



Fasting-And Eating-For Health: A Medical Doctor's Program for Conquering Disease

By Joel Fuhrman, Neal D. Barnard

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Integrating an age-old health practice with state-of-the-art medical research, a program explains how a natural diet--without fasting--can renew health, how and why fasting works, and specific dietary and fasting programs for overcoming chronic diseases. Tour.

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- Sales Rank: #90864 in Books
- Published on: 1995-08
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 5.75" w x 1.00" l,
- Binding: Hardcover
- 255 pages



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Editorial Review

Review

“Dr. Fuhrman's powerful and practical guidelines apply for conditions ranging from the common cold to serious heart problems. This program provides an alternative to the costly and all-to-common side effects of surgery and drugs.” ?*Andrew Nicholson, M.D., Director of Preventive Medicine, Physicians Committee for Responsible Medicine*

“By individually tailoring nutrition plans based on a case-by-case basis, Fuhrman has treated hundreds of patients with rheumatoid arthritis successfully.” ?*Vegetarian Times*

“This is where the future of medicine should be heading.” ?*Ronald Cridland, M.D.*

“This is neither alternative medicine nor conservative medicine, but rather progressive medicine. Dr. Fuhrman's approach offers individuals suffering from [chronic] diseases the only real chance for a meaningful cure. I have been fortunate to observe many of these outcomes firsthand and can testify to the power of this approach for certain diseases.” ?*James Craner, M.D., M.P.H.*

“Dr. Fuhrman's book is revolutionary. It shows clearly and unmistakably the way to recover health, and could change the prevailing way of treating disease.” ?*Theodore Coumentakis, M.D.*

“If you are lucky, you will read Dr. Fuhrman's book before you have subjected yourself to medications and medical procedures. This book is for those who want to take charge over their health and well-being, and for those who want to embark on a journey toward a more satisfying life.” ?*Don Jeret, M.D.*

“I know that every health seeker in America will want to read this book. It provides a working knowledge of vital information that is currently known to relatively few people. Share it with those you love.” ?*John Pilla, M.D.*

About the Author

Joel Fuhrman M.D. is a board-certified family physician, best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. As one of the country's leading experts on nutrition and natural healing, Dr. Fuhrman has appeared on hundreds of radio and television shows including: ABC, CBS, NBC, FOX, CNN, Today, Good Morning America, the Discovery Channel, TV Food Network, and The Dr. Oz Show. His own PBS television show, "3 Steps to Incredible Health", began airing nationwide in June 2011.

His best-selling book, *Eat to Live*, published in 2003 (Little Brown) has gone through over 20 printings and been published in multiple foreign language editions. The revised version was released by Little Brown in January 2011. His recent works include *Super Immunity* and *Disease-Proof Your Child* and has had published a total of 7 books on human nutrition to date.

Dr. Fuhrman is actively involved in scientific research in human nutrition. His discoveries on food addiction

and human hunger were published in the scientific journal, *Nutrition Journal*, in November 2011 entitled, *The Changing Perception of Hunger on a High Nutrient Density Diet*. Dr. Fuhrman is the research director of the Nutritional Research Project - a project of the National Health Association. Dr. Fuhrman is on the board of directors of the American College of Lifestyle Medicine. He is also a member of the Whole Foods Market scientific advisory board. Dr. Fuhrman is a graduate of the University of Pennsylvania School of Medicine (1988).

As a former world class figure skater, he placed second in the United States National Pairs Championships in 1973. Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and lectured to athletic trainers and world-class athletes for maximizing performance and preventing injury.

Users Review

From reader reviews:

Gary Kruse:

Reading a book tends to be new life style within this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Together with book everyone in this world can certainly share their idea. Books can also inspire a lot of people. A lot of author can inspire their own reader with their story or even their experience. Not only the story that share in the ebooks. But also they write about the knowledge about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors nowadays always try to improve their talent in writing, they also doing some study before they write to the book. One of them is this Fasting-And Eating-For Health: A Medical Doctor's Program for Conquering Disease.

Allison Price:

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Can be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Fasting-And Eating-For Health: A Medical Doctor's Program for Conquering Disease can be good book to read. May be it might be best activity to you.

Ronda Tollison:

Playing with family within a park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Fasting-And Eating-For Health: A Medical Doctor's Program for Conquering Disease, you are able to enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

Robert Denney:

Are you kind of busy person, only have 10 or maybe 15 minute in your moment to upgrading your mind skill or thinking skill possibly analytical thinking? Then you are experiencing problem with the book compared to can satisfy your small amount of time to read it because this all time you only find publication that need more time to be study. Fasting-And Eating-For Health: A Medical Doctor's Program for Conquering Disease can be your answer since it can be read by a person who have those short spare time problems.

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