

What Is The [Fuhrman Diet](#) (Official Website)

The diet known as **Eat to Live** was designed by **Dr. Joel Fuhrman** to help dieters and ailing individuals lose weight fast. The diet is particularly significant to those who have health problems and must lose weight. The Fuhrman Diet is truly a quick and healthy way to lose weight, as he promises you to lose up to 20 pounds in just six weeks.

Books by Dr. Joel Fuhrman

- [Eat To Live – Kindle \\$5.69, Paperback \\$8.83, Audio/CD \\$21.37](#)
- [Eat To Live Cookbook – Kindle \\$16.99, Hardcover \\$20.21](#)
- [Super Immunity – Kindle \\$12.99, Hard Cover \\$17.51, Paperback \\$12.26](#)
- [Eat for Health – Kindle \\$9.99, Paperback \\$15.99](#)
- [Disease Proof Your Child – Kindle \\$7.99, Paperback \\$11.63, Audio \\$14.95](#)
- [Cholesterol Protection For Life – Paperback \\$21.70](#)

The Principle Design Of The Diet

The Fuhrman Diet is based on low-calories and consuming a very rich and high nutrient variety of foods. Dr. Fuhrman's studies proved that those consuming lower calorie meals of nutrient rich foods helped to maintain one's weight. He also found that it could prevent serious health issues like cancer, heart disease and type 2 diabetes; in some cases, even reversing these chronic diseases. His research also advocated that a nutritious low-calorie diet could help one to live longer than those who consume higher calorie meals.

The Daily Habit

One of the reasons I was able to follow the Fuhrman first six-week diet schedule was because I have always been a vegetable and fruit lover. Dr. Fuhrman's Diet is mainly vegetarian, although he allows you to have one serving of fish and one egg white per week. Below is a sample of a daily routine.

Daily Diet:

- 1 lb. of raw vegetables
- 1 lb. of cooked vegetables
- Four servings of fruit
- One tablespoon of ground flax seed oil

Recommended Foods:

- Tomatoes
- Eggplant
- Avocadoes
- Mushrooms
- Green Vegetables

Foods To Avoid:

- Fruit Juice
- Sugar
- Refined Carbohydrates (white flour breads / pastas)

Dr. Fuhrman is a physician at heart and to me his whole persona is to heal the sick. His diet is to above all, help the ill to recover from sicknesses, lose weight, and cure obesity. I am not able to participate in physical exercise anymore and the Fuhrman Diet doesn't advocate it for those who can't, but does support the importance of a regular exercise program to promote good health whatever one can manage.

[Click Here for more samples of recipes and meal plans.](#)

Celebrate The Results

Living longer and healthier! The Fuhrman Diet is education driven – how to make healthy food and exercise choices. Dr. Fuhrman makes these choices easy because of his meal plans and great recipes. Reducing the risk of chronic diseases like cancer, heart disease and diabetes or reversing them is all in the huge consumption of fruits and vegetables. I think that Dr. Fuhrman had this diet in mind for those who were really suffering with health issues from being over-weight and needed to lose weight quickly.

Caution

For those who are hypoglycemic, caution should be considered as the Fuhrman Diet is a low-protein diet and may not be suitable for some. In some cases, symptoms temporarily worsen for those who suffer with inflammatory bowel disease. Even though I have always had lots of fruits and vegetables in my daily diet, I had a short period where the raw vegetables irritated my stomach.

The Fuhrman Diet is not for everyone. It is very restrictive and shuns away from almost all fatty, and sugary foods and eating out. I have to admit that I enjoy a good hamburger and/or a piece of pizza once in a while. I also find preparing some of the meals and some of the recipes very time consuming. They are great, however they may be laborious to those who aren't use to cooking or familiar in the kitchen

Conclusion

The Fuhrman Diet can be a life changing practice. It is not a fad or a short term diet – it is an education for living a long and healthy life. The diet itself is all about nutrition, and eating healthier foods. It can lengthen life, prevent or reverse chronic health problems and at the same time, reduce weight.

While the Fuhrman Diet is great for anyone who wants to lose weight fast or lose weight for health reasons, it may be too restrictive for the long-term; unless they find ways like me, to discipline themselves outside the box. Like I said, "I enjoy a good hamburger and fries and a slice pizza once in a while", and I still have lost over 35 lbs. in about 4 months.

[Click Here for Dr. Fuhrman's official website.](#)

About Dr. Fuhrman

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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 methods. He is the author of seven books on human nutrition including the New York Times best-selling, *Eat to Live* (2003), his newest release, *Super Immunity* (2011), and *Disease Proof Your Child* (2005). Dr. Fuhrman is actively involved in scientific research in human nutrition. His most recent scientific study on food addiction and human hunger was published in the scientific journal, *Nutritional Journal*, November 2010, entitled, "The Changing Perception of Hunger on a High Nutrient Density Diet." Dr. Fuhrman is on the board of directors of the American Academy 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) and has received the St. Joseph's Family Practice Resident's Teaching Award for his contribution to the education of residents. In

addition, Dr. Fuhrman speaks to other physicians at hospital grand rounds and provides nutritional education to physicians for CME credit.