


3 STEPS TO INCREDIBLE HEALTH!

The Power of Micronutrients

Eliminating Food Addictions

Superfoods for Pleasure and Health



Causes of Death in the United States

27% die from Heart Disease

23% die from Cancer

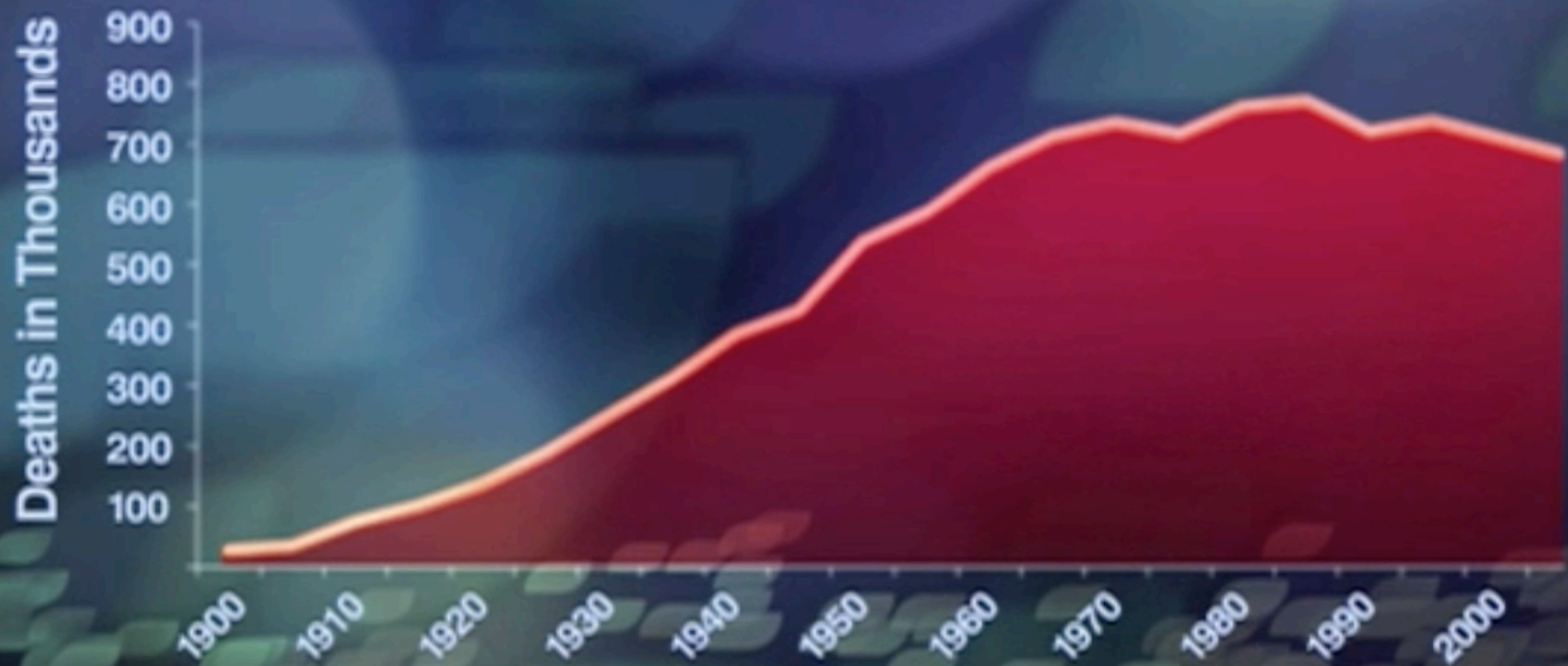
6% die from Stroke

based on data from CDC VitalStats mortality data for 2005.



Deaths from Heart Diseases

United States: 1900 - 2003*



3 STEPS TO INCREDIBLE HEALTH!

WITH JOEL FUHRMAN, M.D.

- 3 Heart Attacks in one year
- Lost 105lbs
- Reversed Heart Disease

Julia



3 STEPS TO INCREDIBLE HEALTH!

WITH JOEL FUHRMAN, M.D.

- Triple Vessel Heart Disease
- Hypertension
- Heart Disease Free 18 Years Later

John



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3 STEPSTM TO INCREDIBLE HEALTH! WITH JOEL FUHRMAN, M.D.

- Metastatic Ovarian Cancer
- Cancer Free 17 Years Later

Pam



WET
OH

3 STEPS TO INCREDIBLE HEALTH!

WITH JOEL FUHRMAN, M.D.

- Lost 140lbs
in one year
- Reversed Heart Disease
- Off Blood Pressure
And Cholesterol
Medication

Ronnie



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3 STEPS TO INCREDIBLE HEALTH!

WITH JOEL FUHRMAN, M.D.

- Lost 98lbs
- Dress Size Reduced from 20 to 2

Theresa



3 STEPSTM TO INCREDIBLE HEALTH!

WITH JOEL FUHRMAN, M.D.

- Lost 100lbs in 1 year
- No Longer Addicted to Food

Emily





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3 STEPS TO INCREDIBLE HEALTH! WITH JOEL FUHRMAN, M.D.

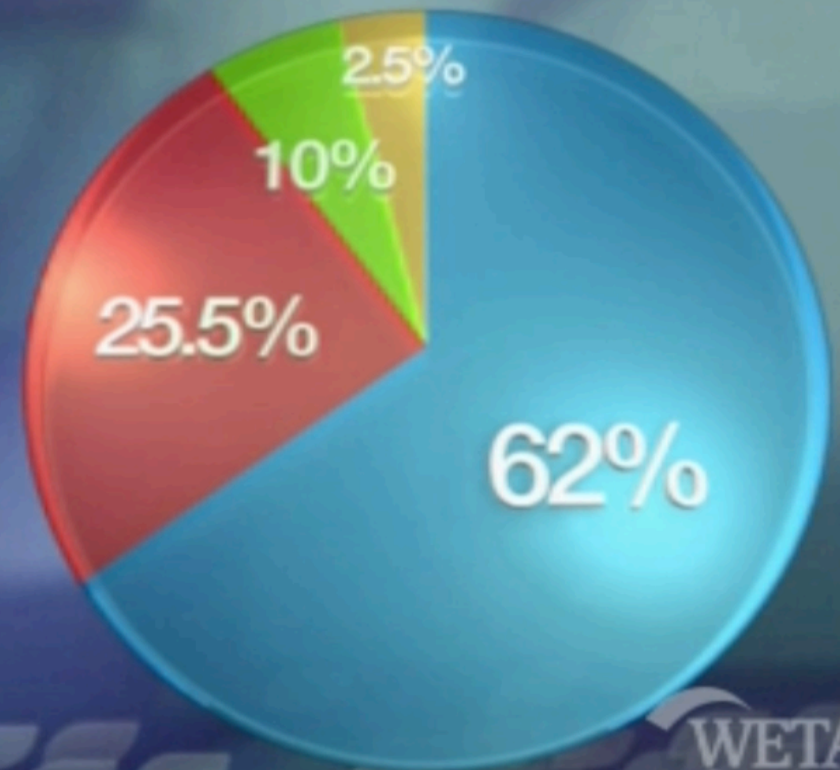
- Lost 330lbs
- Focused on Health,
Not Weight Loss


Scott



U.S. Food Consumption by calories

- Processed Foods:
Oil, Sweets, Refined Grains
- Meat, Eggs, Dairy, Fish
- Unrefined Plant Food:
Fruit, Vegetables, Beans, Nuts, Seeds
- Whole Grains





Micronutrients
do not contain calories

Vitamins

Minerals

Phytochemicals


$$H = N / C$$

Healthy Life Expectancy = Micronutrients / Calorie density

Nutrient Density Line:

- 100 Kale, Collard Greens
- 90 Brussels Sprouts
- 85 Bok Choy
- 81 Spinach
- 76 Arugula
- 60 Cauliflower
- 55 Cabbage
- 52 Romaine
- 46 Broccoli
- 42 Asparagus
- 37 Flax Seeds
- 35 Carrots
- 34 Green Bell Pepper
- 30 Almonds, Onions
- 28 Cherries
- 27 Grapes, Strawberries, Mushrooms
- 25 Tomato
- 23 Sessame Seeds
- 19 Blueberries
- 18 Sunflower Seeds, Articoke, Walnuts, Oranges
- 14 Cantaloupe
- 13 Peaches
- 12 Kidney Beans, Lentils
- 11 Edamame, Pineapple, Cucumber, Iceburg Lettuce
- 10 Pomegranate Juice, Sweet Potato, Tofu
- 9 Apple, Pistachio Nuts
- 8 Green Peas
- 7 Avacado
- 6 Mango, Cashews, Peanut Butter
- 5 Corn
- 4 Banana, Brown Rice, Oatmeal
- 3 White Potato
- 2 Salmon, Skim Milk, Whole Wheat Bread, Olive Oil
- 1 White Bread, Chicken Brease, Eggs, White Pasta
- 4 Ground Beer, 85% Lean
- 5 Feta Cheese
- 6 Low Fat Cheddar Cheese
- 9 Potato Chips, French Fries, Vanilla Ice Cream
- 10 Cola

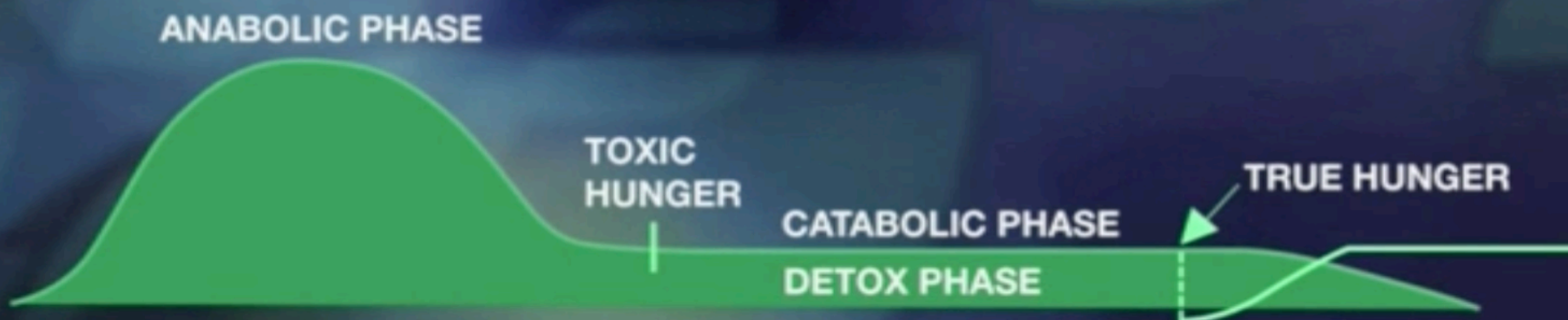
The salad is the main dish





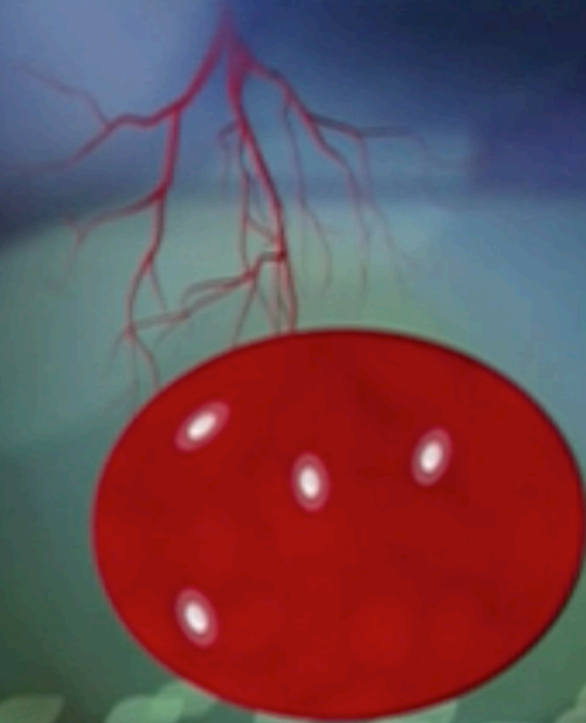


Anabolic / Catabolic Curve

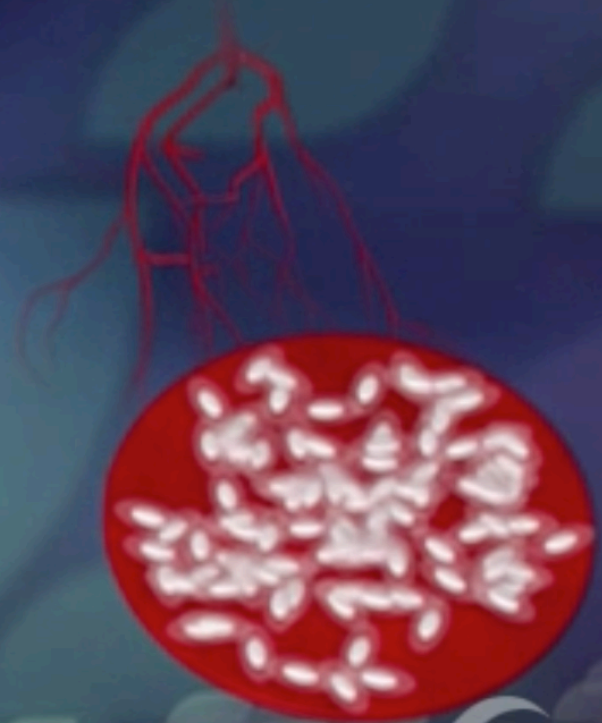


Natural Angiogenesis Inhibitors


- Onions
- Garlic
- Soy
- Cinnamon
- Berries
- Greens
- Mushrooms



Body fat and tumors inhibited



Body fat and tumors un-

The background of the slide is a blurred image of green leaves, likely from a plant, with varying shades of green and some darker spots, creating a natural and healthy aesthetic.

**The most powerful anti-cancer foods
induce weight loss**

Women who regularly consumed mushrooms were 64% less likely to develop breast cancer.

*International Journal of Cancer

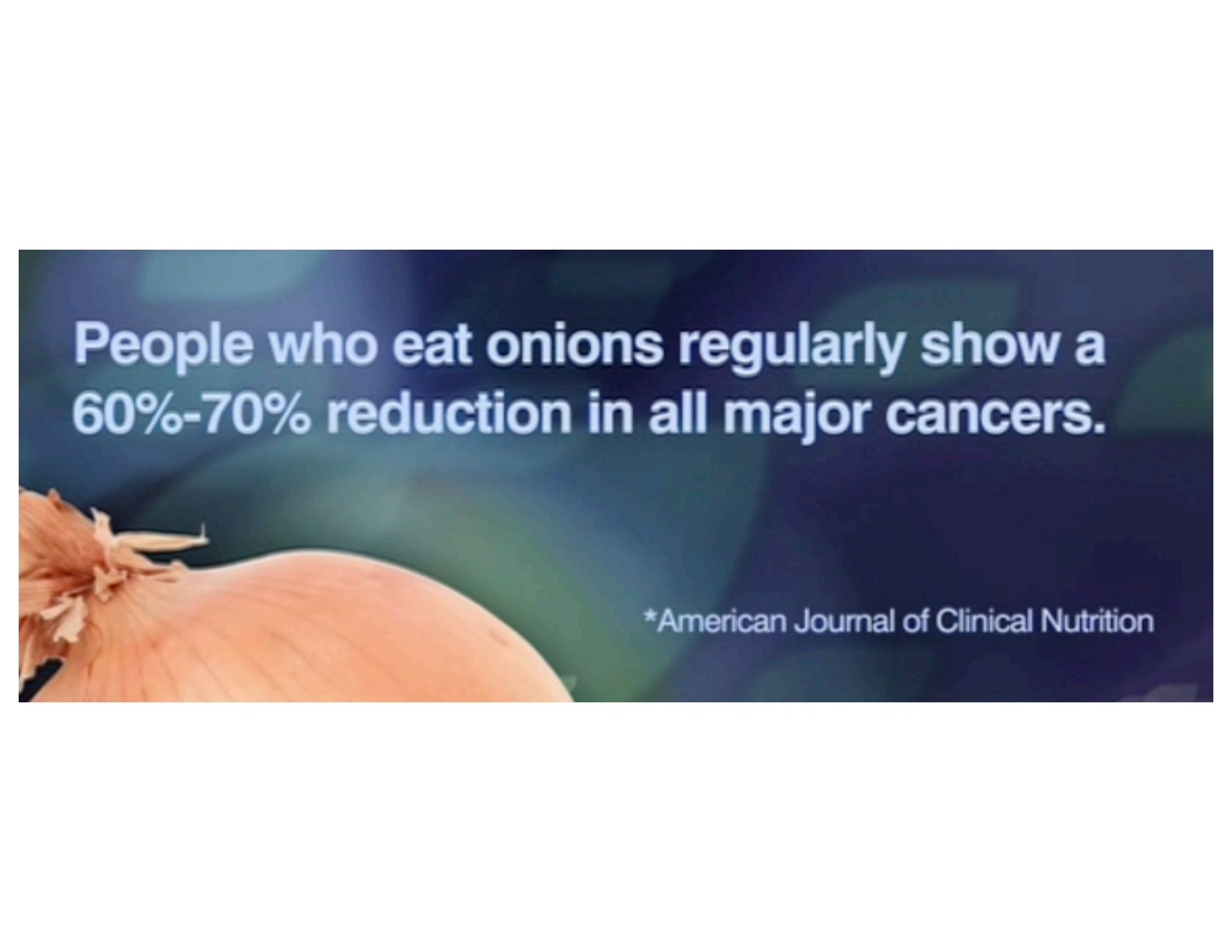
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Women who regularly consumed mushrooms were 64% less likely to develop breast cancer.

Women who ate 10g of mushrooms per day plus green tea were 89% less likely to develop breast cancer.

*International Journal of Cancer

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People who eat onions regularly show a 60%-70% reduction in all major cancers.

*American Journal of Clinical Nutrition

**Angiogenesis inhibitors prevent
feeding nutrients into tumors and cancers**

Aromatase inhibitors lower toxic levels of hormones that promote cancer growth

Green vegetables prevent plaque from binding to blood vessels



G - greens

O - onions

M - mushrooms

B - beans/berries

S - seeds





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\$60 OR
DVD

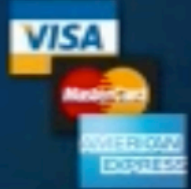
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