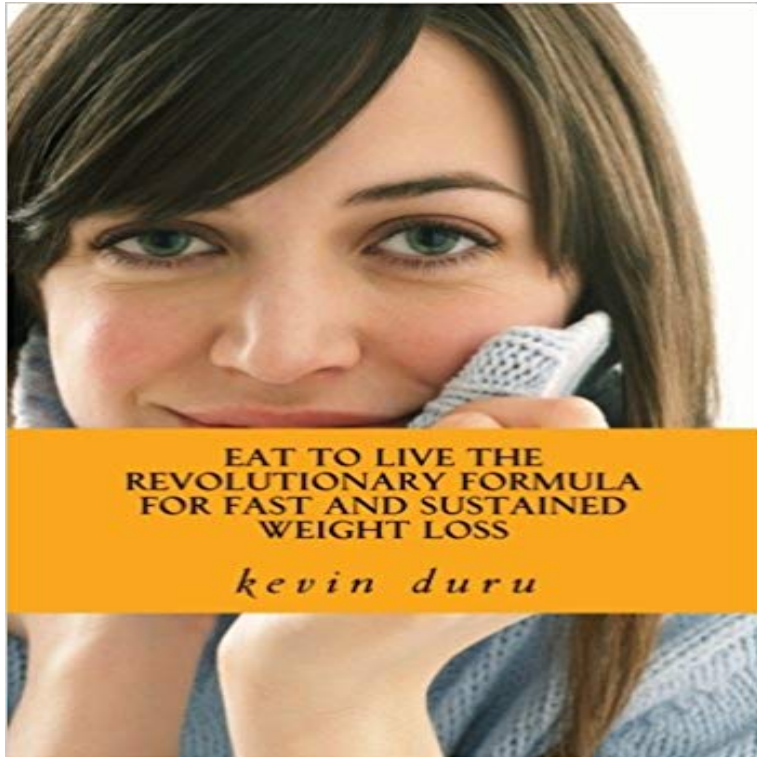


Eat to Live The Revolutionary Formula for Fast and Sustained Weight Loss



Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss Dr. Joel Fuhrman's revolutionary diet is not about willpower, it is about knowledge. Eat to Live offers a healthy, effective, and scientifically proven Six-Week Plan for shedding a radical amount of weight quickly. The key to the program's success is simple: health = nutrients: calories. When the ratio of nutrients to calories in the food you eat is high, fat melts away. The more nutrient-dense food you consume, the more you will be satisfied with fewer calories and the less you will crave fat and high-calorie foods. Eat to Live will help you live longer, reduce your need for medications, and improve your overall health dramatically. It is a book that will change the way you want to eat. Most of all, though, Eat to Live will enable you to lose more weight than you ever thought possible.

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