

Break Free From Dieting—FOREVER!

It's the End of the Road for Paleo, Wheat Belly, Mediterranean, and Low-Fat diets, Calorie Deprivation and Weight Loss Schemes



Fewer than two percent of dieters are successful, meaning 98% are fatter, sicker, and hungrier than ever. Trendy weight-loss schemes and ever-changing fat, carb, and protein formulas offer temporary weight loss fixes at the cost of our long term health. Meanwhile a dizzying array of fad diets—including Paleo, Wheat Belly, Mediterranean, and low-fat diets especially popular now—keep us paralyzed by confusion about what we should be eating, and can be a danger to our health: unsustainable diets often lead to “yo-yo” weight loss and gain, which increase the risks of diabetes and heart disease. Further, all of the confusion about diet plans leads people on a continual, futile search for the one that will work for them, keeping them misinformed, unsuccessful, and trapped in a vicious cycle of food addiction, food cravings, and weight gain.

In **THE END OF DIETING: How to Live for Life**, #1 *New York Times* best-selling author, Joel Fuhrman, M.D., shows us how to break free from dieting once and for all. For the first time, Dr. Fuhrman guides the reader through a healthy eating plan that will help us recalibrate our approach to food, develop new tastes and habits, and promote weight loss in a manner that is a healthy way to live—not another diet.

THE END OF DIETING debunks the misleading science behind popular fad diets and demonstrates that the advancements in nutritional science have removed all controversy in the dieting arena. The preponderance of evidence from nutritional scientists the world over is convincingly clear: the same approach to healthy eating that offers dramatic protection from cancer is the safest and most effective way to achieve a life-long, favorable weight. The nutritarian approach to eating is the last word on dieting and can be adjusted to suit a variety of tastes and food preferences, including those who have no time to cook and those who want to eat some meat. Further, Dr. Fuhrman explains how to eliminate addictive cravings and the emotional triggers behind poor eating habits.

THE END OF DIETING is the definitive book and long-term lifestyle we have been waiting for—a proven, effective, and sustainable approach to eating that can help us to lose fat and maintain a healthy weight, prevent and reverse disease, and reclaim our right to lifelong health.

Dr. Fuhrman lays out all the dietary and nutritional advice necessary to eat our way to a healthier and happier life, including:

- Dieting itself is an addiction in that we repetitively seek out the very thing that harms us.
- The popular Paleo, low-fat Vegan, Mediterranean, Wheat Belly, and standard American diets keep one trapped in a cycle of toxic hunger and overeating, and are potentially harmful.
- The most effective formula for permanent weight control is to increase the nutritional quality of your food:
Health = Nutrients / Calories.
- Foods with a high nutrient density prevent fat storage and can eliminate our cravings for fat, sweets, and refined carbs.
- Eating “nutritarian” means dieting becomes obsolete; weight comes off and stays off; diseases reverse course and disappear; and we live longer, healthier lives.

Dieting is not the answer
Find out more in *The End of Dieting*.

Dr. FuhrmanTM
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