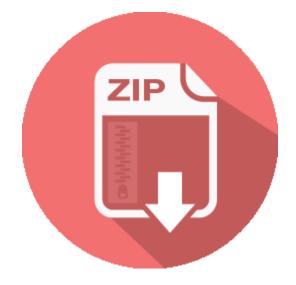
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Dr. Fuhrman is the research director of the Nutritional Research Foundation. He is the author of several books, including the New York Times bestsellers Eat to Live, Super Immunity, Eat to Live Cookbook, The End of Dieting, and The End of Diabetes.

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Excerpt from J. Fuhrman, Eat to Live Cookbook Publisher: Harper One Excerpted by Narayana Publishers, 79400 Kandern, Tel.: +49 (0) 7626 974 970-0

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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.

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This cookbook is a good overview of Dr. Joel Fuhrman's EAT TO LIVE book/plan--plus it includes recipes. Have tried some that are yummy, some not-so-much, but I LOVE that they are for eating whole-foods, non-sugar, non-fat way.

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