

Doctor's choice

Women are dropping up to 20 lbs in 7 days. The side effects? Amazing energy, enhanced brainpower and vibrant health. That's why this is the first crash diet Dr. Oz has ever approved

With summer fast approaching, many of us are considering slashing calories to speed up our slimdown. But we're not excited by the prospect of enduring the mood swings, fatigue and cravings that crash dieting causes. Plus, the very fact that we're contemplating the strategy *again* proves what study after study has shown: Women who lose weight with drastic diets regain the pounds almost as quickly as they lost them. And new research reveals why: Calorie cutters feel hungrier and more food-obsessed for *months* after their diets end.

Given such drawbacks, it's not surprising that doctors typically shun crash diets. So when Mehmet Oz, M.D., announced on a 2012 episode of *The Dr. Oz Show*, "I'm unveiling the only crash diet with my seal of approval—you can eat all you want and still lose weight!" we at FIRST were a bit surprised. And when he named Joel Fuhrman, M.D., as the expert behind the plan, our interest deepened. After all, Dr. Fuhrman is an Ivy League graduate who has published his research in medical journals and helped countless women optimize their well-being with bestselling books like *Eat to Live* and his latest, *The End of Diabetes*. He's hardly the "fad diet" sort.

So we waited to see if women could really lose 10 pounds in 7 days without struggle—and if those pounds would stay off or rebound back. Now we're pleased to report that the real-life

Rapid weight loss
can be healthy



Joel Fuhrman, M.D., has discussed the healing powers of his diet on several episodes of *The Dr. Oz Show*. Dr. Oz is such a believer, he named Fuhrman "the definitive expert on weight loss."

crash diet

Works better than Lap-Band surgery!

results are in, and the plan has far exceeded its promised perks—one woman lost 20 pounds in 7 days!

Happy slimmers rave that the plan is so easy to follow, they stick with it after their “crash” week ends. Those women have trimmed 100-plus pounds, and instead of suffering crash-diet effects like fatigue, they’ve enjoyed vibrant energy, sunny moods and remarkable health improvements. “I’m off all my meds by just eating healthy,” said one dieter on DoctorOz.com. Added another: “[I] reversed my onset of diabetes, arthritis and my asthma is all but gone as well. Finally, someone has it right.”

It sounds too good to be true, we know, so we asked Dr. Fuhrman to explain how his plan works. The key, he says, lies

in eliminating “toxic hunger,” which he calls the driving force behind American epidemics of weight gain, heart disease and diabetes.

How toxic hunger drives weight gain

Hunger turns “toxic” when the standard American diet deprives us of critical nutrients that support metabolism and assist in cellular detoxification and repair, says Dr. Fuhrman. To understand how it works, it’s key to look at the two phases of healthy metabolism: “The first is the *anabolic* or building phase,” he says. “It’s when we’re eating and digesting food, and giving the body the nutrients it needs to thrive.” When digestion stops, we move to the *catabolic* phase. “This is the repair phase, when cellular repair and elimination of toxins is enhanced. It’s when

nutrients from the food we’ve eaten are put to use, and fat burning occurs.”

At least, that’s what’s *supposed* to happen—but all too often, it doesn’t. The reason: The processed flour, sugar and fats that dominate our food supply lack “repair phase” nutrients—plus, these same foods trigger the production of cellular toxins that hinder metabolism. After we eat these foods, the body tries to use their nutrients to fix the damage the foods themselves caused. But the nutrients aren’t there.

The result: “We experience classic detox symptoms: We get tired, weak, headachy and cranky within hours after eating,” Dr. Fuhrman says. But the body knows a fast way to ease the discomfort—it sends “eat now” signals. “Eating pulls the body out of the repair phase and back into the building phase, so we feel better for a time.” But it’s a fleeting fix because we’re simply eating more nutrient-poor foods. When the body tries to process these foods, symptoms return and the cycle continues.

What’s more, when metabolism is stuck in the building phase, it can’t fully detox and repair. This creates a toxic backlog, which the body deals with by retaining fluid (to dilute toxins), and storing fat (to pack those toxins away).

The certain cure for toxic hunger

“When you fill up on nutrient-dense foods, the body can repair itself,” says Dr. Fuhrman. And when you stop eating these superfoods, you don’t feel ill, so those “eat now” signals aren’t sent and you automatically eat less. Plus, since you’re not stuck in the building phase of metabolism, fat burning and detoxification will finally occur.

In 7 days

- ✓ Energy revs
- ✓ Brain fog clears
- ✓ 20 lbs melt away!

In 7 months

- ✓ Cholesterol drops
- ✓ Diabetes reverses
- ✓ 90 lbs melt away

The 1-2-3 secret to slimming success

Defeating toxic hunger does more than zip off pounds, says Joel Fuhrman, M.D.—it prevents (and reverses!) high cholesterol, hypertension, diabetes and heart disease. Here, 3 food categories that deliver the perks.

1 All raw veggies

“The more raw veggies you eat, the less you will desire of everything else,” says Dr. Fuhrman, who suggests having a raw-veggie salad at the start of each meal.



2 All cooked greens

Green veggies are naturally low in calories and packed with vitamins, minerals and other healing nutrients that cleanse your cells, protect against cancer and inhibit fat storage, notes Dr. Fuhrman.



3 These 6 superfoods

Onions, bell peppers, eggplant, mushrooms, cauliflower and tomatoes add variety and flavor to meals—plus they’re high in anti-inflammatory compounds that ward off weight gain, diabetes and heart disease.



Turn for your fastest—and healthiest!—slimdown ever

So simple, so effective

Unlike crash diets of old, this is a non-starvation plan. “You don’t need to count calories or eat thimble-size portions,” promises Joel Fuhrman, M.D., who says you should simply aim to get 90 percent of your calories from nutrient-dense whole foods. (The other 10 percent can be higher in calories and lower in nutrients, such as meats, fish, nuts and whole grains.) “Since the foods that are most nutrient-dense are also lower in calories, you can eat as much as you want,” he adds. In fact, the *more* you eat, the more you’ll lose. Here, a few more strategies to help ensure your fastest slimdown ever:

HAVE A MEGA-ENERGY BREAKFAST

Enjoy low-sugar fruits (like blueberries, raspberries, blackberries, strawberries, papaya, kiwi, pomegranate, oranges and green apples); some raw oats



(limit to ½ cup); a few walnuts, and a tablespoon of ground flax or chia. An easy way to get the mix: Toss together apple slices, flaxseed, crushed walnuts, a sprinkle of raw oats and cinnamon. Or whip up a smoothie with fruit, leafy greens, ½ cup of unsweetened almond milk and flaxseed.

CRUNCH AT LUNCH

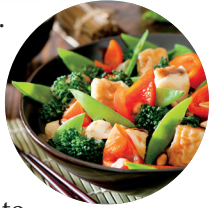
Lunch should feature a large salad with lots of raw veggies, some beans, and nuts or seeds. You can also enjoy soup and fresh fruit—sweet options like mango, banana and peach are fine because the high-fiber salad will help balance blood sugar.



VEGGIE-LOAD AT DINNER

Start with a salad or raw veggies with salsa or hummus. And have a large plate of steamed greens (like string beans, bok choy, kale, broccoli or

zucchini) with your meal. For starch, favor beans. They’re high in protein and fiber and don’t raise blood sugar to the extent that potatoes and rice do; plus, the body uses beans to form *butyrate*, a fatty acid that assists in fat burning. You can have a small piece of protein, but Dr. Fuhrman notes that you’ll get plenty from your veggies—some are up to 40 percent protein!



DON'T FORGET DESSERT!

Enjoy a bowl of fresh fruit or whip frozen fruit in a high-powered blender for a sorbet.



LIMIT THE FAT PACKERS

Sweetened drinks (including artificially sweetened) should be avoided, as should refined flour products (bread, white rice, processed cold cereals), most dairy (milk, yogurt cheese, butter) and red meat. “Nonfat dairy products such as yogurt and kefir can be

The best—and worst—foods for weight loss



enjoyed once or twice a week, but they can easily be replaced in recipes with almond milk or other nondairy alternatives,” says Dr. Fuhrman.

MAKE MEAT A CONDIMENT

The plan allows for two servings of fish or white meat per week, but some dieters break up their servings so they can enjoy fish and meat more often. “Many people feel more satisfied when they have a small amount of their animal-product allotment divided up as a condiment to flavor dishes,” Dr. Fuhrman explains. “Instead of eating one 4-oz. serving a week, they split it over more meals. You can achieve good results with a small amount of animal products, like 1 oz. of turkey, shrimp or chicken, in soups, stews or stir-fries.”

WATCH FOR FIBER OVERLOAD

Increasing your raw-fiber intake too quickly can cause bloat, gas and slightly loose stools, so Dr. Fuhrman advises scaling back on raw veggies at the first sign of GI distress and opting for cooked veggies instead. Once symptoms abate, gradually reintroduce raw veggies. And be sure to chew them thoroughly—breaking food into smaller pieces eases the work the gut has to do. Also, cut back on portion sizes of beans if gas becomes an issue.

CONSIDER THIS TIME-SAVING TOOL

A high-powered blender will make whipping up soups, smoothies and sorbets a breeze. And while top-reviewed brands like Blendtec and Vitamix are pricey, users say these models outlast bargain blenders by years. Plus, we found several cost-saving strategies: Reconditioned Vitamix models start at \$329 at Vitamix.com, and come with a 5-year warranty. And Blendtec offers a payment plan that lets you spread the \$454 cost over 3 months. Or check prices on sites like Costo.com and BedBathAndBeyond.com, then Google “coupon codes” and the retailer name for deals. One FIRST staffer scored a brand-new Blendtec for \$320 this way!

It worked for me

“I lost 120 pounds in 6 months!”

As Susan Weinick began the walk from her car to her desk, a familiar thought ran through her mind: *Is this the day someone will have to call my family to tell them I had a heart attack in the parking lot and died?*

Susan had good reason for her fear—she’d battled hypertension for years and had just been diagnosed with diabetes. Her doctors said weight loss was a must, but diets failed her. “I worked in a hospital surgery unit and was bigger than the patients who came in for gastric bypass,” says Susan, who was hesitant to have the operation despite being told by her colleagues that it was the only answer.

Susan finally relented and had Lap-Band surgery, but when she started to *gain* weight, she had the procedure reversed.

Desperate for results, Susan started reading a book by Joel Fuhrman, M.D., and for the first time in a long time, she felt hopeful, so she decided to dive in.

One week later, Susan had shed 10 pounds, and the hunger, cravings and anxiety that used to plague her were gone. Within a month, her blood was no longer testing positive for diabetes. And in six months, she’d lost 120 pounds and was able to stop taking hypertension meds.

Two years later, Susan is down 220 pounds and enjoying a long list of perks. “I look younger and have a ridiculous amount of energy,” she shares. Plus, her hike into work is no longer a struggle. She enthuses, “Now I can hike to the top of mountains!”



Susan lost 220 lbs!

Susan Weinick, 51, Whitehouse Station, NJ
Height: 5'5"

NOW: 160 lbs

THEN: 380 lbs

Turn for the mealtime strategies that guarantee success!

Delicious ideas to make slimming easy!

The beauty of this plan is that you have countless options, so you won't suffer from diet boredom. For lots of meal inspiration, check out our "216 ways" charts. Simply choose items from column A, B and C and mix and match for meals that deliver a variety of slimming, satisfying nutrients.

Energizing SMOOTHIE

Each smoothie can contain a mix of greens, fruit (fresh or frozen) and nuts/seeds (limit to 1 oz. total per day for fastest weight loss). You can also add ice, water, coconut water, soy milk, almond milk or hemp milk to reach the desired texture. And be creative—adding multiple options from each category will boost the nutrient value.

Great for breakfast!

A

GREENS

Spinach
Kale
Romaine lettuce
Broccoli florets
Watercress

B

FRUIT

Berries
Mango
Banana
Papaya
Apples

C

NUTS/SEEDS

Sunflower seeds
Sesame seeds
Flaxseeds
Chia seeds
Cashews

Fabulously-filling SALAD

Load up your salads with leafy greens, assorted veggies and a sprinkle of nuts or seeds (limit to 1 oz. total per day for fastest weight loss). And there's no need to stick to just three ingredients—the more of these superfoods you pile onto your plate, the faster the weight will fall off your frame!

Perfect for lunch!



A

LEAFY GREENS

Baby bok choy
Kale
Collard greens
Arugula
Swiss chard

B

SUPERFOODS

String beans
Onions/scallions
Shredded beets
Tomatoes
Bell peppers

C

SAVORY ADD-INS

Garlic
Avocado
Stewed mushrooms
Beans
Fruit-flavored vinegar

Super-satisfying SOUP

Delicious with dinner!



A

VEGGIES

Zucchini
Bell peppers
Onions
Carrots
Corn



"This is a beans-and-greens diet—you want an abundance of veggies and beans in your soup," says Joel Fuhrman, M.D. Base recipe: Bring to a boil 2 cans (15 oz. each) no-salt beans; 4 cups veggies; 2 cups leafy greens; 2 cups carrot juice; 1 cup each water, prepared low-salt black bean soup and tomatoes; ¼ cup cilantro and chili powder to taste. Simmer 20 min. For variety, mix and match the picks below.



B

BEANS

- Black beans
- Kidney beans
- Pinto beans
- Lima/Butter beans
- White beans

C

LEAFY GREENS

- Broccoli florets/broccolini
- Spinach
- Kale
- Arugula
- Swish chard

PHOTO: FELICIA: JOE POLLIO, H & M; DEBORAH ENGELSMAN, STYLIST; BETH MOSNER, STILLS, CLOCKWISE FROM LEFT; ISTOCKPHOTO (2); FOTOLIA

It worked for me

"I'm finally free to live my life!"

Felicia Ricks tried to squeeze into her size-24 pants, feeling frustrated that they had shrunk in the dryer. But as she struggled to zip them up, she admitted the truth: *These aren't the kind of pants that shrink when you dry them...but I can't go up one more size—I refuse!*

Felicia knew her pants were the least of her concerns. She avoided seeing the doctor because she was afraid to get high cholesterol readings, and she worried she'd need medication for diabetes, like her mother. But as much as she wanted to change, she didn't know how.

That weekend, Felicia was pointed in the right direction when she saw a documentary called *Eat to Live* with Joel Fuhrman, M.D. "The stuff he was saying about reversing diseases by eating properly—I'd never heard that before," she recalls. "It seemed revolutionary."

Felicia immediately took Dr. Fuhrman's advice, and that week her clothes began to feel loose. She admits, "It was difficult in the beginning, battling the toxic hunger. But after a couple weeks I didn't even want unhealthy foods anymore."

Felicia stuck with the plan, and her energy, mood and immunity improved—she hasn't been sick since she started the diet. Plus, her back pain is history. "I surprised myself—I never thought I'd be here," shares Felicia, who lost 161 pounds. "These foods really are like medicine. For decades I was a prisoner in my mind and body, and this plan has given me freedom!"



THEN: 350 lbs

Felicia lost 161 lbs!



Felicia Ricks, 56, Newington, CT
Height: 5'9"

NOW: 189 lbs