EAT TO LIVE:

The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss
Little Brown, 2011 Revision, $15.99 soft cover, ISBN 978-0-316-12091-3

When Mehmet Oz, or any of New York's leading doctors has a patient whose life depends on losing weight, they call on Joel Fuhrman, M.D. In Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, Dr. Fuhrman offers his healthy, effective, and scientifically proven plan for shedding radical amounts of weight quickly, and permanently.

Losing weight under Dr. Fuhrman's plan is not about willpower, it is about knowledge. The key to this revolutionary diet is the idea of nutrient density, as expressed by the simple formula:

Health= Nutrients/Calories.

When the ratio of nutrients to calories is high, fat melts away and health is restored. Losing 20 pounds in two to three weeks is just the beginning.

The more nutrient-dense food you consume, the more you will be satisfied with fewer calories, and the less you will crave fat and high-calorie foods. If you are an adult diabetic, you will likely be insulin-free in no time; if you are on heart medication, your doctor may stop your prescription; if you are planning a June wedding, you will have the dress size you dream of. Fuhrman's meal plan offers recipes for power foods, delicious meals that deliver the biggest bang for the caloric buck. He promises you that you can lose at least thirty pounds in three months without ever going hungry. Moreover, after you try his Six-Week Plan, you will lose your appetite for unhealthy, over processed foods, foods that account for America's having the second-highest incidence of cancer and heart disease in the world.

This is a book that will let you live longer, reduce your need for medications, and improve your health dramatically. It is a book that will change the way you want to eat. But most important of all, if you follow the Eat to Live diet, you will lose weight faster than you ever thought possible.