



Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss

Joel Fuhrman

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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 Fuhrman's 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. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's 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.

Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss Details

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Elisa says

Eat To Live took everything I have learned about nutrition and put it all together. It was great. I do have a couple of problems with it, but I am still following the basic program outlined, just with a few tweaks.

Problem number 1: Nothing is said in this book about food combining. I don't agree with eating fruit with other foods besides greens.

Solution: Just eat the fruit first thing in the morning by itself, or a few hours after eating a meal. Easy.

Problem number 2: I don't agree with the suggested soy intake. Soy in Tofu is highly processed, and most soy out there is genetically engineered. No Thank You. Also, soy can wreak havoc on a Man's estrogen levels.

Solution: substitute almond milk for soy milk, and just plain avoid soy.

Those are the only problems I can think of. Other than that it was a great book.

I do recommend buying his newer Eat For Health books. If you can read Eat To Live and the other books also, then you are set up well. If you can only purchase one, get the Eat For Health. The second book is full of recipes that make this way of living/eating doable. I have loved every thing I have tried in that book.

Happy Healthy,
Elisa

Lisa says

Eat to Live is such a life changing book!!!! It's changed the way I look at food. This isn't a fad diet book. It's a book that examines the American diet and exposes it to the truth it really is.....disease causing.

Now here is the downside to the diet:

1. It's extreme compared to the American diet so unless you are very motivated to change, the diet will prove to be foreign and challenging.
2. Since no one really eats like this, it's hard to find healthy options when you go out to restaurants.
3. It can get expensive. Although it's not necessary to buy the most expensive blender, you will eventually need a vita-mix (\$500) and probably a juicer (\$200). Also, most of your grocery items will be produce. Lots of produce!!! That can be costly.
4. Recipes are provided in his book but most are not quick and easy. You can become a member on his website to access more recipes but there is a small fee and his website is gimmicky.

This isn't a diet you go on for a few weeks. This book will re-educate you in terms of what is healthy for our bodies. I'd also recommend the McDougall diet (easier to follow and many recipes are free on his website).

Also check out the "Engine 2 Diet" and "Forks Over Knives" (book or documentary).

Now for the horrible news. This diet goes against the grain so much, I feel it sets many people up for failure. It is almost like a fad diet because it's so extreme and hard to maintain. The diet itself is perfect. You can feel a real difference to your health. However the world in that we live in makes it so hard to eat like this. For months I had nothing but greens, beans, greens, fruit, nuts and more greens. Although I changed my taste buds to actually enjoy this food, the second I ate a cookie or a slice of pizza I was like an addict who hadn't had heroine in years. I would lose control so much. I'd go on binges and eat horrible. I lost sight of so many things. When making a choice between a turkey sandwich or a cheeseburger, I'd opt for the cheeseburger because in retrospect, both items do not follow his diet and deemed equally unhealthy. I followed or rather tried to follow this "diet" for over a year and I would yo-yo from gaining and losing 10 pounds. I simply couldn't stick to it.

So why the five stars? It really is the ultimate way to eat. If you are suffering from health issues, it will most likely cure them. If you're a cancer or surviving cancer patient, it will have unbelievable amounts of benefits. I still try and follow it with the ultimate goal of eating like this full time in the future. It will take time though.

Alisa says

This book changed my life in a big way. I read it 6 months ago or so and was astonished to read about real nutrition and how it is different than what the government recommends we should eat. In fact, it is very nearly opposite. In all honesty though, I was skeptical but decided to give the 6 week plan a try. Basically you change your food intake to include plant based whole foods and remove all animal products and processed food. It was difficult and I fought intense cravings, but he claims it works and so I kept going. In the first week I lost 8 lbs and have continued to lose steadily and am now 25lbs down. All without exercise! (he doesn't endorse that, it's just that I haven't) I recommend it to everyone. Besides having lost weight, I have TONS more energy, my skin looks healthier, I no longer experience guilt with eating, and I don't have cravings. I am in total control and it feels awesome.

Crystal Starr Light says

Bullet Review:

300+ pages of "Eat my diet and watch the pounds slide off". Granted, we need to get back to eating more fruits and vegetables, but I wonder how practical this diet is and how likely people will stick to it. I'm also not a fan of how Fuhrman nearly promises that this one-size-fits-all diet will miraculously get rid of all medications a person is on and eradicate as varied diseases and ailments as asthma, cancer, diabetes, and IBS. He insults people who don't want to get on the diet as being lazy and suicidal. Not to mention, this guy says he's no writer, and it's 100% true. There is so much repetition in this book, you could easily have cut out half and not missed a thing.

There are also recipes in this book. Some look decent, some look weird (Fuhrman's Anti-Cancer soup made me roll my eyes) and some are so basic, I wonder why bother. (Making a milkshake or a salad, for instance.)

I did like his advice to eat more fruits and vegetables and less processed foods and animal products isn't bad. I also like how Fuhrman emphasizes that this is a lifestyle change, not just something you adopt to quickly lose pounds and then get back to your regular eating pattern. So my 2 stars goes for these two items.

But honestly, I can't recommend this book. It's too repetitive, too insulting, too rigid, and not flexible enough for people of different health. (It's only during the final Q&A that he even HINTS that the plan may need to be modified.)

Do not spend money on this; use common sense. If you want to lose weight, get back to the basics and cut out the processed food.

There, saved you \$15.

Alanna says

I'm only giving this four stars until I can try it for myself and see. If I like it, I'll up it to 5 stars later.

Basically, Fuhrman's theory is that we should be eating mostly vegetables, fruits, beans, and nuts. Everything else (dairy and meat, oils and fats) is mostly not very good for us. A little bit is okay, but not much, whereas it's nearly impossible to overeat fresh produce. He recommends a six week period of only eating the good stuff in order to cure your body of the addictions we have to the bad stuff.

According to Fuhrman, if you stick to this diet, you're more likely to avoid most of the major diseases Americans (with all their obesity) are so susceptible to: heart disease, diabetes, cancer, and more. Since ALL of these run in my family, I figure it couldn't hurt to be pro-active about trying to avoid all these and instill good eating habits in my children so they can avoid these problems, too. This diet is pretty extreme, so I won't go around recommending it to everyone. But I do recommend reading the book and seeing what you think of his ideas yourself!

Craig and I will be trying it starting on Sunday-- wish us luck!

*Update: I never got around to reporting on the results, but they were AWESOME. I lost 17 lbs during the 6 week plan, and then on the slightly less strict plan, continued on to lose at least 10 more. And my husband lost even more than I did. It was so lovely being my skinny self again! Unfortunately, now I'm pregnant and packing it all back on again, but after the baby comes, I'll be re-reading this book and recommitting for sure!

Miranda (M.E.) Brumbaugh says

This is a wonderful guide for anyone interested in eating healthy by sticking to a diet full of vegetables and fruits. It is not just a diet book, but a lesson in nutrition. The best part about the book, though, is all of the recipes and ways to incorporate fruits and vegetables into your everyday. Everything from ice cream made from only fruits and nuts to purees of lentils and vegetables to use as a veggie dip.

Here are the basics of the nutritarian diet:

Very limited meats including fish or meat products including eggs or dairy.

Very low in grains/starchy vegetables: only 1 cup of either one per day.

You do have 10 percent of leeway each day for 100 to 150 spare calories for things like oil, sweets, and the occasional dairy product, but if you want to lose weight "just say no"

The bulk of your diet is vegetables, particularly green ones. The author says to eat 1 lb of raw veggies and fruits and 1 lb of cooked v/f each day. At least.

So while you don't starve in the fact that you don't cut calories so to lose weight, you are eating a heck of a lot of fruits and vegetables so you stay full. And you are still going to lose a lot of weight, an estimated 1-2 lbs per week, until your body is the size it is suppose to be. And in exchange, you get a great amount of nutrients so your body and mind are able to function at peak performance.

More information:

A nutritarian is a person who has a preference for foods that are high in micronutrients. Nutritarians eat a diet rich in fruits, vegetables, nuts, seeds, onions, mushrooms, beans, and berries, and particularly consume leafy greens, which are the most nutrient-dense foods. A nutritarian strives to consume at least 90% of their diet from these foods.

The term "nutritarian" was coined by Dr. Joel Fuhrman. In his book, Eat to Live, he offers this health equation, which also serves as a succinct summary of the nutritarian approach to health:

Health = Nutrients/Calories (or H= N/C for short).

In other words: the more nutrients you consume per calorie, the healthier you will be.

(Source: Wikipedia)

Elias says

The nutrition/eating book I recommend to the majority of my patients, and one of the only nutrition/eating books I recommend to anyone, since it's one of the only ones that doesn't require a major suspension of disbelief when it comes to physiology. The book gives a solid foundation in nutrition and foods and helps you understand why you're making the food choices you are. Requires a major lifestyle change for most people, but with serious payoffs -- I lost 50 lbs, went down 3-4 pant sizes (around 6 inches), normalized blood pressure and cholesterol, and became "normal" weight according to BMI standards for the first time since I entered high school.

For parents and families I recommend Disease-Proof Your Child.

April says

Life changing for me. It's marketed as a diet book and I NEVER would have picked it up based on that but Jenna swore it would change my life. . .and it did!

This book is great because it provides basic nutrition information and provides summaries of medical/health studies to help educate you and provide motivation to eat healthy. You can tell me a million times to eat my fruit not drink it but if you tell me exactly what happens in my body suddenly I think "Oh! I don't want to do that" and I don't want to drink juice anymore.

Dr. Fuhrman has read HUNDREDS of medical studies and condenses his findings so that I don't have to go read them all. He also debunks a lot of the fad diets out there. If you're LDS, you might think, "gee a lot of this sounds familiar." I re-read the word of wisdom and was shocked to realize how much I WASN'T living the part that was about what we SHOULD be doing.

Wonderful motivator, wonderful education tool and even though I didn't intend to use this as a weightloss tool, I lost 15 pounds this summer! Take into account that I was still losing baby weight and was nursing but I didn't increase my exercise, I was swimming 2-3 times a week, and just increasing my fruits/veggies consumption and cutting out a lot of meat, dairy & unrefined foods made all the difference!

Jesse Aaron Barnhart says

Listen, I've read a lot of diet books in my day because I'm a lazy fat guy who has a "health blog" as a side project so I have to review some of these diet books. If you want to lose weight and be really healthy--read this book, it has a chance of changing your life.

However, the moment you step into the world of Joel Fuhrman realize you're stepping into a infomercial. I mean, yes, his book is full of valid research and tips that are extremely useful to get you to lose weight full of testimonials on how to live a healthy life style, but as he's trying to save your life you can sort of tell he's look'n to make a buck, too. The health and diet industry is huge with a lot of money to be made, believe me I blog about it. Joe Fuhrman is one of these guys, but don't get me wrong, I do think his diet is the most intense and most probably successful diet you'll ever see--it's just extremely intense and requires some intestinal fortitude to walk away from the world of food and gluttony as you know it, and live a mostly fruit and vegetable based diet that extremely limits meat and cheese--yes, this will be tough my fellow Americans.

I also want to mention that this book should be listed under "Horror" because every bit of research is about how you're going to die of cancer, heart disease, or some other disease because you eat a modern western diet.

Stephanie says

Things I learned from this book:

- olive oil is NOT a health food
- cancer is a fruit- and vegetable-deficiency disease
- 2% milk is 35% fat (by weight it is 2%, which is irrelevant)
- fruits/veggies contain THOUSANDS of phytonutrients that make them superior to any derivative foods i.e. fruit juice, apple sauce... further proof that the whole is greater than the sum of its parts
- all medications are toxic to varying degrees, whether side effects are experienced or not
- not all proteins are alike; proteins from plants lower cholesterol while animal proteins raise cholesterol
- health = nutrients / density
- frozen veggies are healthier than canned because they are flash frozen, no sodium added

Heather says

So, this book almost convinced me to become a vegetarian. It is very well written, but a tad preachy. The author does a great job explaining why vegetarianism is good for you, but then goes on and on about how dumb you must be to not believe him. Or something like that.

I was shocked to learn the nutritional value of some foods. I had no idea lettuce had protein or fat. I loved all the tables which showed me how ignorant I've been my whole life on the real make-up of food.

I thought he used research and personal stories effectively. I didn't think he explained the actual diet very well though. I needed more recipes or meal ideas. Dumping a box of frozen broccoli on top of a large salad with no dressing just isn't going to work in this family. My kids would starve to death rather than eat it. And frankly, so would I.

I tried this diet whole-heartedly for almost 2 weeks and hated it. I had horrible headaches the first few days but then I felt great and I lost several pounds. But I wasn't happy eating crappy food. Again, I think I just needed better ideas on what to eat.

So, I've taken his suggestions and done a lot of research on the internet and found some recipes and we're slowly working on becoming more vegetarian. We're trying to cut back on meat and dairy and will eventually get rid of them all. Or most of it. I'm happier eating a large salad for lunch with a little bit of dressing. I feel great eating so much more fruit and vegetables and the family is willing to try lots of new things. And I've kept off the initial weight I lost and have lost a few more besides.

Overall, I think this is a valuable book with some great information. The presentation lacks a bit, but I can live with it.

Celeste says

This is one of those books that you don't want to read because it might be true, and then you read it, but you don't want to try it because it might be true, and then you try it, but you still don't want it to be true because if it were true, you'd have to change your lifestyle, and after you changed, you know that you'd never want to go back to your previous bad eating habits because you'd feel fabulous, lose a ton of weight and be disease free for life - if it's true. Most of the premises in the book rang true to me with things I've learned in college about diet and nutrition, and much of it is in line with the Word of Wisdom (health code that the LDS church follows). I don't think I'm ready to be quite so strict, especially with animal products, but I definitely do feel more equipped to make healthful choices.

Lee says

Dr. Furhman's book starts with a hand full of principles that are helpful to losing weight and then ventures out into lala land with a hypothesis for a vague and unbacked theory about nutrition (H = N/C where H is health, N is nutrition and C is calories) for which he has zero empirical evidence. Using this formula, he

extends the principles he brought in past any reasonable application to a point of extremity that is likely to be counter productive for people trying to lead a healthy lifestyle.

Along the way he cherry picks his data, uses citations in a misleading fashion and uses what is known in the advertising industry as a hypnotic writing style which is aimed at getting the reader to accept unquestioningly the claims of the book. Dr. Fuhrman would have us 'Buy the book, read the book, make the commitment' and guarantees that we will lose weight and be healthier. The cardinal problem is that despite all of his anecdotes, he does not have a single empirical study to suggest that someone following his plan will be able to stick to his plan and lose weight with any better odds than the other diets that he criticizes.

Sarah says

**Originally I gave this a 3 star rating. Make sure to see the update below.

I know, I know, only a three? Nothing personal to the author, it was a ton of good info and I will never think of what I eat the same way again. I've been practicing it this week, but have yet to get on the scale. I think I have definitely lost weight though. I'm just not a non-fiction lover to be bluntly honest (I agree there is good info, just not what I jump excited at.) This book could have been MAJORLY condensed. In fact, I will do it for you right now. Eat Fresh Fruits, Vegetables, and beans. Stay away from animal products, dairy, and refined flours and sweets. You may have a very limited amount of whole grains. You will see dramatic weightloss and your health will significantly improve as those banned (for the most part) foods are what give you cancer, heart-disease... and just about any other disease you can think of. You can eat as much of the fruits and vegetables as you want, pretty much, only limiting starchy vegetables. There you have it. Anyway, I have been trying it for a week and am surprisingly stuffed all the time. We'll get on the scale tomorrow to see.

**UPDATE- 1st week lost 4.2 lb! About double the most I have ever been able to lose in one week of hard effort. Woo hoo!! I'm a believer!

Kate Merriman says

This is NOT about a diet. Which is what all the diet books say, I know, I know. I believe this truly is the exception, focusing on nutritional excellence, disease prevention, and backed by serious research.

If you ever had a suspicion that there was something really wrong with a 100-calorie portion pack of cookies getting a "thumbs up" from your weight loss group leader, or felt kind of freaked out that a doctor was recommending several months of protein shakes laden with fake sweetener, then this dose of reality will be an enormous relief and sanity saver.

I call Dr. Fuhrman a "nutritional bad-ass" because he doesn't construct a plan in order that the largest number of people would be able to adhere to it; rather he constructs a plan that will give you maximum nutrition - even when that is not the easiest thing to adhere to. That said, he describes what to expect (taste buds that alter to prefer the healthier choices, detox symptoms that resolve damage if you ride them out) and, again, backs it up with completely solid evidence.

I admire how he doesn't fear big pharma or the FDA but just speaks truth. It resonated with me completely when he called the Standard American Diet "perverted" - it is! And there's not a single reason to not grab optimal health. It is subversive and awesome.
