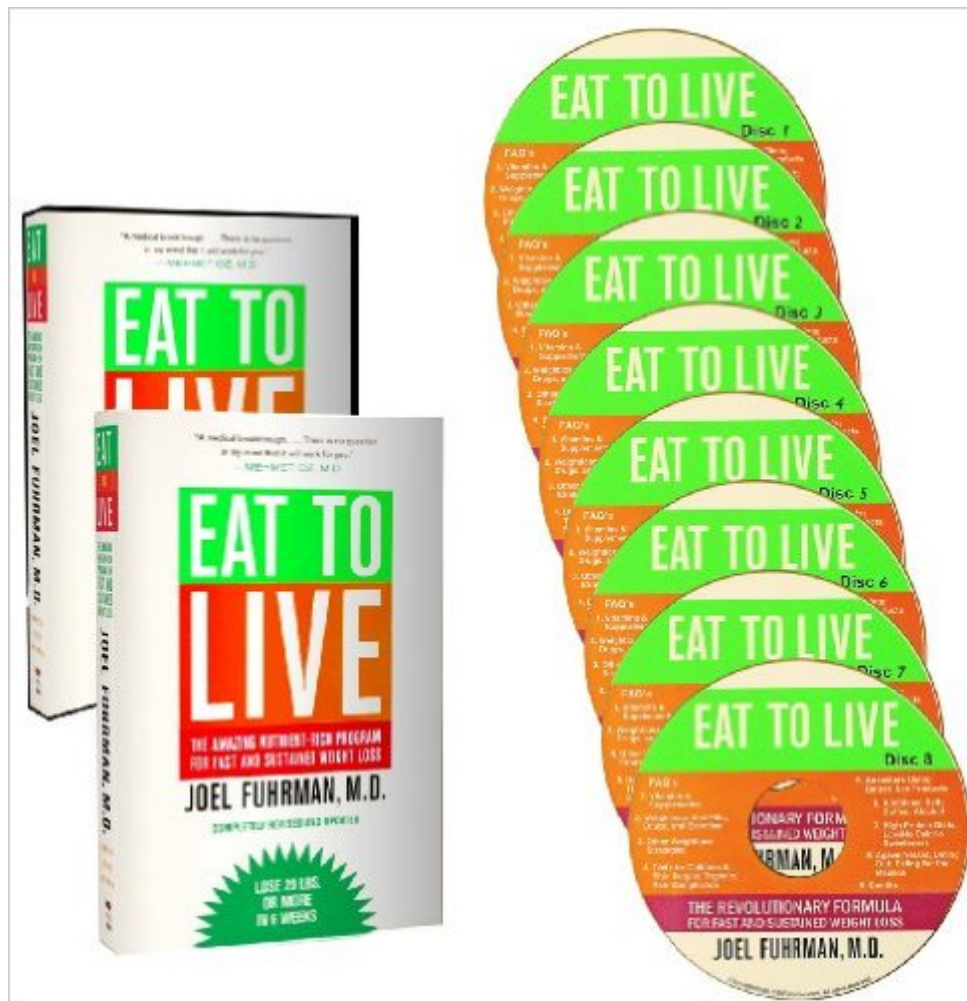


The book was found

Eat To Live: The Amazing Nutrient-Rich Program For Fast And Sustained Weight Loss, Completely Revised And Updated



Synopsis

The Eat To Live 2011 revised edition includes lots of new success stories from readers of the original book, plus a brand new chapter highlighting Dr. Fuhrman's discovery of toxic hunger and the role of food addiction in weight issues. This new chapter provides novel and important insights into weight gain, and explains how and why a diet of high micronutrient quality leads to the sensation of true hunger and maintenance of a healthy weight. It instructs readers on how to leave behind the discomfort of toxic hunger, cravings, and addictions to unhealthy foods. Other updates include: * New recipes and meal ideas * Inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses * New and revised Frequently Asked Questions * All references and material reviewed and updated to reflect current research and knowledge in the field of nutrition. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off. Includes a recipe booklet

Narrated by Joel Fuhrman, M.D.

Book Information

Audio CD

Publisher: Little, Brown and Company (January 1, 2011)

Language: English

ISBN-10: 0983795231

ISBN-13: 978-0983795230

Product Dimensions: 7.4 x 5.3 x 1.1 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (4,425 customer reviews)

Best Sellers Rank: #368,902 in Books (See Top 100 in Books) #192 in [Books > Books on CD > Health, Mind & Body > General](#) #2534 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #3669 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

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. Foggiess 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.

[Download to continue reading...](#)

Eat to Live: The Amazing Nutrient-Rich Program For Fast and Sustained Weight Loss, Completely Revised and Updated Eat to Live Cookbook: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes for Sustained Weight Loss and Vibrant Health Nutrient Requirements of Dogs (Nutrient Requirements of Domestic Animals) Rich Dad's Retire Young Retire Rich: How to Get Rich and Stay Rich Retire Young Retire Rich: How to Get Rich Quickly and Stay Rich Forever! (Rich Dad's (Paperback)) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight

Watchers Dutch Oven Recipes Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) The Einkorn Cookbook: Discover the World's Purest and Most Ancient Form of Wheat: Delicious Flavor - Nutrient-Rich - Easy to Digest - Non-Hybridized Renovation 4th Edition: Completely Revised and Updated Building Traditional Kitchen Cabinets: Completely Revised and Updated New First Three Years of Life: Completely Revised and Updated The Penguin State of the Middle East Atlas: Completely Revised and Updated Third Edition

[Dmca](#)