

Eat For Health

Joel Fuhrman, M.D

Excerpt from the Book

YOU ARE THE CURE

I have been part of the medical community as a family physician for more than 20 years, and I can tell you that drugs and doctors cannot grant you excellent health and protection from disease and suffering.

Almost every doctor knows this. The most effective healthcare is **self-care**.

Reading this book, practicing the plan, and mastering its techniques will provide the best possible self-care: **superior nutrition**.

The superior nutrition I'm describing can prevent and even reverse most medical problems within three to six months. This is a bold claim, but the facts, supported by scientific research and literature, show that most medical problems and medical tragedies we face in the modern world are the result of nutritional folly.

Our American diet has resulted in a sickly nation with the majority of people taking prescription drugs by the time they reach the age of 50. Your body is made of the foods you have eaten, and when you eat the standard American diet (SAD), you get the diseases that most other Americans get.

Forty percent of Americans die of heart of attacks and strokes. You don't have to be one of them. Twenty-eight million Americans suffer from the crippling pain of osteoarthritis. You don't have to be one of them. Thirty-five million Americans suffer from chronic headaches. You don't have to be one of them. You simply do not have to be sick.

We consider it normal to lose youthful vigor in our thirties, carry 30 to 40 extra pounds, live with chronic illness in our late forties and fifties, only to live our last decades completely dependent on others. This should not be considered normal. This is the result of a life-long pattern of unhealthful living and misguided information.

We should look forward to enjoying an active life into our nineties. This seems like an outrageous expectation because most people spend a lifetime consuming an inadequate diet.

They have yet to make the connection that we are what we eat and that ill health in the later years of our lives is the result of our earlier, poor choices.

Most of the thousands of patients I have treated first came to my office unhappy, sick, and overweight, having tried every dietary craze without success. Many, following this educational program of superior health and weight loss, shed the weight they always dreamed of losing and kept it off. For the first time in their lives, they had a diet plan that didn't require them to be hungry all the time.

Most importantly, they were able to eventually discontinue their medications. When you learn and follow this program of eating it is possible to:

- Never have a heart attack or a stroke.
- Avoid dementia in later life
- Dramatically reduce your chance of getting cancer
- Prevent and heal digestive problems such as reflux, dyspepsia, constipation, and hemorrhoids
- Prevent and often resolve erectile impotence, high blood pressure, and other circulatory impairments
- Prevent and reverse diabetes (Type II) and high cholesterol, at first lessening the need of drugs and eventually resolving these conditions
- Age slower, live longer, and maintain youthful vigor, intelligence, and productivity into the later years.