

# [PDF] Eat To Live: The Revolutionary Formula For Fast And Sustained Weight Loss

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#### Description:

**About the Author** Joel Fuhrman, M.D., is a board-certified family physician who specializes in preventing and reversing disease through nutritional and natural methods. He is the author of "Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease," published by St. Martin's. He lives in New Jersey.

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