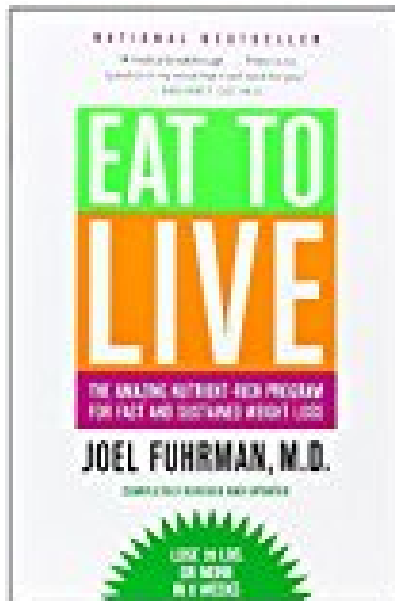


Eat to Live The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss Revised Edition



BOOK DETAILS

- Author : Joel Fuhrman
- Pages : 400 Pages
- Publisher : Little, Brown and Company
- Language : English
- ISBN : 031612091X

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BOOK SYNOPSIS

Hailed a "medical breakthrough" by Dr. Mehmet Oz, EAT TO LIVE offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrmans revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. EAT TO LIVE has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrmans nutrient density index; up-t-date scientific research supporting the principles behind Dr. Fuhrmans plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off.

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