

Eat to Live!

Powerful Patient, 2011 Week 18

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Contrary to popular belief, you don't have to live the rest of your life in pain or on medication. Dr. Joel Fuhrman speaks with Joyce about how he uses nutrition to reverse disease, reduce high blood pressure, lose unwanted weight, lower your cholesterol levels, prevent heart disease and cancer, and improve your health - all without relying on drugs and fad diets. The importance of good nutrition is emphasized in his dietary program, Eat To Live.



Nutritional science in the last twenty years has demonstrated that colorful plant foods contain a huge assortment of protective compounds, mostly of which still remain unnamed. Only by eating an assortment of nutrient-rich natural foods can we access these protective compounds and prevent the common diseases that afflict Americans. Our modern, low-nutrient eating style has led to an overweight population, the majority of whom develop diseases of nutritional ignorance, causing our medical costs to spiral out of control.

Joel Fuhrman, M.D. is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. He has been practicing for more than 20 years and established the Center for Nutritional Medicine located in Flemington, New Jersey. Dr. Fuhrman's books include: Eat for Health, Eat to Live, Disease Proof Your Child, Cholesterol Protection for Life, and Fasting and Eating for Health.

Joyce talks with Dr. Fuhrman about the "nutritarian" lifestyle. Among other things, she asks Dr. Fuhrman:

- What are the main principles of the Nutritarian lifestyle?
- In addition to weight loss, how does following the Nutritarian eating style repair and protect the body (affecting longevity and cancer risk)?
- What is toxic hunger and how does it wreak its havoc?
- How can people be motivated to eat more whole, nutrient-dense food and what are some first steps to changing their diet and sidestepping the temptation of junk foods?
- What kind of results have you witnessed when people embrace the Nutritarian diet-style?
- Your food pyramid varies drastically from the USDA food pyramid. How could a government-recommended pyramid be so off-base?
- Do you have any tips on how to make this way of eating easier and cost and time effective?

You can visit Dr. Fuhrman's website at www.drfuhrman.com.