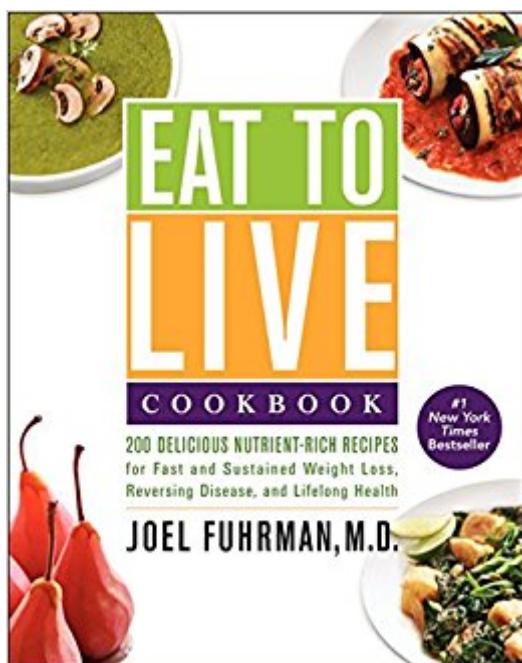


The book was found

Eat To Live Cookbook: 200 Delicious Nutrient-Rich Recipes For Fast And Sustained Weight Loss, Reversing Disease, And Lifelong Health



Synopsis

Do you want to eat delicious food that allows you to lose weight and keep it off permanently without hunger or deprivation? Do you want to throw away your medications and recover from chronic illnesses such as heart disease, high blood pressure, and diabetes? Do you want to maintain your good health, live longer, and enjoy life to the fullest? If you said yes to any of these, then the Eat to Live Cookbook is for you. Through his #1 New York Times bestselling book Eat to Live, Joel Fuhrman, M.D., has helped millions of readers worldwide discover the most effective, healthy, and proven path to permanent weight loss. Now the Eat to Live Cookbook makes this revolutionary approach easier than ever before. Filled with nutritious, delicious, and easy-to-prepare recipes for every occasion, the Eat to Live Cookbook shows you how to follow Dr. Fuhrman's life-changing program as you eat your way to incredible health.

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Customer Reviews

JOEL FUHRMAN, M.D., is a board-certified family physician and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is the research director of the Nutritional Research Foundation. He is the author of several books, including the New York Times bestsellers Eat to Live, Super Immunity, Eat to Live Cookbook, The End of Dieting, and The End of Diabetes. ROBERT PHILLIPS was a Vice President at Merrill Lynch suffering with sarcoidosis, a serious health condition that effected his breathing. Six months after discovering Dr. Fuhrman's approach, his condition was completely reversed, and he quit his job at Merrill Lynch to help launch Dr. Fuhrman's member support website.

Robert continues to write and conducts research at Drexel University in the field of Social Energy. Robert lives in New Jersey with his wife, Marcia and two children, Joseph and Jacob. He has two other grown children, Joey and Jennifer.

I think this is a great place to start if you want to test the waters a bit and see what eating nutritarian is all about. The first 30 pages have everything you need to get started. It won't require the all out chaos in the family meal plan - occurring when the family is forced to eat what you are eating; rather, you can fix any one of these fantastic recipes as a side dish and skip the main course. They will like it too. If you aren't familiar with what Dr. Fuhrman teaches, there is enough instruction in the book to get a good overview. I didn't begin to eat greens regularly until 3 years ago when I started following the Eat to Live plan. Now, they are a normal part of my diet and I don't think twice about it - I wish I had THIS cookbook in 2009! There are a couple of points that should be emphasized. First, he clearly explains that it's better to add vegetables and fruits to your diet than to be overly focused about organic/GMO/etc... Not that these are unimportant, but if cost or availability is a concern, eating regular versions of these vegetables is far better than skipping. He points out that most science studies cited for health benefits used conventional varieties of vegetables and fruits. There is an excellent guide on which produce is most likely to have pesticides and it can help you focus limited budgets where it will be most healthful. All the recipes for diabetes and metabolic disorder are clearly marked. Next, he and the 6 guest chefs created guides on how to select the best vegetables, etc... These are throughout the book, so if you don't know what to look for or how to make the perfect selection, there's help doing it along with many other tips and tricks. These are sprinkled within the recipes and most are set apart from the text in green highlight or boxes. As well, if you don't know how to sauté with water or prepare an artichoke, it's here in easy to follow directions. He even has a guide to spices! One helpful hint if you're not accustomed to eating fresh vegetables daily - start slow when shopping. Until you get the flow of fresh greens and vegetables, buying too much at one time will result in too much ending in the compost pile or disposal. Once you get the hang of it, you'll have a good feel for when and what to buy and you are in and out of the grocery store with just a few things. If you spread that out with some of the recipes made of staples, or soups and stews which can be stored/frozen, you're never far from a great tasting healthful meal. There are suggestions on additions if you aren't eating a vegan diet, which may not be as healthful, but will be welcomed for mixed-diet households. Dr Fuhrman encourages people to eliminate the calorie dense animal food, but he doesn't beat people up with it. I choose the plant-versions, because that's what I prefer. Finally, his AMAZING approach to making dressings

deserves noting. This is the single item that allowed me to fully convert to eating this way. They are delicious and EASY to make. Once you make one or two examples, you can literally make unlimited sauces and dressings with his easy to understand 4-ingredient approach. I know others have "complained" a bit by him promoting his ingredients, but he always offers alternatives in the recipes that can be found at your local grocery store. Many of his items are available here on if you'd rather buy than make. That being said, anyone can make dressings fresh in just a few minutes and if you keep just a few key ingredients in the house, you're always ready to go! Remember, they aren't just for salads. I'm grateful to him on many levels - health and weight, but equally important is he is a fantastic man with an unrelenting drive and passion to help people get better using nothing but food. It works if you follow it. In the past, getting started has been the biggest obstacle for most people and this cookbook is definitely a big help.

This cookbook is much easier to buy into if you read the Eat to Live book first. The recipes make more sense when you have the context of the entire plan in your head. Having said that, there are a lot of problems with this book. In my case, I decided to try this diet as several others had failed, and my doc had just doubled my statin drug. I retrofitted my pantry and fridge and started tackling the diet and the recipes. It was costly, not just for all the stuff I had to buy at the health food store, but for much of the food I threw out. I did NOT buy all the Fuhrman products -- to me, his product-shilling is the one thing that really wrecks his credibility...and the fact that you can't even log onto his website for support/additional info without forking out at least \$40/month. You do not need even one of those products to make these meals. Use Mrs. Dash's and your own spices for seasonings, and instead of flavored vinegars, add your own. (I.e., instead of buying fig vinegar, chop a few dried figs, simmer them in some balsamic vinegar and water for 15 minutes, strain out the figs and dump that into your recipe.) Be a little creative. Also, some of the ingredient amounts are off...either too much or too little. Many of the recipes, esp. those by 'famous' chefs, are impossibly complicated (and the couple I tried tasted awful). Bottom line, this diet works! After 5 weeks, I'm down 15 pounds and feel terrific. Headaches, hand/feet cramps, indigestion and insomnia have disappeared. I do not miss dairy, meat, fish, carbs at all. I do add a sweet potato or some brown rice occasionally. I also use a tiny bit of cooking spray when I saute vegetables - that water sauteing is for the birds. Don't bother with the 25-ingredient soups and entrees, don't be afraid to substitute with stuff on hand or omit some of the more exotic stuff. This is a diet for life, and is surprisingly easy to adapt to after the first week or so. You will not be disappointed. Also - search online for vegan recipes - very large selection out there, and most use fewer and more common

ingredients. Good luck!

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