

- **Scientific Principles of Superior Nutrition**

In this lecture, Dr. Fuhrman reviews the core concepts of nutritional excellence, including his Health Equation, Health = Nutrients / Calories. He calls this concept nutrient density and will explain that the key to longevity, healthful weight loss, and disease prevention is to eat adequately of those foods that have a high micronutrient density. He will discuss the importance and how to achieve comprehensive micronutrient adequacy, and the disease-promoting effects of the Standard American Diet (SAD), particularly its effects on hormones that promote chronic disease, cancer and premature aging. Learn the science behind a dietary pattern which can enable the longest, healthiest life possible. It is that simple.

- **Nutritional Protocols for Disease Reversal**

This seminar teaches the nutritional and environmental cause for chronic disease and gives precise dietary and supplemental protocols for reversal of disease, even in those conventionally seen as irreversible. In most cases, medications can be lessened and eventually eliminated! Conditions such as, high blood pressure, diabetes, heart disease, obesity, depression, food addiction, autoimmune disorders, digestive disorders, headaches and many more are discussed. Dietary and supplemental advice for various conditions are covered, including the misuse of such therapies and alternative medicine myths.

- **Healthy To 100; Anticancer and Longevity Science**

In this lecture, Dr. Fuhrman discusses advances in nutritional science that can enable dramatic protection against cancer and the scientific studies that supports these conclusions. Learn the intricacies of these high-nutrient, cancer-protective and longevity-favorable foods and why it is essential they be included in the diet. This lecture will help you understand the science relating dietary and lifestyle factors to longevity and cancer risk, and supportive findings on the potential mechanisms behind these effects. With nutritional excellence we can live to 100 and enjoy life to the fullest.

**Conquering Food Addiction for Permanent Weight Loss**

In this lecture, Dr. Fuhrman discusses the physiology behind the human body's drive to overeat and the solution to halt the vicious cycle of food addiction, cravings and overeating. He will discuss how "toxic hunger" symptoms lead to an overwhelming drive to over-consume calories, which continuously sabotages weight loss efforts, and how to resolve it. With an approach that is both scientific and practical, Dr. Fuhrman addresses the roadblocks to weight-loss success and provides motivational and practical solutions. It is time to hop off that weight loss merry-go-round, put an end to the yo-yo dieting, and really understand how to lose weight, healthfully, and keep it off forever.

- **The End of Diabetes (2) and Heart Disease**

In this lecture, Dr. Fuhrman confronts the conventional treatment of heart disease and diabetes and makes the case that we can prevent and reverse almost all cases of these conditions. Proper nutrition, not more medical care, can save your life. Dr. Fuhrman explains the futility of modern medical treatments and the effectiveness, simplicity, and necessity of a diet high in micronutrients for the reversal of disease. Any person taking this seminar who chooses to apply Dr. Fuhrman's principles should be able to reduce and eventually eliminate blood pressure and oral diabetic medications. According to Dr. Fuhrman, foods highest in nutrients turn our bodies into the miraculous, self-healing machines they can be, which results in significant weight loss, improved health, and, ultimately, the end of type 2 diabetes and heart disease!

- **Making Great Health Delicious: Food Prep, Menus, Recipes**

In this lecture, Dr. Fuhrman gives his secrets to making healthy eating, taste delicious. He demonstrates the techniques and principles behind preparing nutrient-dense recipes that retain their benefits. He discusses his favorite recipes, and also gives the creative formulas for making salad dressings, dips, soups, stews, main dishes, smoothies, and sorbets. He will really get your creative juices going! Excellent health is not genetics or luck; it is earned through teachable cooking and eating patterns that you can easily duplicate in your own kitchen.

For additional media/press information, visit Dr. Fuhrman's online media center at:

[www.drfuhrman.com/company/press.aspx](http://www.drfuhrman.com/company/press.aspx)

To view current Dr. Fuhrman events, please visit the doctor's event calendar at:

<http://drfuhrman.com/events/calendar.aspx>

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