



Nutritarian Handbook & ANDI Food Scoring Guide

By Joel Fuhrman, M.D.

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The ANDI Food Scores help you make the best food choices by ranking foods according to their micronutrient content. The Nutritarian Handbook and ANDI Food Scoring Guide explains how eating a diet that is rich in "micronutrients" will enable you to: - prevent or reverse many chronic and life-threatening medical conditions - Achieve and maintain a desirable weight while conquering food addictions and cravings. - Age more slowly, live longer and maintain youthful vigor, intelligence and productivity into your later years.

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Editorial Review

About the Author

Joel Fuhrman M.D. is a board-certified family physician, NY Times best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods. He is an internationally recognized expert on nutrition and natural healing, and has appeared on hundreds of radio and television shows including the Dr. Oz show, the Today Show, Good Morning America, and Live with Kelly. Dr. Fuhrman's own hugely successful PBS television shows, 3 Steps to Incredible Health and Dr. Fuhrman's Immunity Solution bring nutritional science to homes all across America.

Dr. Fuhrman is the author of 7 books including #1 NY Times best-selling book, Eat to Live (Little Brown) which has sold over 1,000,000 copies and has been published in multiple foreign language editions. In October 2012, his most recent book, Super Immunity. (HarperOne) also became a NY Times best seller. Dr. Fuhrman has published in several peer reviewed scientific journals, which include: Glycemic and cardiovascular parameters improved in Type 2 Diabetes with the high nutrient density (HND) diet. Open Journal of Preventive Medicine and Changing perceptions of hunger on a high nutrient density diet. Nutrition Journal.

Dr Fuhrman is the father of nutritarian eating. His health (longevity) equation $H = N/C$, (healthy life expectancy is proportional to lifetime intake of micronutrient diversity and quantity per calorie) has interested scientists the world over. As an advocate of diets rich in a vast array of plant micronutrients per calorie, his ANDI scoring system, (featured in Whole Foods Market) has directed millions of consumers to eat an anti-cancer diet-style.

Dr. Fuhrman's discoveries in differentiating the physiology and biochemistry of true hunger from addictive hunger (which he calls toxic hunger) is essential for understanding and resolving both health and weight concerns, and an essential element to solve our nation's obesity and health crisis.

Dr. Fuhrman is the Research Director of the Nutritional Research Foundation, a member of the Whole Foods Market Scientific Advisory Board and a member of the Dr. Oz Show Medical Advisory Board. He is a graduate of the University of Pennsylvania School of Medicine (1988) and has received the St. Joseph's Family Practice Resident's Teaching Award for his contribution to the education of residents. As a former world class figure skater, Dr. Fuhrman placed second in the United States National Pairs Championships in 1973 and third in the 1976 World Professional Pairs Skating Championship in Jaca, Spain. Today, he is an active participant in multiple sports and is a health and fitness enthusiast. His dedication to sports medicine, foot and body alignment, injury prevention, human performance and longevity speaks to these lifelong interests. Along with his nutritional expertise, Dr. Fuhrman has been involved professionally with sports medical committees, advised professional and Olympic athletes, and has lectured to athletic trainers and world-class athletes for maximizing performance and preventing injury.

Users Review

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Robert Tyson:

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Jack Unger:

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