluten proponents often attribute the dangerous effects of high-glycemic, ultra-processed wheat-flour-based foods to gluten alone, rather than the elevated glucose and insulin associated with these foods.

Many people who avoid gluten, rather than avoiding ultra-processed foods, switch to gluten-free breads and baked goods, which are just as harmful as their gluten-containing counterparts. A gluten-free diet can be just as high in calories and low in micronutrients and phytochemicals as the standard American diet, and therefore just as weight gain promoting.⁷⁷ There is no evidence that removing gluten alone helps to promote weight loss.^{78, 79}

The idea that lectins, a diverse family of proteins found throughout the plant and animal kingdoms,⁸⁰ are harmful to health also has no scientific backing. These diets advocate avoiding beans, grains, nuts, tomatoes, eggplant, and peppers. There is one lectin – found only in raw or undercooked beans, especially red kidney beans – known

to cause temporary gastrointestinal distress in humans. This is easily avoided by cooking dry beans thoroughly.

Many plant lectins inhibit cancer cell proliferation *in vitro*.⁸¹⁻⁸⁹ Similar to gluten, a small percentage of the population is sensitive to nightshade vegetables or has a food allergy related to a certain lectin. However, for most people, beans, tomatoes, peppers, and eggplant are health promoting.



The Nutritarian diet was designed for health and longevity, not just weight loss

The Nutritarian diet is more than just a step up from the standard American diet. It is a complete dietary shift toward the foods that are rich in protective nutrients and are linked in scientific studies most consistently to a lower risk of diabetes, cardiovascular disease, and cancer. It is based on foods that are both satisfying and health promoting and emphasizes eliminating addictive foods. Importantly, the Nutritarian diet was designed first for maximizing disease reversal and longevity. Weight loss is simply a side effect of eating so healthfully.

The main drawback of the Nutritarian diet is that it requires a significant change in eating habits compared to the standard American diet and a change in mindset from the goal of only weight loss to the goal of long-term health and quality of life. It may require learning new recipes and food preparation techniques. Not everyone is willing to make the effort and take the time to educate themselves more thoroughly both about nutritional science and new food preparation techniques. However, a complete dietary overhaul will bring spectacular results that a few modest dietary changes cannot come close to.

SAMPLE 1-DAY MEAL PLAN

Eating a diet that extends your life and helps you shed excess pounds doesn't have to mean feeling hungry and deprived! On the contrary, you'll enjoy nutrient-dense, mouth-watering meals like these...

And if you want even more delicious recipes that fortify your body with fat-melting ingredients and help you live a long and healthy life... then make sure you watch every module of the Eat To Live Masterclass which premieres on March 29th, 2022.

In it, you'll learn all of Dr. Fuhrman's top secrets for losing up to 12 pounds in 10 days while living a long, healthy life free from the pain of chronic disease.

Check your email for details (and your complimentary ticket), and be sure to watch during this special live airing event!





BLUEBERRY CHIA SOAKED OATS

Serves: 1

1/2 cup old fashioned oats

1 tablespoon chia seeds

1 cup unsweetened soy, hemp or almond milk

1 tablespoon chopped dates

1/2 cup fresh or thawed frozen blueberries

1/4 teaspoon cinnamon, optional

Combine all ingredients. Soak for at least 30 minutes or overnight.

CHOCOLATE CHERRY ICE CREAM

Serves: 4

1/2 cup unsweetened soy, hemp or almond milk

1 tablespoon unsweetened cocoa powder

4 regular dates or 2 Medjool dates, pitted

1 1/2 cups frozen dark sweet cherries

1/2 tablespoon pure vanilla bean powder or alcohol-free vanilla extract, optional

Blend all ingredients together in a high-powered blender or food processor until smooth and creamy.



TAILGATE CHILI WITH BLACK AND RED BEANS

Serves: 5

- | | |
|---|---|
| 1/2 cup bulgur | 3 cups cooked or 2 (15 ounce) cans no-salt-added or low-sodium red kidney beans |
| 1 cup water | 2 cups fresh or frozen corn kernels |
| 3 cups chopped onions | 2 tablespoons chili powder |
| 3 cloves garlic, minced or pressed | 2 teaspoons ground cumin |
| 2 green bell peppers, chopped | 1/4 cup chopped fresh cilantro |
| 3 cups diced tomatoes | |
| 1 1/2 cups cooked or 1 (15 ounce) can no-salt-added or low-sodium black beans | |

Combine bulgur and water in a saucepan. Bring to a boil, reduce heat and simmer for 12 to 15 minutes or until tender.

While bulgur cooks, heat 1/8 cup water in a large saucepan and water sauté onions and garlic until almost soft, about 5 minutes. Stir in green peppers and sauté an additional 3 minutes, adding more water as needed.

Stir in diced tomatoes, beans, corn, chili powder and cumin. Bring to a boil, reduce heat, cover and simmer for 20 minutes. Add bulgur and simmer for an additional 5 minutes. Stir in cilantro.



BROCCOLI AND SHIITAKE MUSHROOMS WITH THAI PEANUT SAUCE

Serves: 4

For the Thai Peanut Sauce:

1 1/2 cups water
7 regular dates or 3 1/2 Medjool dates, pitted
1/3 cup no-salt, no-oil peanut butter
2 tablespoons unsweetened shredded coconut
1 teaspoon minced ginger
1 tablespoon lime juice
1 teaspoon red curry powder
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1/4 teaspoon ground turmeric

For the Vegetables:

1 cup chopped onions
6 cups broccoli florets
1 cup thinly sliced red bell pepper strips
2 cups trimmed snow peas
2 cups sliced shiitake mushrooms

To make the sauce:

Blend water and dates in a high-powered blender, then add peanut butter, coconut, ginger, lime juice and spices and blend again until smooth and well-combined.

To cook the vegetables:

Heat 1/4 cup water in a large non-stick wok or skillet, then add chopped onions and broccoli, cover and cook for 4 minutes stirring occasionally and adding additional water as needed to prevent sticking. Remove cover and add red bell pepper strips, shiitake mushrooms and snow peas and cook for an additional 4 minutes or until vegetables are crisp-tender. Add desired amount of sauce and continue to stir fry for 1-2 minutes to heat through.

“There Is a Special Type of Soup That You Can Eat Once Per Week... That Protects You From Cancer, Heart Disease, and Osteoarthritis...”

That’s just ONE of the many secrets that you’re about to learn during the **Eat To Live Masterclass**. When you downloaded this eBook, we sent you a COMPLIMENTARY ticket to this event, and you won’t want to miss it.

Why? Because Dr. Joel Fuhrman is revealing the biggest weight-loss and disease-reversing secrets that he’s learned over the past 34 years. Circle your calendar. Make a reminder. Do whatever it takes to watch this live airing.

During the Eat To Live Masterclass, here’s just a taste of what you’ll learn...

- Do you like ice cream? This delicious 3-ingredient “ice cream” recipe loads your body with SO MANY fat-burning ingredients... that in a matter of 1-2 weeks, you could fit into your favorite pair of jeans again.
- How Dr. Fuhrman has helped thousands of people get off of a constant merry-go-round of new medications... and serious side effects from those medications.
- This study on 2,000 women showed how women who ate more of this had a 64% lower risk of getting breast cancer.
- The “Toxic Hunger” pandemic that has been sweeping across America, and how it makes it almost impossible for you to lose weight. (Unless you do this.)
- The real reason why most diets fail. *Hint, if you ever have stomach grumblings, headaches, fatigue, or irritability, then you are falling prey to this.
- The most powerful protection that you can give your body against disease. And how it’s possible to live a DISEASE-FREE life, with a healthy weight and the energy of a 25-year-old.
- If everyone ate enough of this, many of the COVID deaths would never have happened.
- How to lower your LDL cholesterol without medications. (Just add this one thing to your cereal!)
- And so much more!

Are you excited? Are you ready to be handed the biggest weight-loss and longevity SECRETS that Dr. Fuhrman has learned from 34 years of medical practice and researching seven NYT best-selling books on reversing disease?

If so, then don’t miss the world premiere of **Dr. Fuhrman’s Eat To Live Masterclass**. It starts on March 29th, 2022. (Circle it on your calendar, create a reminder, and tell all your friends!)

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ABOUT JOEL FUHRMAN, M.D.

Joel Fuhrman, M.D. is a board-certified family physician, seven-time *New York Times* bestselling author, and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods.

Dr. Fuhrman is the President of the Nutritional Research Foundation. His work and discoveries are published in medical journals, and he is involved with multiple nutritional studies with major research institutions across America.

Dr. Fuhrman runs the Eat to Live Retreat in San Diego, California and takes over the medical care for his guests, enabling them to transform their lives as they recover from diabetes, heart disease, autoimmune disease, cancer and other serious conditions.

Dr. Fuhrman has appeared on hundreds of radio and television shows. Through his own hugely successful PBS specials, which have raised more than \$50 million for public broadcasting stations, he has brought nutritional science to homes across America and around the world.

Dr. Fuhrman is the author of seven *New York Times* bestsellers: *Eat for Life* (HarperOne, 2020), *Eat to Live* (Little Brown, 2003; updated, 2011); *Super Immunity* (HarperOne, 2012); *The End of Diabetes* (HarperOne, 2013); *The Eat to Live Cookbook* (HarperOne, 2013); *The End of Dieting* (HarperOne, 2014) and *The End of Heart Disease* (HarperOne, 2016).

He is also the author of the Transformation 20 guides to health and weight loss. The titles include: *Transformation 20 Diabetes*; *Transformation 20 Blood Pressure and Cholesterol*; *10 in 20: Lose 10 Pounds in 20 Days Detox Program*; *10 in 20: More of What You Love*; and *T20: Infection Protection in 20 Days*.

To date, Dr. Fuhrman has sold more than three million books.

In 2017, Dr. Fuhrman released *Fast Food Genocide* (HarperOne 2017), an examination of how fast food is destroying the physical, mental and emotional health of our society — and what we can do about it. He also introduced legions of food lovers to the joys of Nutritarian cooking with his *Eat to Live Cookbook* and his *Eat to Live Quick and Easy Cookbook* (HarperOne, 2017).

Dr. Fuhrman has written several other popular books on nutritional science, which include: *Eat for Health*, *Disease-Proof Your Child*, *Fasting and Eating for Health* and the *Nutritarian Handbook* and *ANDI Food Scoring Guide*.

