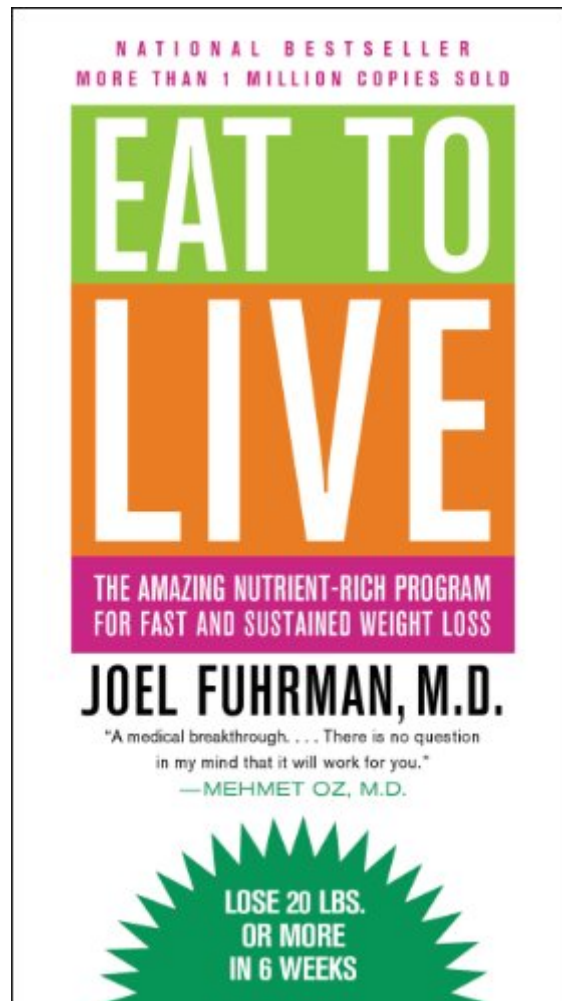


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# Eat To Live: The Amazing Nutrient-Rich Program For Fast And Sustained Weight Loss



## Synopsis

Hailed a "medical breakthrough" by Dr. Mehmet Oz, EAT TO LIVE offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. EAT TO LIVE has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off.

## Book Information

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## Customer Reviews

So, six weeks later and I'm done the first stage of Dr. Fuhrman's "Eat to Live" diet. I'm really excited about this diet and thought I'd spread the word. This looks a bit like some sort of infomercial but I promise you I'm not getting paid for this, and these questions are a big summary of the ones I've

been getting for the past 6 weeks. What is this diet? In short, it is six weeks of vegan food with no booze, caffeine, salt, or fat. That means no olive oil, nuts, or fatty things that are still good for you like avocados. After 6 weeks you transition to a diet that can include meat and alcohol plus days where you can eat whatever the heck you want. That's where I'm going now. Why did you go on it? My cholesterol was too high. I was slowly putting on weight and not liking the way I looked. I was sick of pretending that doing nothing was going to work. Does it work? In short, yes. I lost a total of 24 pounds in 6 weeks. It kind of blows my mind that I still don't look the way I want and I had 24 pounds on TOP of that. That's what years of gradual weight gain will do to someone I guess. Do you get hungry? Actually, no. This one surprised me the most. The basic premise is that you should eat 1 pound of raw vegetables, 1 pound of cooked vegetables, and 1 cup of beans a day. Think about that, it is a lot of food (you can also add more to that as long as it is healthy stuff). I often had trouble finishing the meals I was supposed to eat. What do you eat? Breakfast consisted of a bunch of fruit or some oatmeal a few times a week. Lunch was pretty much always an enormous salad. Dinner varied and I learned to cook a lot of different things and make extra for leftovers.

This is the first time I have ever been moved to write a review on - this is how strongly I feel about this book! I found an article by Dr. Fuhrman on reversing and preventing heart disease, which led me to his book (the 2005 edition). My husband's father had a heart attack at age 39, so the topic is something that concerns me. We both read it this Thanksgiving (2010) and were immediately floored by it. My husband is a scientist and usually skeptical of any type of advice books, but Dr. Fuhrman presents a lot of peer-reviewed research and makes, at least what was to us, a very convincing case. Neither of us was overweight but, just in our 40s, we were getting soft. It's been 6 weeks now and it has changed the way we eat and think (and hopefully, live). We have both lost enough weight that we need to buy some new clothes and we fit into things we haven't fit into for years. In short, we're starting to look again like our younger selves, like us back in our 20s. That is fun, no denying, but more importantly, we both feel better. I suffered headaches for years. I knew in the back of my mind they were food-related, but I was too lazy to take the time to figure out what it was. Fogginess and headaches are gone. I feel clear and present and energetic now, virtually all the time, as does my husband. Some caveats that may not apply to everyone. First, we ate fairly healthy before reading this, so I think the transition wasn't too hard for us. Second, my husband's sister is a naturopath/nutritionist, so we'd been hearing these themes for years. The mind shift was not entirely radical either. We were primed. The book is not entirely without flaws, but even so, I don't think we'll ever go back to eating the way we used to.

The reviewer from Philadelphia below misrepresents Eat To Live. As a physician myself, I am concerned that this misinformation may harm other people by preventing them from reading Dr. Fuhrman's important book - I am especially concerned about our American epidemic of obesity and diet-related diseases like diabetes and cardiovascular disease. Dr. Fuhrman presents the cure in his well-researched book. The reviewer (did this person read the book?) from Philadelphia states that Dr Fuhrman's recommendations allow no animal products when in fact Eat To Live is a diet-style, not a diet. It has no such rigid requirements. In his menu plans he gives 7 days of menu plans for those on a vegetarian version of the plan and 7 days on a non-vegetarian plan. Dr. Fuhrman also makes it clear that a diet rich in vegetables does not have to be all raw or exclude animal foods completely; it is flexible. As a physician, I have observed him in action with patients and he can modify recipes and menu plans to accommodate various tastes and food preferences. It is not an all or nothing plan. However, without reading Eat To Live, your future diet-style will be based on misinformation, not science. It takes experience, creativity and knowledge to make the healthiest way to eat taste favorable for many people. Some people will reject the idea of eating for health based on incomplete information and what they want to eat based on short term thinking (those french fries sound good), rather than enjoying truly more delicious foods that are actually healthful too. Just remember taste is learned and takes a few months to adjust and you can also learn to make healthy food taste great.

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