

Dr. med. Joel Fuhrman, M.D.

President of the Nutritional Research Foundation

<https://www.nutritionalresearch.org/team/>

Joel Fuhrman M.D. is a board-certified family physician, best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional methods. He is the author of ten books on human nutrition, including six New York Times best-sellers:

Eat to Live (2003),

https://www.amazon.co.uk/Joel-Fuhrman-Amazing-Nutrient-Rich-Sustained/dp/B007QSOOQU/ref=sr_1_8?crid=1FV2TDUTNM6VI&dchild=1&keywords=joel+fuhrman+books&qid=1594891910&s=books&sprefix=joel+fuhrman%2Caps%2C147&sr=1-8

Super Immunity (2011),

https://www.amazon.co.uk/Super-Immunity-Essential-Nutrition-Boosting/dp/0062080644/ref=sr_1_3?crid=1FV2TDUTNM6VI&dchild=1&keywords=joel+fuhrman+books&qid=1594891956&s=books&sprefix=joel+fuhrman%2Caps%2C147&sr=1-3

The End of Diabetes (2012)

https://www.amazon.co.uk/End-Diabetes-Live-Prevent-Reverse/dp/0062219987/ref=sr_1_4?crid=1FV2TDUTNM6VI&dchild=1&keywords=joel+fuhrman+books&qid=1594891956&s=books&sprefix=joel+fuhrman%2Caps%2C147&sr=1-4

The Eat to Live Cookbook (2013),

https://www.amazon.co.uk/Eat-Live-Cookbook-Delicious-Nutrient-Rich/dp/0062309951/ref=sr_1_2?crid=1FV2TDUTNM6VI&dchild=1&keywords=joel+fuhrman+books&qid=1594891956&s=books&sprefix=joel+fuhrman%2Caps%2C147&sr=1-2

The End of Dieting (2014)

https://www.amazon.co.uk/End-Dieting-Joel-Fuhrman/dp/0062249339/ref=sr_1_1?dchild=1&keywords=joel+fuhrman+books+end+of+di+eting&qid=1594892086&s=books&sr=1-1

The End of Heart Disease (2016).

https://www.amazon.co.uk/End-Heart-Disease-Prevent-Reverse/dp/0062249363/ref=sr_1_6?crid=1FV2TDUTNM6VI&dchild=1&keywords=joel+fuhrman+books&qid=1594892118&s=books&sprefix=joel+fuhrman%2Caps%2C147&sr=1-6

His most recent book, Fast Food Genocide,

https://www.amazon.co.uk/Fast-Food-Genocide-Processed-Killing/dp/0062571222/ref=sr_1_10?crid=1FV2TDUTNM6VI&dchild=1&keywords=joel+fuhrman+books&qid=1594891956&s=books&sprefix=joel+fuhrman%2Caps%2C147&sr=1-10

examines the deleterious effect that poor nutrition has had on populations as a whole, even playing a role in intelligence, mental disorders, crime and drug addiction.

Dr. Fuhrman is actively involved in scientific research on human nutrition. His pivotal work on food addiction and human hunger, "The Changing Perception of Hunger on a High Nutrient Density Diet," was published in Nutritional Journal, in November 2010. Dr. Fuhrman developed the ANDI (Aggregate Nutrient Density Index) used in Whole Foods Market, which has directed millions to eat healthier. In his hundreds of radio and television appearances, including The Dr. Oz Show, The Today Show, Live with Kelly and Good Morning America, Dr. Fuhrman has educated millions of people on the benefits of healthy eating. His four hugely successful PBS specials, which have raised over \$35 million for public television, bring essential nutritional knowledge to homes across America.

Dr. Fuhrman is a graduate of the University of Pennsylvania (Pearlman)

School of Medicine (1988)

and has received the St. Joseph's Family Practice Resident's Teaching Award for his contribution to the education of family practice residents; and a C3 Cardiology Global Health Award for teaching cardiologists nutritional science. He is frequently invited to speak to other physicians at hospital grand rounds and provides nutritional education to physicians for CME credit.

As a practicing physician, he operates the

Dr. Fuhrman Wellness Center in Flemington, N.J.,

and supplies motivation, information, recipes, events, and a supporting member center with forums and courses at DrFuhrman.com.

In addition to the Dr. Fuhrman's Wellness Center in New Jersey,

Dr. Fuhrman also operates his Eat To Live Retreat in San Diego

where overweight people from all over the world come for extended stays (4-12 weeks) to conquer food addiction and recover their health

Books im Original

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Bücher von Dr. med. Joel Fuhrman in Deutscher Übersetzung

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