



Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss by Joel Fuhrman, MD | Key Takeaways, Analysis & Review

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PLEASE NOTE: THIS IS A COMPANION TO THE BOOK AND NOT THE ORIGINAL BOOK.

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Preview:

Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss by Joel Fuhrman, MD, is a book designed to help Americans achieve and sustain healthier lifestyles, particularly in terms of their eating habits. Although the United States is an educated and prosperous nation, Americans sometimes suffer terribly when it comes to their health. The incidence of heart disease and cancer continues to rise, and those who don't suffer early deaths from preventable diseases often live with chronic ailments like diabetes instead. Americans are actually the most obese people in world history, with 34 percent of the population classified as obese...

This companion to Eat to Live includes:

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways
- and much more!

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