

Joel Fuhrman

Quotes

*People, Heart, Animal, Fasting, Real, Important, Disease, Giving, Sweet,
Medicine, Children, Healing, Healthy, Cancer, Weight, Life, Needs, Style,
Excellence, White*

Blueberries, strawberries and blackberries are true super foods. Naturally sweet and juicy, berries are low in sugar and high in nutrients - they are among the best foods you can eat.

~Joel Fuhrman

The most important thing to remember about food labels is that you should avoid foods that have labels.

~Joel Fuhrman

You cannot buy your health; you must earn it through healthy living.

~Joel Fuhrman

You cannot escape from the biological law of cause and effect - food choices are the most significant cause of disease and premature death.

~Joel Fuhrman

Health is not luck. We have an innate ability to maintain good health if we establish the optimal environment for healing.

~Joel Fuhrman

Food is really and truly the most effective medicine.

~Joel Fuhrman

Nutritional excellence is the only real fountain of youth.

~Joel Fuhrman

Fasting and natural diet, though essentially unknown as a therapy, should be the first treatment when someone discovers that he or she has a medical problem.

~Joel Fuhrman

If you eat the standard Western diet that most people eat in the modern world, it's quite likely you will develop heart disease.

~Joel Fuhrman

For both optimal health and weight loss, you must consume a diet with a high nutrient-per-calorie ratio there are no shortcuts.

~Joel Fuhrman

Anything you adopt temporarily only begets temporary results, and fluctuating your weight up and down is not lifespan favorable.

~Joel Fuhrman

Permanent results only come from permanent changes in lifestyle and diet style. You don't get permanently well unless you permanently change the way you live.

~Joel Fuhrman

Primates are the only animals on the face of the earth that can taste sweet and see color. We were designed by nature to see, grasp, eat, and enjoy the flavor of colorful, sweet fruits.

~Joel Fuhrman

Eating a high-nutrient diet actually makes you more satisfied with less food, and actually gives the ability to enjoy food more without overeating.

~Joel Fuhrman

Medicines cannot drug away the cellular defects that develop in response to improper nutrition throughout life.

~Joel Fuhrman

Regardless of whether we are required to purchase medical insurance, know that we can only buy real health insurance in the produce section of the local supermarket.

~Joel Fuhrman

The time may come when not offering this substantially more effective nutritional approach will be considered malpractice.

~Joel Fuhrman

Most brown bread is merely white bread with a fake tan.

~Joel Fuhrman

Leafy greens such as romaine lettuce, kale, collards, Swiss chard, and spinach are the most nutrient-dense of all foods.

~Joel Fuhrman

Life is a highway - the enjoyment you get depends on the lane you choose.

~Joel Fuhrman

Why don't we just get our population healthier so we don't need medical care?

~Joel Fuhrman

Reducing dietary salt is not only important for those who already have elevated blood pressure - limiting added salt is essential for all of us to remain in good health.

~Joel Fuhrman

The modern diet is grossly deficient in hundreds of important plant-derived immunity-building compounds which makes us highly vulnerable to viruses, infections and disease.

~Joel Fuhrman

To provide optimal levels of protective micronutrients, a diet must be vegetable-based, not grain-based.

~Joel Fuhrman

Dieting by portion control doesn't work because one is constantly

fighting addictive drives.

~Joel Fuhrman

The right raw materials can...double or triple the protective power of the immune system.

~Joel Fuhrman

Healthy people eating healthy food should never need to take an antibiotic.

~Joel Fuhrman

Lower caloric exposure and episodic fasting can extend the life span of all animals, the longer we spend in the catabolic state, the longer we live.

~Joel Fuhrman

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