

HEALTH AND NUTRITION ADVICE FROM – DR. JOEL FUHRMAN, MD

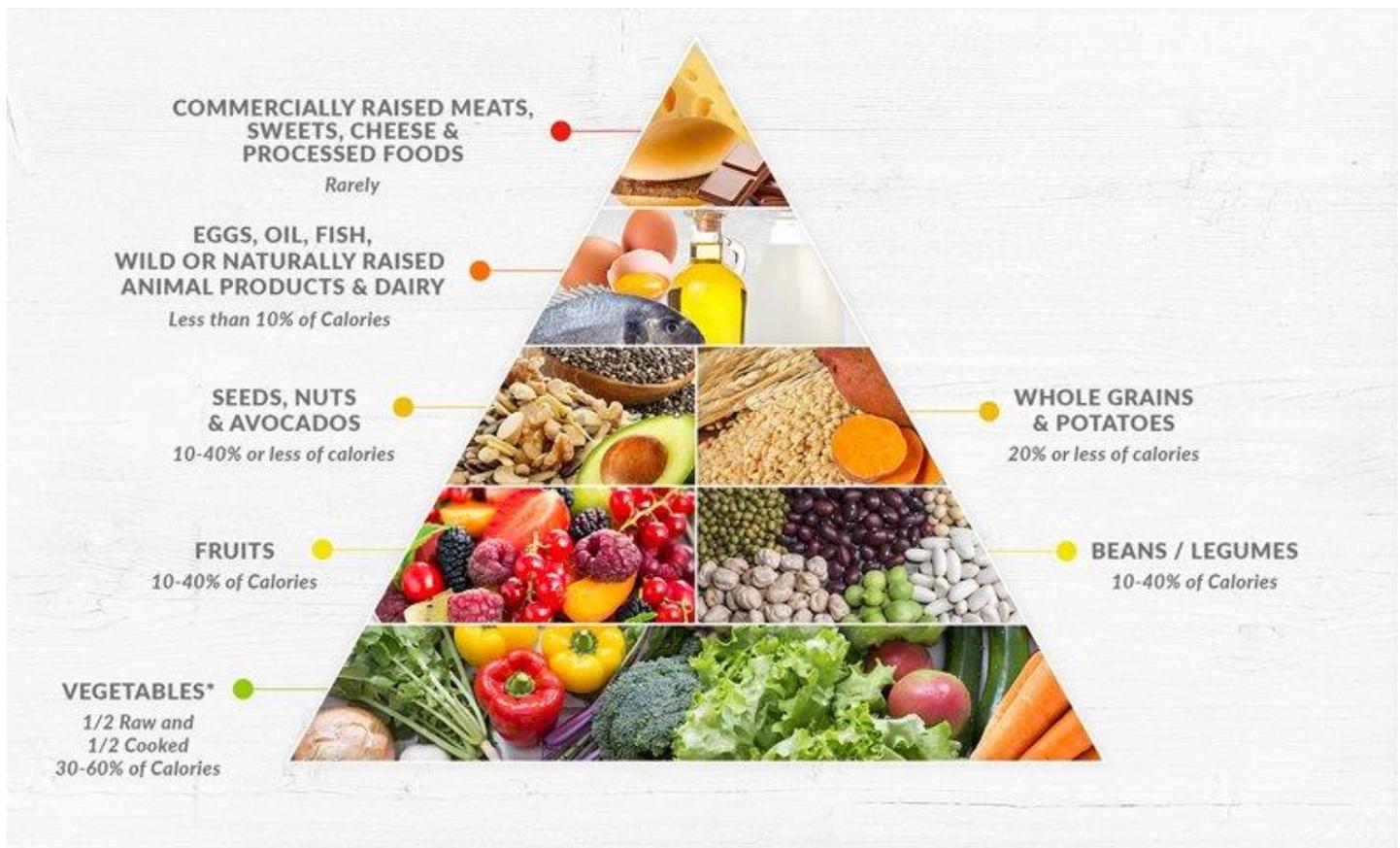
Books: [Eat to Live](#) (2003, 2011) (and many others since)
Cookbooks: [Eat to Live Cookbook](#) (2013); [Eat to Live QUICK AND EASY Cookbook](#) (2017)
Video: [I Love Nutritional Science](#) (2013) (Other videos are on his website and elsewhere)
Website: [DrFuhrman.com](#) (2000+ free videos, articles, on a variety of nutrition and health topics)

Quotes: “The more you eat green, the more you get lean”
“The whiter the bread, the sooner you’re dead.”
Regarding the SAD (Standard American Diet):
“It couldn’t be better designed to create chronic disease, had it been designed by Al Chaida.”

Focus: Dr. Fuhrman created the “**Nutritarian**” diet – focused on getting as many life-saving nutrients as possible from every calorie consumed on a **whole-food, plant-based diet**.

Formula: The guiding formula of the Nutritarian diet is: $H = N/C$ (Health = Nutrients / Calories)

Dr. Fuhrman's Nutritarian Pyramid



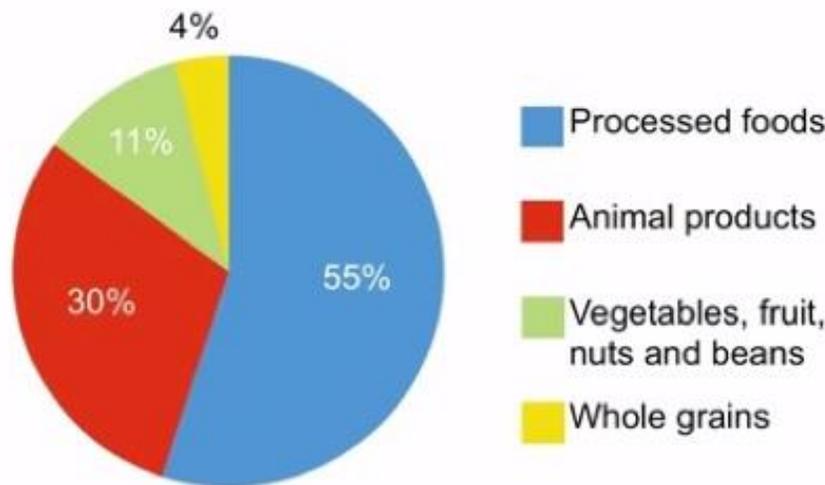
The Nutritarian Diet suggests daily consumption of “**G-BOMBS**,” which are super-high in anti-cancer nutrients:

Greens – Beans – Onions – Mushrooms – Berries – Seeds

**The Nutritarian Diet is designed as a specific antidote for
The “SAD” (Standard American Diet) –**
which focuses on the most disease-promoting foods on earth,
while minimizing consumption of whole, nutritious, natural foods:

The Standard American Diet (SAD):

promotes chronic disease and weakens immune function



Processed food is high in sugar, fat, salt, preservatives and additives.

It shortens human life, creates disease, and stresses and pollutes the planet.

Processed food is **made in a factory**, designed by food engineers for “**hyper-palatability**” (excessive good taste) - intended to **create food addictions** – and thereby increasing company profits.

Most common forms include: Processed grains; sweets; processed oils; processed meats.

Animal food is high in fat – especially when animals are raised in an industrial setting, where animals are fed hormones, antibiotics, and feed designed to fatten them up, and keep them alive in adverse conditions. Animals in these settings live a miserable life, living in filth, dung, and constant stress. All of this is done specifically to increase yield of meat, thereby increasing company profits.

A diet high in processed and animal food promotes:

- 1) **Chronic life-threatening diseases**, including heart-disease, diabetes, Parkinson’s, and cancer.
- 2) **Other diseases**, including migraine headaches, food addictions, allergies, and depression.
- 3) **Weight gain, loss of energy and vitality**
- 4) **High financial and environmental costs** – diverting grain away from starving humans to feed to industrial animals in order to kill and sell them for profit; creating massive pollution that destroys the planet.

In contrast, a plant-based, whole-foods, Nutritarian lifestyle promotes:

Health – Vitality – Energy – Sustainability – Weight Loss – Disease Prevention and Reversal – Vibrant Life!

