

Spring into a New You with Dr. Fuhrman's Six-Week Slim Down!!

Join the thousands of others who have discovered the
Secret to **Fast & Sustained Weight Loss**

and learned how to

Eat For Health!!

ReBecca lost over 330 pounds!



I weighed OVER 480 pounds when I began Eat to Live! After a few weeks I truly felt energized! During the next 8 weeks, I lost 72 pounds. From that moment on, I never looked back!

Week after week, I continued to lose weight. I now belong to a gym and have incorporated walking and weight training into my weekly routine.

My own family doctor is amazed at my transformation. I owe my life to the Eat to Live lifestyle. Dr. Fuhrman saved me from literally eating myself to death. How grateful and blessed I am!

[read more](#). . .

Scott went from 501 pounds to 232!



At 38 years old, Scott C. was not sure if he'd live to see 40.

He wore size XXXXXXXXXXXL pants and could not tie his own shoes. He could walk only nine steps at a time. Breathing was sometimes difficult. A doctor said he would be dead in six months without stomach-reduction surgery and heavy medication.

Scott turned down his doctor's advice, and instead decided to change how he thought about food and his approach to eating by following Dr. Fuhrman's high nutrient meal plan. [read more](#). . .

Robyn was amazed at the quick results - she lost 11 lbs. the first week!



I grew up as a thin child but in college and as an adult, I began eating more and more convenient and pre-packaged meals; and by age 38, I tipped the scales at about 210 lbs. and felt like something was wrong with my metabolism. I was ready to give up and accept that this was my fate in life.

A breakthrough came when my sister came to visit and was suddenly 30 pounds less in just the 3 months! She told me about Eat To Live. When I first saw her, I thought that she must be doing something extreme, like starving herself, but that couldn't have been further from the truth.

Eat To Live opened my eyes to a new way of thinking about food and hunger. I understood what was feeding my drive to overeat. I followed Dr. Fuhrman's advice to eat for nutrient density. The first week I lost 11 pounds and I wasn't hungry anymore. The results were so quick and amazing . . . I actually ate much more food than I had eaten before, and the more I ate, the more weight I'd lose.

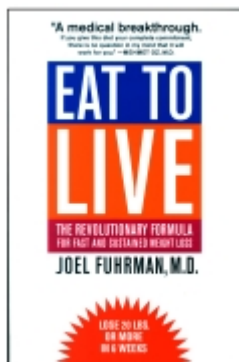
Eight months later, I was 65 pounds lighter. I now have the energy to exercise again and enjoy it. Not only do I feel better, but my hair, skin and nails are in the best shape ever. [read more](#). . .

Never Diet Again!!

Lose weight naturally, safely, and keep it off!

Get dramatic results with Dr. Fuhrman's [Eat To Live](#) 6-Week Program
or [Eat For Health](#) 4-Phase Plan

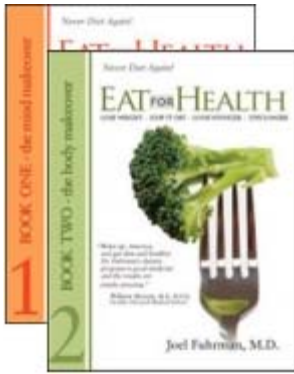
Compare & Decide Which is the Best Plan for You
to Lose Weight and Achieve Optimal Health



- Single plan
- Concise direction
- Quick start
- Fast, dramatic results
- Very structured, minimal thought involved
- 43 recipes

[details](#)

\$14.99 paperback
\$23.99 hardcover



- Transition plan with 4-phased approach
- Flexible menu options
- 148 of recipes designed for a variety of tastes
- Food rating index

[details](#)

**2 book set (hardcover)
Was \$39.99
Limited Time Offer \$34.99**



**[Better Together](#)
Was \$49.99
Limited Time Offer \$39.99**

DrFuhrman.com

4 Walter E. Foran Blvd
Suite 408
Flemington, NJ
08822
US