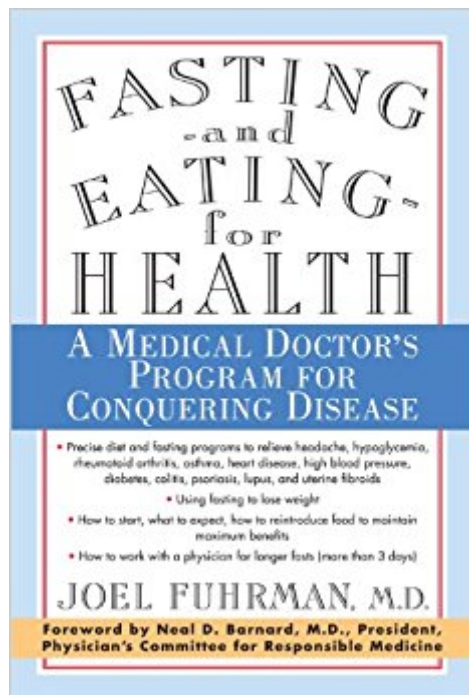




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# Fasting And Eating For Health: A Medical Doctor's Program For Conquering Disease



## Synopsis

Joel Fuhrman's Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease offers precise diet and fasting programs to relieve headache, hypoglycemia, rheumatoid arthritis, asthma, heart disease, high blood pressure, diabetes, colitis, psoriasis, lupus, and uterine fibroids. You'll also learn:- How to use fasting to lose weight- How to start, what to expect, how to reintroduce food to maintain maximum benefits- How to work with a physician for longer fasts (more than 3 days)

## Book Information

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## Customer Reviews

“Dr. Fuhrman's powerful and practical guidelines apply for conditions ranging from the common cold to serious heart problems. This program provides an alternative to the costly and all-to-common side effects of surgery and drugs.”  
— Andrew Nicholson, M.D.,  
Director of Preventive Medicine, Physicians Committee for Responsible Medicine  
“By individually tailoring nutrition plans based on a case-by-case basis, Fuhrman has treated hundreds of patients with rheumatoid arthritis successfully.”  
— Vegetarian Times  
“This is where the future of medicine should be heading.”  
— Ronald Cridland, M.D.  
“This is neither alternative medicine nor conservative medicine, but rather progressive medicine. Dr. Fuhrman's approach offers individuals suffering from [chronic] diseases the only real chance for a meaningful cure. I have been fortunate to observe many of these outcomes firsthand and can testify to the power of this approach for certain diseases.”  
— James Craner, M.D., M.P.H.  
“Dr. Fuhrman's book is revolutionary. It shows clearly and unmistakably the

way to recover health, and could change the prevailing way of treating disease.~•

~ Theodore Coumentakis, M.D.~“If you are lucky, you will read Dr. Furhman’s book before you have subjected yourself to medications and medical procedures. This book is for those who want to take charge over their health and well-being, and for those who want to embark on a journey toward a more satisfying life.~• ~ Don Jeret, M.D.~“I know that every health seeker in America will want to read this book. It provides a working knowledge of vital information that is currently known to relatively few people. Share it with those you love.~• ~ John Pilla, M.D.

Joel Fuhrman M.D. is a board-certified family physician, best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. As one of the country’s leading experts on nutrition and natural healing, Dr. Fuhrman has appeared on hundreds of radio and television shows including: ABC, CBS, NBC, FOX, CNN, Today, Good Morning America, the Discovery Channel, TV Food Network, and The Dr. Oz Show. His own PBS television show, "3 Steps to Incredible Health", began airing nationwide in June 2011. His best-selling book, Eat to Live, published in 2003 (Little Brown) has gone through over 20 printings and been published in multiple foreign language editions. The revised version was released by Little Brown in January 2011.~• His recent works include Super Immunity and Disease-Proof Your Child and has had published a total of 7 books on human nutrition to date. Dr. Fuhrman is actively involved in scientific research in human nutrition. His discoveries on food addiction and human hunger were published in the scientific journal, Nutrition Journal, in November 2011 entitled, The Changing Perception of Hunger on a High Nutrient Density Diet.~• Dr. Fuhrman is the research director of the Nutritional Research Project - a project of the National Health Association.~• Dr. Fuhrman is on the board of directors of the American College of Lifestyle Medicine.~• He is also a member of the Whole Foods Market scientific advisory board. Dr. Fuhrman is a graduate of the University of Pennsylvania School of Medicine (1988). As a former world class figure skater, he placed second in the United States National Pairs Championships in 1973. Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and lectured to athletic trainers and world-class athletes for maximizing performance and preventing injury.

I was relatively familiar with fasting, i usually do a 22 hour fast 4 times a week and have seen incredible results. My father however was recently diagnosed with Rheumatoid arthritis and was a

firm believer in western medicine. I got very tired of hearing my father praise about new drug his doctor gave him and then later having it fail miserably and his symptoms return. My father knows i am vegan and practice intermittent fasting, however he never would come to believe in the healing of fasting, and has continuously tried to discredit me over the years. I ordered this book off of , because it had been in my wishlist for awhile , and i thought i would order it for some more insight on IF. The book is great, easy to understand for the average individual and really touches on the benefits of fasting. After i finished this book i left it on my fathers desk so that one day he would pick it up and read it. My father never sleeps because of his RA and is often shuffling through the night trying to get comfortable. But one night he finally picked up the book and started to read it. Low and behold he started fasting the next day. he initially did a 36 hour fast and found himself rejuvenated and less dependent on his prednisone. He was on 20mg and now is down to 7mg. We still have not found the cause of his RA however fasting SIGNIFICANTLY has helped him manage his symptoms and has helped him become less reliant on his medicine. I would definitely recommend this book for someone who is uneducated on the benefits of fasting and just beginning to get their feet wet in the wonders of Intermittent Fasting

Excellent medical ideas for the infirmed. Fuhrman builds case for complete cures for diabetes, arthritis, arteriosclerosis, numerous other maladies through extended, medical fasts. Very thorough research.

I believe Eat to Live taught me more about nutrition than any other book besides How Not to Die by Greger. So I thought, ok, fasting might be the next step, and bought this book. I wrote to Dr. Fuhrman's office to ask a few questions that came up for me. This was the response I got: "While Dr. Fuhrman says that fasting may be beneficial for certain medical conditions such as autoimmune diseases, since he wrote Fasting and Eating for Health in 1995, there have been research advancements in the field of nutritional science pointing to the healing effects of a plant-based, nutrient-rich eating style. After careful review of thousands of nutritional research studies, Dr. Fuhrman teaches that commitment to his nutritarian eating program will provide the same health benefits of fasting. The difference is that fasting provides only short-term results, while commitment to eating nutrient-rich, plant-based foods gives long-term results. Consult your local physician before beginning any fast." Then why is this book still for sale with no commentary in the foreword or introduction, an update that says, hey, this is old information? It would still be interesting, but then you would know that it's purpose was more to understand Fuhrman's approach in the 90s. The short

of it: the book is interesting, but you're going to get outdated info.

Great book if your thinking of fasting, which I did for 21 days. My doctor liked the book and approved a few of his thought. I liked the book so I would be-aware if any side effect show up while fasting. I would understand what my body is going through, I would also know what not to do as well so I would not become ill.

This is the best guide to fasting, and it's many effects on health that I have ever read. If this doesn't convince you that fasting is safe and essential in maintaining wellness, nothing can! Packed with science and state of the art research, but simple and clear enough for the lay person to understand completely.

"Fasting and Eating for Health" is definitive reading for all, plus , "Eat to Live" and 'Super Immunity".I have bought hundreds of books, during my 66 years, on every diet,health,nutrition,super vitamins and herbs,how to get bigger, smaller, live longer etc. I am amazed with Dr Fuhrman's research and verifiable results thatconfer with everything he say's. Anybody unintelligent enough not to try this method of a correct way to eat andlive, deserves not to live healthy and die at an early age. Sad but true!

Dr. Joel Fuhrman explains in layman's terms how and why our standard American diet is making us a society of largely unhealthy individuals, and what to do about it. This is a book for everyone. Fasting is explained in very interesting and helpful detail, but the emphasis is on eating for health - what to eat, what not to eat, and why.This book can be a life changer for anyone. Very highly recommended, as are HIS SUBSEQUENT BOOKS.

I am writing this review after having first read and used this book three years ago to undertake my first 10 day water only fast, when my doctor wanted to give me drugs for high cholesterol . I lost 8 pounds and completely changed my eating habits so that the weight stayed off and my blood tests improved greatly. No drugs needed. Last month, I repeated the 10 day fast and had additional significant health improvements. You need some will power, but Dr Fuhrman makes it possible to fast on your own.

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Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent

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