



HarperOne
An Imprint of
HarperCollinsPublishers

353 Sacramento Street
Suite 500
San Francisco, California
94111-3653

Telephone 415 477-4400
Fax 415 477-4444
E-mail harperone@harpercollins.com
Web Site www.harperone.com

NEWS

A Prescription for Longevity, Disease Reversal and Sustained Weight Loss

--Dr. Joel Fuhrman's New Book is Featured in a PBS Special--

EAT FOR LIFE

The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss

By Joel Fuhrman, MD

As a board-certified family physician and #1 *New York Times* bestselling author, Joel Fuhrman, M.D. is the first to say that doctors and medications cannot grant us good health or protection from disease, rather the best prescription for a long and healthy life—and even reversing common medical conditions—is a nutrient-rich diet.

In his most comprehensive book to date, **EAT FOR LIFE: The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss** (HarperOne; March 3, 2020), Dr. Joel Fuhrman delivers a science-backed nutrition program to optimize our immune system, prevent and even reverse medical problems such as Type 2 diabetes, high cholesterol, high blood pressure, autoimmune diseases such as lupus and psoriasis, and excess weight. This is a bold claim, but science and thousands of success stories prove Dr. Fuhrman's program works.

After treating tens of thousands of patients successfully through nutrition and natural methods, and wanting people to have a clear understanding of what foods maximize healing and our immune system, Dr. Fuhrman developed the micronutrient rich, Nutritarian diet style. Dr. Fuhrman shows that most Americans are deficient in the vitamins, minerals and phytonutrients found in plants (micronutrients) and consume too many fats, proteins, carbohydrates (macronutrients). The result of this standard American diet of packaged and processed foods, excessive meat, dairy, and unsustainable amounts of salt and sugar is chronic disease, lowered immunity, shortened life span, excess weight, diminished energy, and depression. Conversely,

when we consume foods rich in phytonutrients such as greens, beans, onions, mushrooms, berries, and seeds we extend our lives, improve our health, become more resistant to illness and disease, and maintain a healthy weight permanently. Rooted in the latest advances in nutritional science, *Eat for Life* provides the information – and the inspiration – to help readers make the transition to this healthy lifestyle. The book includes targeted meal plans, more than 100 delicious recipes, and 16 real-life stories from people who lost weight, reversed and recovered from disease, and transformed their lives using Dr. Fuhrman’s Nutritarian diet.

While millions of Americans suffer from heart attacks and strokes, osteoarthritis, diabetes, dementia, cancer, and other chronic illnesses, the good news is these diseases can be avoided and even reversed by Dr. Fuhrman’s Nutritarian approach. This book demonstrates that nutritional excellence has miraculous benefits; and with its recipes, proves that it tastes great too.

Eat for Life is featured in a nationwide PBS Special, called **Food as Medicine**.

About the author:

Joel Fuhrman M.D. is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. He is the author of 12 books, including seven New York Times bestsellers, *Eat to Live*, *Super Immunity*, *The End of Diabetes*, *End of Heart Disease*, *Eat to Live Cookbook*, *Eat to Live Quick and Easy Cookbook* and *The End of Dieting*. He is a graduate of the University of the Pennsylvania School of Medicine, President of the Nutritional Research Foundation and adjunct faculty at Northern Arizona University, Health Sciences Division, and health services consultant to Whole Foods Market. Learn more at www.DrFuhrman.com.

EAT FOR LIFE

The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss

By Joel Fuhrman, MD

Published by HarperOne, an imprint of HarperCollins Publishers

On sale: March 3, 2020 | \$28.99 Hardcover | ISBN: 9780062249319

Also available as an eBook and Audiobook