

BIOGRAPHY

Joel Fuhrman, M.D. is a board-certified family physician, seven-time New York Times best-selling author and internationally recognized expert on nutrition and natural healing. He specializes in preventing and reversing disease through nutritional methods. Dr Fuhrman is the President of the Nutritional Research Foundation and on the faculty of Northern Arizona University, Health Sciences division. He coined the term “Nutritarian” to describe a nutrient-dense eating style, designed to prevent cancer, slow aging, and extend lifespan.



For over 30 years, Dr. Fuhrman has shown that it is possible to achieve sustainable weight loss and reverse heart disease, diabetes and many other illnesses using smart nutrition. In his medical practice, and through his books and television specials, he continues to bring this life-saving message to hundreds of thousands of people around the world.

Background

Dr. Fuhrman is a graduate of the University of Pennsylvania (Perelman) School of Medicine (1988) and has received the St. Joseph’s Family Practice Resident’s Teaching Award for his contribution to the education of family practice residents; and a C3 Cardiology Global Health Award for teaching nutritional science to cardiologists.

Dr. Fuhrman also operates the Eat To Live Retreat in San Diego. At this residential facility, people from all over the world come to stay for 4-12 weeks to recover from conditions ranging from cardiovascular disease to autoimmune disease, food addiction and more. They also gain the skills and knowledge to make these changes permanent when they leave the retreat.

A native of Yonkers, N.Y., Dr. Fuhrman is a former world-class figure skater, who placed second in the United States National Pairs Championships in 1973 and third in the 1976 World Professional Pairs Skating Championship in Jaca, Spain. Along with his nutritional expertise, Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and has lectured to athletic trainers and world-class athletes about maximizing performance and preventing injury.

Books and Media

In his hundreds of radio and television appearances, including The Dr. Oz Show, The Today Show, Live with Kelly, and Good Morning America, Dr. Fuhrman has educated millions of people on the long-range benefits of healthy eating. His five hugely successful PBS specials, which have raised over \$50 million for public television, bring essential nutritional knowledge to homes all across America.

Dr. Fuhrman is the author of seven New York Times bestsellers, including his most recent book, Eat for Life (HarperOne, 2020). His other bestsellers include: Eat to Live (Little Brown, 2003); Super Immunity (HarperOne, 2012); The End of Diabetes (HarperOne, 2013); The Eat to Live Cookbook (HarperOne, 2013); The End of Dieting (HarperOne, 2014) and The End of Heart Disease (HarperOne, 2016).

In addition to his New York Times bestsellers, Dr. Fuhrman has written several other popular books on nutritional science which include: Fast Food Genocide (HarperOne, 2018); Eat to Live Quick & Easy Cookbook (HarperOne 2017); Dr. Fuhrman’s Transformation 20 Blood Pressure and Cholesterol (Gift of Health Press); Dr. Fuhrman’s Transformation 20 Diabetes (Gift of Health Press); 10 in 20: Dr. Fuhrman’s Lose 10 Pounds in 20 Days Detox Program (Gift of Health Press); Eat for Health (Gift of Health Press), Disease Proof Your Child (St. Martin’s Griffin), Fasting and Eating for Health (St. Martin’s Griffin) and the Dr. Fuhrman’s Nutritarian Handbook and ANDI Food Scoring Guide (Gift of Health Press).