

# Eat for Health: Lose Weight - Keep It Off - Look Younger - Live Longer



Dr. Fuhrmans scientifically proven system Eat For Health enables you to finally conquer your cravings and food addictions, while steering your taste buds toward healthier food choices. Medical research proves that this is the most effective weight loss method ever studied. But be aware of the side effects...you may experience reversal of diseases such as heart disease, high blood pressure and diabetes, and you will feel better than ever before! In this two-book set, you are introduced to Dr. Fuhrmans MANDI\* food and meal scoring system, with four phases of meal plans and fantastic recipes. Start where you are comfortable and progress at your own pace or jump right in to phase four to maximize weight loss and optimize the therapeutic effects for disease reversal. Book One of Eat For Health, the primer, teaches you how to transform your thinking about health and disease. Book Two of Eat For Health, the menu planner and cookbook, gives you a step-by-step plan for making this manageable for you and your family. Plus with over 100 great-tasting recipes, you'll be amazed at how satisfying healthy food can be! Remember...the prescription is nutrition. -Joel Fuhrman, M.D.

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physician who specializes in preventing and reversing disease through nutritional and natural methods. He lives in New York City.

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