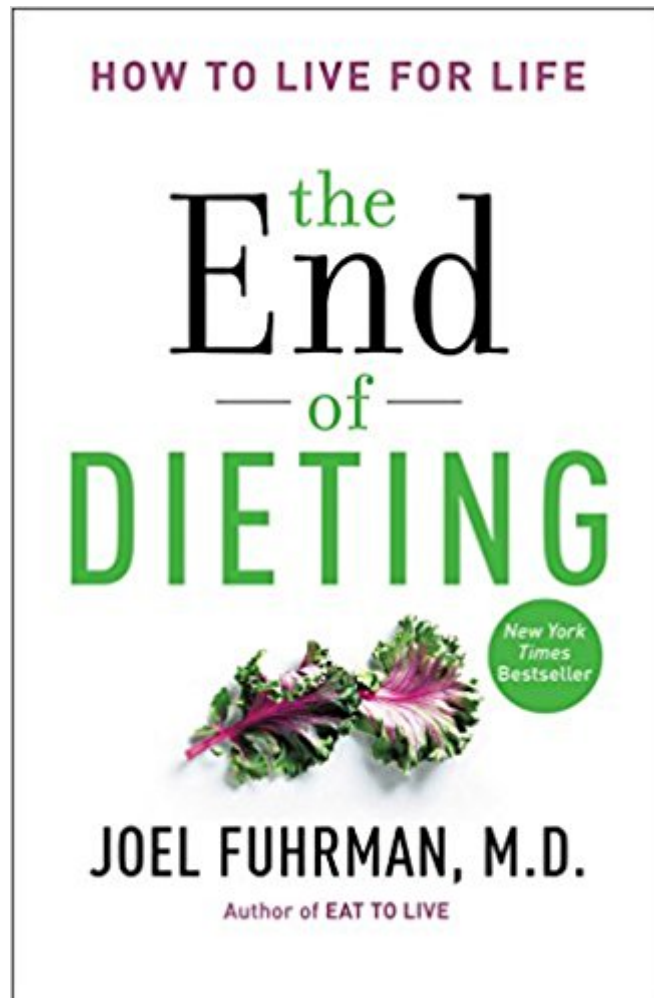




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The End Of Dieting: How To Live For Life



Synopsis

In *The End of Dieting*, Joel Fuhrman M.D., a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods, and #1 New York Times bestselling author of *Eat to Live*, *Super Immunity* and *The End of Diabetes*, delivers a powerful paradigm-shifting book that shows us how and why we never need to diet again. Fuhrman writes, "By reading this book, you will understand the key principles of the science of health, nutrition and weight loss. It will give you a simple and effective strategy to achieve and maintain an optimal weight without dieting for the rest of your life. This new approach will free you forever from a merry-go-round of diets and endless, tedious discussions about dieting strategies. This is the end of dieting."

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Customer Reviews

Eat as much as you want, whenever you want. Welcome to the end of dieting. We're fatter, sicker, and hungrier than ever, and the billion-dollar diet industry—with its trendy weight-loss protocols and eat-this-not-that ratios of fat, carbs, and protein—offers only temporary short-term solutions at the expense of our permanent long-term health. As a result, we're trapped in a cycle of food addiction, toxic hunger, and overeating. In *The End of Dieting*, Joel Fuhrman, M.D., a board-certified doctor and the New York Times bestselling author of *Eat to Live* and *The End of Diabetes*, shows us how to break free from this vicious cycle once and for all. Dr. Fuhrman lays out in full all the dietary and nutritional advice necessary to eat our way to a healthier and happier life. At the center of his

revolutionary plan is his trademark health formula: Health = Nutrients/Calories. Foods high in nutrient density, according to Dr. Fuhrman, are more satisfying than foods high in calories. They eliminate our cravings for fat, sweets, and carbs. The more nutrient-dense food we consume, the more our bodies can function as the self-healing machines they're designed to be. Weight drops, diseases reverse course and disappear, and our lives become longer and healthier. *The End of Dieting* is the book we have been waiting for—a proven, effective, and sustainable approach to eating that lets us prevent and reverse disease, lose weight, and reclaim our right to excellent health. --This text refers to the Hardcover edition.

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've read dozens of nutrition books, and Dr Joel Fuhrman has become far & away my most trusted source. Read ANY of his books! *Superimmunity* is still my favorite. This one is more focused on weight loss (including psychological aspects) and slightly less specifically about the diseases of affluence that kill most of us, but it is more of the same facts & same message to eat copious quantities of greens & other whole vegetables, ample berries, nuts, seeds, & legumes, little or no animal products (even lowering his limits in this newest book), moderate INTACT whole grains, no sweeteners (caloric nor artificial), little or no processed foods, and zero trans fats. It's not the macronutrients, but the micronutrients! In this latest book, I particularly liked his criticisms of other diets. He attacks the Atkins/Paleo crowd for too much animal protein and too few nuts, seeds, & beans--just what I felt about *Good Calories Bad Calories* and *The Calorie Myth*--although the latter acknowledges Fuhrman and follows his lead in pushing for large amounts of phytonutrient-rich non-starchy vegetables. In fact, Fuhrman covered every one of my concerns with Jonathan Bailor's

popular new (low carb high meat) book *The Calorie Myth* (which is still well worth reading AFTER Fuhrman). Bailor really pushes soy protein powders but here Fuhrman explains some concerns about protein powders (although not mentioning the hexane used in extraction). It may take 20+ years for the heightened levels of IGF-1 in Paleo dieters to surface as detectable cancer, but watch out! Fuhrman agrees with the low-carb concepts, but instead of falling into the meat trap, he incorporates low-carbs into a much broader health scenario (with protein from greens & beans). He still prefers algal supplements to fish for EPA & DHA, and he advises wild fish because of contaminants like dioxin in farmed fish. This time, he goes into a bit more detail about carbohydrates, soy isolates, meat, and especially dairy raising the IGF-1 hormone, resulting in fat, cancer, atherosclerosis, hypertension, aging, and any monster you care to name. Even the Calorie Restriction Society turns out to have significantly higher IGF-1 than vegans. Fuhrman attacks the anti-wheat crowd (Grain Brain & Wheat Belly) for confusing flour with intact grains. He attacks the USDA for just about everything--too much meat, dairy, & grain, not enough vegetables, nuts, & beans. (Really, it's too much politics and corporate influence.) He attacks aspects of the Mediterranean diet (pasta & olive oil). He even politely indicts the China Study / vegan crowd for too little plant fat (avocado, coconut, olives, nuts, & seeds). He is right on target! Another topic now covered in a bit more detail is the danger of yo-yo dieting and how regained weight tends to be the more dangerous visceral fat (belly/organs) rather than subcutaneous fat. He reduces his acceptance of eggs on pg 146 stating, "a 23 percent increased death rate from those eating more than one egg a day", but I'm pretty sure the death rate is 100% (just like taxes), even for vegans. Besides, if you divide us into ovophiles & ovophobes, the egg-eating crowd surely also consumes more pepperoni pizza & ice cream, so such correlations, the backbone of much nutritional advice, should not be swallowed too gullibly. (Fortunately) There's nothing remarkably different from his other books, yet they're all worth reading. In this one he adds further information, clarification, case histories, and recipes, and it's at least as good as the others. Now he elevates the importance of raw onions & cooked mushrooms. He explains that onions must be chopped before cooking to break cell walls to release the alliinase enzyme for chemical conversions, just like the enzyme myrosinase in cruciferous vegies that converts glucosides to isothiocyanates. (My hypothesis, if you like your roasted garlic whole, [as with cruciferous] is to eat a little raw green onions with any cooked allium so that the alliinase enzyme is reintroduced.) Some reviewers complain that this book is just a repeat of prior books, and while it is mostly that, why not read this now instead of re-reading the older ones. Fuhrman is worth re-reading. Some reviewers object to the title because this is "yet another diet", although it is more of an informed lifestyle. Of course you don't count calories or watch the scale,

but I also completely ignore the mentions of portion sizes, percentages, and schedules and just eat by the concepts (but do correlate your carbohydrate intake to the caloric demands anticipated after the meal). The title helps make this the perfect gift to several fad-diet yo-yo-weight friends for whom I hope it is The Last Diet. (But such a title might sound too fatal.) The appendix is a suitably cautious review of supplements, advising the possibility of a few like vitamins B12 & D but mostly warning of specific dangers, well in accord with advice in *Whole: Rethinking the Science of Nutrition* and in *The Vitamin D Solution*. Iodine, zinc, and DHA are covered. Dr Fuhrman is a genuine healer, weaning people off of medications and into healthy lifestyles. He points out how detrimental our medical paradigm is, not only to our health but also to the nation's economy--with diabetes and its direct costs already unprecedented in human history and slated to rise to astronomical proportions if we don't quickly and radically change our paradigm from medical intervention to healthy eating. It's amazing that most doctors don't even know and won't hear of his simple plant-based healings. Searching for any criticism of his principles, all I can muster is that he could say more about spices (see *Healing Spices* by Aggarwal), doesn't mention circadian rhythms in relation to insulin & weight (see *Lights Out*, with reservations), and prefers "unnatural" (newly invented) algal extracts over my delicious salmon & herring as sources of EPA & DHA (in accord with The China Study crowd & lowering IGF-1). I can't recall if he has ever discussed oxalate concerns (e.g. in spinach & almonds) or the goitrogenic (iodine depleting) properties of cruciferous vegetables. He distinguishes starchy from non-starchy (you can eat them raw) vegetables in *The End of Diabetes*, but I don't recall reading it here, except in regards to potatoes. I'd also like him to discuss low-fructose versus high-fructose fruits, as incompletely mentioned in *The Calorie Myth*. Nor has he yet addressed my concerns about the benefits and detriments of coconut and its oil. These very minor "criticisms" are really "grasping at straws" because Fuhrman is more unassailable than any other nutritional advisor. Fuhrman is THE ONE to follow. I'm neither overweight, diabetic, nor ill, yet this book was a valuable read, as was his *The End of Diabetes* (most especially the chapter on legumes) and his *Superimmunity*. After Fuhrman, I also suggest reading *Anticancer* by Servan-Schreiber, *Foods To Fight Cancer* by Beliveau, *Healthy At 100* by John Robbins, *The Calorie Myth* (but don't eat his way), and the delightful new *Death By Food Pyramid* by Minger. Whether you choose this latest book or an earlier one, Fuhrman is your ticket to health wisdom. Then the real challenge is to implement it in your daily life, and he addresses that motivation in this book mostly through testimonials. To your health! 8/14/14: I have added more, as a comment.

I have read Dr. Fuhrman's, Eat To Live, Eat For Health and Super Immunity. This book BY FAR is his best one yet. I am almost done with it. Chapter two is titled diet myths exposed. I loved his take on SAD (standard American diet), Paleo Diet, Mediterranean Diet, Wheat Belly Diet and some low-fat fallacies. That chapter alone is worth the price of the book. But the best chapter by far is where he explains "The Plan" in chapter six. He details this eating plan so anyone can get it. I call Dr. Fuhrman the "salad man." What makes this book good also is the testimonies of those who regained their health by eating this way. And the recipes in the back are an extra bonus. So if you are looking at any of his books---start with this one first. By far his best.

Deciding between Eat To Live or The End of Dieting: In this book, compared with his others, it's a lot easier to read, but it's a bit more "trust the doctor" versus laying out a massive scientific pile of evidence. So if you are a born skeptic, get Eat to Live. If you accept that veggies are good for you, then skip that and just get to "follow the good doctor's advice" of this book. I also felt Eat To Live is a harsher diet... it's very, very strict, and if followed to the letter, will result in faster weight loss and health benefits. It's just really, really hard. In The End of Dieting, he loosens up a bit, and it may take you 3-4 times longer to get the results, but will be easier going there. If you have a major medical issue and are facing heart surgery, for example, get Eat To Live and take the tough medicine. If you just have 20-30 pounds to lose or want to just eat healthier to avoid FUTURE health issues, then go easy on yourself and do The End of Dieting. About the content: If you read enough diet/nutrition books, you start to ask yourself? What is common knowledge and what is new here? In general, folks, NEW IS BAD. For lasting health with few side effects, find the "common ground" of all diets that have worked in the past. For Fuhrman, his diet is based on common sense and what we all know in the back of our minds to be true. We need to eat less meat and cheese, and a lot more veggies (and fruit, just under some reasonable control). What this book does however, is give you the vast science behind it so you can justify the fact that, let's be honest, steamed asparagus is NEVER going to taste as good as a donut or peanut butter and jelly sandwich. So I absolutely believe that of all the diet books out there, all of them, this one is the healthiest. It's just not easy.

If only it were so easy. I would like to take the two week challenge. It sounds doable. I have yet to read the book or study that says how good all the processed meats, dairy, and other foods are. Vegetables are the answer. Just getting started will be my toughest challenge. I recommend all who would like to make a similar leap read this book. Dr. Fuhrman does a great job with explaining it all and giving you the best start possible. Good luck to all and spread the word.

This book is great for anyone that thinks they know about nutrition. I have learned that almost everything I took as fact was actually wrong. I've lost 10lbs in the first 4 weeks. I am sleeping through the night and feel a lot better than I did just a month ago. My only criticism is that the recipes are for huge quantities. Like most people I know that are trying to lose weight. I am the only one in my house following this program. So even if I freeze a bunch my freezer would be full in a week. Other than that it's an informative book that has taught me how to stop weighing everything and counting every calorie. If you're a meat lover I would recommend you read the entire book before you start.

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