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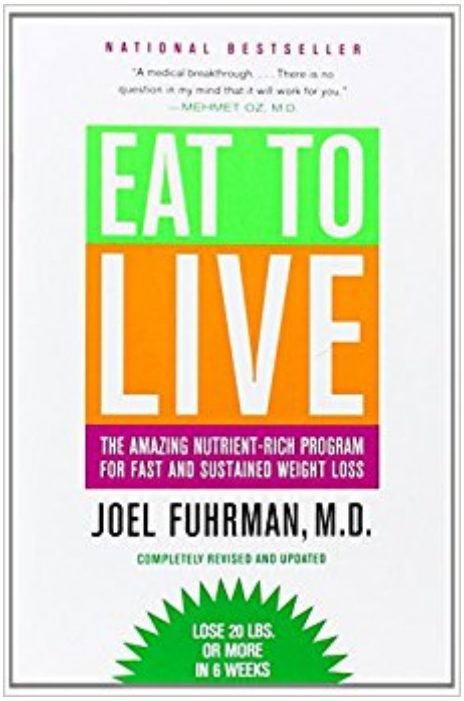
Eat To Live: The Amazing Nutrient-Rich Program For Fast And Sustained Weight Loss, Revised Edition



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Synopsis

The Eat To Live 2011 revised edition includes updated scientific research supporting Dr. Fuhrman's revolutionary six-week plan and a brand new chapter highlighting Dr. Fuhrman's discovery of toxic hunger and the role of food addiction in weight issues.Ã Â This new chapter provides novel and important insights into weight gain. It explains how and why eating the wrong foods causes toxic hunger and the desire to over consume calories; whereas a diet of high micronutrient quality causes true hunger which decreases the sensations leading to food cravings and overeating behaviors.Ã Â It instructs readers on how to leave behind the discomfort of toxic hunger, cravings, and addictions to unhealthy foods.New recipes and menus are included as well as new and updated Frequently Asked Questions.This is a book that will let you live longer, reduce your need for medications, and improve your health dramatically. It is a book that will change the way you want to eat. Most importantly, if you follow the Eat To LiveÃ¢â Â¢ diet, you will lose weight faster than you ever thought possible.

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Customer Reviews

In this new edition, which incorporates the latest scientific nutritional data, Fuhrman's restrictive diet plan is designed for clinically overweight people who suffer from a spectrum of lifestyle/obesity-induced conditions like diabetes and heart disease and need to drop a significant amount of weight fastÃ¢â ¬â •about 20 pounds in the first six weeks. The basis of Fuhrman's

program is Nutrient Density, expressed by the simple formula health equals nutrients divided by calories. Fuhrman’s "secret" to optimum health and permanent weight control is giving the body only what it needs. An aggressive six-week vegetarian plan segues into a regimen that includes a limited amount of animal products, like lean fish or egg whites once a week. Although proven and sound, this guidebook is not for someone who wants to lose those last 10 pounds or fit into her wedding dress; this is a serious undertaking for dieters whose umpteen previous efforts have failed and whose health is endangered. (Feb.) (c) Copyright PWxyz, LLC. All rights reserved.

Americans spend more than $40 billion annually on diets and weight-reducing programs, many of which work temporarily, fail, or may be dangerous. FuhrmanÃ¢â ¬â„¢s nutrient-packed, healthful approach to nutrition combined with quick weight loss can be expressed in this equation, health=nutrients intake/calories intake. The more nutrient-heavy the intake, the less caloric and more healthy it is. Encouraging, engaging personal stories from FuhrmanÃ¢â ¬â„¢s treatment of over more than 10,000 patients demonstrate his supposition that eating ever-larger portions of healthful, high-nutrient foods decreases desire for low-nutrient foods, loosening their addictive hold on people. Pictures work effectively in this newly revised update of a nutrition-weight control classic. Drawings show, for instance, the stomach-filling efficiency of 400 calories of high-nutrition intake versus 400 calories of high-fat and oil consumption, which leaves a nearly empty stomach hungry. With FAQs, glossary, end notes, and an index for user friendliness. Pass the eggplant! --Whitney Scott

So here’s the thing. I want to write a bad review because that is what my toxic food addicted body/brain wants me to do and I almost gave in and did it. Then I stopped, ate some toxic food and went to bed. Woke up and finished the book and then decided to write the truth without regards to my fight against the American toxic diet.I want to keep eating poorly because it tastes good. I want to eat cheese and as much as I can and at anytime. I want to continue eating luscious breads anytime I want and as much as I want. I want to eat sweets without reserve. I love butter. Cereal and milk. And pizza.And that is just the short list.And I’m miserable with my weight because of my excess and eating whatever I want. Breads, sweets, dairy, meat sometimes. But my toxic body revels in it. And I am normal, unfortunately. And I want to stay normal at all costs. And yet normal is miserable, for me, at least.So reading this book for the second time I am faced with the fact that in order to be where I want to be: healthy and fit, I can either change or stay the same or be somewhere in the middle. I usually go for the somewhere in the middle and then end up going back

to the same, but I never really change.This book is about change. It is about eating mainly vegan - no matter what the other reviewers say - it really is about veganism. I have always been jealous of vegans = because it is the hardest thing a normal eating person can be.This book advises against all animal products - no matter what other reviewers say. Furhman states over and over that animal products are bad for the human body, toxic to the liver, great for cancer and fat, bad for humans. Yes, he does say that over and over, and then a sentence will come up here and there stating you can have a little fish if you are this kind of person or you can have some meat twice a week if you are that person, but really, he wants you to be vegan. No animals products. Sigh. NO CHEESE.He hates cheese. Really, it really bugs him. Not once does he ever say, you can have cheese if you are that kind of person or this kind of person. I guess cheese is really bad. Uggh. My toxic body is crying - don't stop the cheese, please. I just had a cheese sandwich - luscious bread, too much cheese, swiss and cheddar, some lettuce, a bit of processed turkey, mayo, mustard, italian dressing. Sometimes I add tomato and cucumber (to appease Furhman).He states over and over a lb of greens and a lb of vegetables per day. He does tend to mix things up and kind of says one thing then changes it a little then goes back to what he said earlier, so he goes in circles at times to where you are not really sure what you should do. That does sort of drive you crazy in trying to figure out what exactly you should do. But I do know this is what he really is trying to say: to be healthy, you must stop the bread, stop the pasta, stop the sweets, stop the cheese, stop the milk, stop the meat, stop the fish, stop oils, stop diet sodas, stop over eating - just stop.To lose weight: eat vegetables, eat fruit, beans and nuts in smaller amounts, oatmeal is acceptable also (I think). Again, it depends upon the page.He does sell a lot of products on his website and they are expensive. But it all looks healthy and good.If you are strong enough this diet/way of life, can really change your life, I truly believe this. I didn't give it 5 stars because it is so restrictive - but that is not necessarily bad, I'm just kinda weak battling my food demons. And I must be jealous of Furhman, in some way, so the penalty is 4 stars when he probably, most likely, deserves 5.

So, six weeks later and I'm done the first stage of Dr. Fuhrman's "Eat to Live" diet. I'm really excited about this diet and thought I'd spread the word. This looks a bit like some sort of infomercial but I promise you I'm not getting paid for this, and these questions are a big summary of the ones I've been getting for the past 6 weeks.What is this diet?In short, it is six weeks of vegan food with no booze, caffeine, salt, or fat. That means no olive oil, nuts, or fatty things that are still good for you like avocados. After 6 weeks you transition to a diet that can include meat and alcohol plus days where you can eat whatever the heck you want. That's where I'm going now.Why did you go on

it?My cholesterol was too high. I was slowly putting on weight and not liking the way I looked. I was sick of pretending that doing nothing was going to work.Does it work?In short, yes. I lost a total of 24 pounds in 6 weeks. It kind of blows my mind that I still don't look the way I want and I had 24 pounds on TOP of that. That's what years of gradual weight gain will do to someone I guess.Do you get hungry?Actually, no. This one surprised me the most. The basic premise is that you should eat 1 pound of raw vegetables, 1 pound of cooked vegetables, and 1 cup of beans a day. Think about that, it is a lot of food (you can also add more to that as long as it is healthy stuff). I often had trouble finishing the meals I was supposed to eat.What do you eat?Breakfast consisted of a bunch of fruit or some oatmeal a few times a week. Lunch was pretty much always an enormous salad. Dinner varied and I learned to cook a lot of different things and make extra for leftovers. I'd usually have a small(er) side salad, some sort of main entree (beans, mushrooms, some sort of fat free sauce), and some more veggies. You're allowed a little bit of bread now and then (as well as some starchy vegetables) so I never got massive carb cravings or anything.Do you get enough nutrients?Yes. This was a big eye opener for me, but I never realized how much protein is actually in vegetables. Calorie for calorie, vegetables have WAY more protein than meat. That is why you have to eat huge salads though, you need to eat more to get the same amount of protein in chicken or steak, for instance.What would you change about the diet?Some of the recipes in the book are rather ridiculous. I spent 4 hours cooking his "famous" anti-cancer soup and if I never have that crap again I'll be a happy man. Also, he kept wanting me to have simple green salads that I would soak in orange juice. Um...no thanks, I'll pass. So I bought the fat free balsamic vinagrette at Trader Joe's ate that with all of my salads (only 25 calories per serving). I probably had a pinch more salad and fat because of it but it was worth it to me to have food that tasted normal. I ended up getting a lot of my recipes online through google searches for "eat to live recipes".Can you go out to eat?Basically no. I did a few times and it was always depressing as the options were basically crappy salads with no dressing. I can get that at home. Some Ethiopian and Indian places had barely passable options but that was mainly with my eyes closed pretending that there was only a bit of oil in them. Stay home if you can manage. He mentions that some people live on this strict diet the rest of their life. Personally, that seems insane and I could NOT do that. I really miss going out to eat.What was the hardest part?Going out with friends. Life is based around food and alcohol. I figured I could plow through 6 weeks of it, and I did, but it was NOT easy. Not eating wasn't a big deal, and not eating most of the food was OK too, but not doing both was basically torture.Now what?Well, I move into the "rest of my life" diet. That means eating basically what I've been eating the last 6 weeks for the majority of my meals (especially easy for breakfast and lunch by myself at my desk at work). The

rest of my meals I can eat a healthy non-vegan meal or splurge and get what I want. My weight should drop a little more, just more slowly, and then level off. You can also drink at this point. That will be a welcome relief. I'm also really glad I learned how to cook really healthy food. I actually learned to love to cook which was a lot of fun.Why do you recommend this diet?1) it works.2) the books is really good and educational. I would recommend it even if you don't go on the diet. It really breaks down why it works and the science behind it. It also takes a really objective look at other diets which, in the end, made me not want to try them.3) I was never hungry4) It gave me a lot of tools I can use the rest of my life to make better and more informed decisions.So, that's it. I know this whole things sounds ridiculous and corny, but I've really never felt so damn awesome and enthusiastic before. It was hard in some ways, as people really do want to find reasons to get you off a diet. The temptation to cheat can be intense, but I stuck to it, and feel great. Mind you, I'm dying for a martini, but in the end six weeks wasn't the worst thing in the world.

I am a southern girl. Understand, we FRY everything! I am a chocolate gravy and biscuits with butter, kind of girl. But in 2010, I was diagnosed with RA and several other autoimmune diseases. I existed for the next 5 or 6 years, until I decided I'd had enough to the horrible side effects of the drugs used to manage the conditions. I found this book as I was searching for answers. In 2013, I tried this diet for 6 months, when I didn't feel it was happening quickly enough, I gave up and went back to my longing for the former foods. Finally in 2015, I decided to commit long term. After more than a year, I am off all my RA meds! I'm feeling better without out them than I did on them! If you can commit, and push past the initial food cravings you can succeed on this plan. Also, as a side effect of this plan, I have lost over 40 lbs, and have been told I look about ten years younger, but my favorite compliment is that I "look healthy!" I think sometimes we need a reason why, and when you have a serious health condition, that can be the "why." I really don't cook much anymore, but I have learned to enjoy foods that I used to tolerate, and I can tolerate the ones I used to hate! My enjoyment of the food I eat has increased greatly. Just try it for 6 weeks, it just may change your life!

Dr Furhman is a blast; he lays things out perfectly for you and is not tied to the complete vegan or vegetarian diet, which doesn't work for everyone. But he will tell you exactly what you need to do to reclaim or maintain your health! Awesome. I've read it twice and recommend it often. Not a glitzy book with glossy pictures, just plain information that can benefit anyone!

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