

Dr. Joel Fuhrman Interview

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Ocean Robbins: Welcome to The Food Revolution Summit where we explore how you can heal your body and your world with food. This is Ocean Robbins and I am joined by my dad, John Robbins in welcoming our guest Dr. Joel Fuhrman. Dr. Fuhrman is a family physician and researcher who specializes in reversing disease through nutritional methods. Dr. Fuhrman has appeared on hundreds of radio and television shows. His own PBS show *Three Steps to Incredible Health* began airing nationwide in June 2011. His PBS special was the highest grossing special of 2011 bringing in well over five million dollars for the network. Joel's *New York Times* bestselling book *Eat to Live* has been a spectacular success. His other recent works include *Super Immunity* and *Disease Proof Your Child*. Dr. Fuhrman is a Research Director of The Nutritional Research Project of the National Health Association. He also serves with my dad, John Robbins, on the Advisory Board of Whole Foods Market. Joel is widely considered one of the most preeminent experts in food and nutrition. He studies the research and then makes the latest learning of medical science accessible to all of us. Here to interview Dr. Joel Fuhrman is my dad John Robbins.

John Robbins: Thank you Ocean and thank you Joel for being with us. It's really a privilege for us to help bring your message, your voice, your wisdom to our listeners. I want to begin by asking you, "Was there an event in your life or a series of events that propelled you into being as passionate as you are about healthy eating?"

Dr. Joel Fuhrman: You know I don't think that I can bring it back to one event per se but I think that even in my childhood I observed people getting well through excellent nutrition. I was exposed to various people, read books, went to conferences and just saw people revolutionize their health and recover their health from dramatically severe medical crises'. It never really made sense to me that a person would abuse themselves and not expect something to go wrong with their body or be able to hit themselves with a hammer everyday in the hand and cause bruising and expect it to go away while you're taking a pill for it and not stopping hitting yourself with the hammer. In other words I think I was brought up in a manner to watch my father also who was very sick get well by changing his diet. Being exposed to a lot of nutrition at a young age just always ringed a bell with me as being true. When I got the opportunity and I saw that I could pursue a career in this field it just became something that I knew I would find very rewarding.

John Robbins: I find you virtually unique among medical doctors. Very few frankly

even study nutrition much less have much to offer their patients in terms of it. It has occurred to me that a doctor who doesn't know about nutrition, which most of them don't is actually like a fireman who doesn't know about water.

Dr. Joel Fuhrman: It is. It's a big issue that the medical profession developed with their primary focus being on prescribing and finding medication to give people to reduce their symptoms and not dealing with the cause of disease. Whereas the doctor, the definition of doctor thousands of years ago had to do with becoming a teacher and teaching people how to live a healthy life. But I think it evolved to really being a medical doctor which means a person who is an expert in giving medications. I think that is at the basis of our health care crisis is that taking poisons to resolve bad lifestyle choices doesn't really work. It's ineffective and allows for peoples' underlying disease process to continue to advance. It doesn't work and I think there are a lot of doctors re-evaluating their careers right now. But fortunately I had the opportunity to learn about nutrition at a young age and to pursue a career where as nutrition became the cornerstone or centerpiece of my medical practice. Its afforded so much personal reward and seeing so many thousands of people reverse their conditions without medications. Of course every day I'm just getting the type of satisfaction where you know you did the right thing and your ability to really have some impact in peoples lives is a tremendous personal satisfaction.

John Robbins: You provide satisfaction to your patients and readers and listeners in so many ways that it's really a blessing to all of us. I wonder if you can speak about the rewards that our listeners could look forward to if they were to heed your suggestions.

Dr. Joel Fuhrman: We're faced with a population of sick and overweight people. Certainly we all know that you don't have to become overweight. You don't have to get diabetic and you don't have to have heart attacks and strokes. You don't even have to have cancer. Even nutrition or the proper nutrition is the foundation of protecting ourselves in winning the war against cancer. I think my point goes a little deeper here. Most people that we are in contact with and learn about my nutritarian approach are doing so from a place in their lives of poor health. Where they've lived 30-50 years on a diet style that breeds disease. Now they can lose weight and they can get in better health and lower their blood pressure or get rid of their diabetes or that could happen to them. The question is; Is that enough? Is superficially losing weight, good enough? After 40-50 years of eating a cancer causing diet will that be good enough to prevent them from having their lives cut short with a tragic cancer at a later stage from what they ate in the first half of their

life? I think the answer or my answer to that question is that eating decently or making moderate beneficial changes is not sufficiently adequate enough to repair the broken DNA cross-link, the methylation of DNA. In other words whatever damage occurred to your cells over those years even before you were born, even when your eggs were in your mother's body before you were conceived, your health can be affected by the exposure to toxins and a lack of nutrients in the environment you're living in.

So we've been alive not just the ages from when our birth, we were also alive living as an egg in the maternal ovary when our mothers were born. So the point I'm making here is that we maximize the body's ability to repair dysfunctional DNA changes, to remove toxins from the cells and to really maximize the ability of the body to restore itself to a pristine or to have the immune system to be strengthened sufficiently to undue the damage that if left unchecked would then lead to cancer. I advocate, my niche in this nutritional world is to help people who don't just want a little better health but want to know what would be optimal. To maximally repair cellular damage we are going to push the envelope of human longevity and really see if we can win the war on cancer and give people that opportunity.

So it's not just about losing weight and not having heart attacks. It's also about maximizing health. As we get older because a 100-year's ago people lived about as long as they are living now. It looks like they were living shorter because we had such a high infant immortality rate, infant and child mortality rate. So many women died during childbirth, which we don't have now so it looks like we're living longer. But in the real comparison of health issues we found that people who lived 50 years ago or 100 ago they actually didn't have so much disability and discomfort and pain in the last 10 years of their life. They mostly had a bad time in the last 3-6 months of their life. Now people are so over medicated and sickly and have a very poor healthy life expectancy because the American diet has degenerated with so much fast food, processed foods and refined foods. We are literally seeing an epidemic of disease that's weighing down our health care system, weighing down our economy and creating huge amounts of personal human tragedy. I'm saying here that excellent nutrition is tremendously powerful in giving us personal choice and control of our health destiny. It can also be tasty, fun and exciting to actually be in great health and continue to have a healthy life as we age.

John Robbins: You coined the term "nutritarian". Would it be correct to say that refers to someone whose food choices provide an optimal amount of nutrients per calorie?

Dr. Joel Fuhrman: Absolutely. Let me if I could just speak a few sentences more about that. I think that the word “nutritarian” is a word that means obviously that people are choosing to have excellent nutrition to have better health. I think a lot of people out there are “nutritarians” and have never heard of the word before. I use that formula $H=n/c$ which means that to have an excellent healthy life expectancy, to really live a long time and repair all the cellular damage that may have occurred from eating wrong in the first half of our life, to really protect ourselves against later lives’ diseases, including dementia, we want to eat a diet style that has a large amount or good volume of micro-nutrients per caloric buck. That means a high n/c ratio. I just want to add that when I’m saying eat more micronutrients, it’s not just eating larger amounts or some micro-nutrients, it’s making sure we have a broad spectrum of micro-nutrient diversity. Of course micro-nutrients are the non-caloric portion of food, the vitamins, minerals, phytochemicals and all these newly discovered factors that are so important for human health. Certainly we need to eat a lot of green vegetables and foods that supply us with high levels of these phytochemicals that prevent cancer. But when I ask the question; Which micronutrients are the most important to consume to make sure we have superior immune function? The answer is the most important for you to consume is the one that you’re missing. In other words we have to make sure that you have comprehensive micronutrient adequacy. That means to have every peg or every instrument in the symphony or orchestra have to be playing at a good tune. We can’t have a few extra drum sets pounding more on while there are no flutes in the orchestra. We have to make sure everything’s present.

So it’s not just about eating more broccoli here. It’s also about for example eating some mushrooms in your diet because mushrooms supply some particular nutrients that are not present in many other foods that are important to achieve comprehensive micronutrient adequacy. I’m just using mushrooms as an example but I’m suggesting here that when I talk about micronutrient adequacy or a diet richer in micronutrients I’m not just referring to numbers. I’m also referring to the complexity and the diversity that is necessary for superior immune function.

John Robbins: What are the micronutrients that most American’s are deficient in? What are good sources to provide them?

Dr. Joel Fuhrman: The American diet as most people know, couldn’t be better designed to create cancer and heart attacks had we designed it for that purpose. Right now it’s degenerated so that 62% of calories are from refined foods and about 26% from animal products. Even the 10% of calories

that remains from unrefined plant food half of that are white potato products, which are not exactly nutrient rich. So were talking about Americans are just not consuming fruits and vegetables, beans, nuts and seeds. They're not consuming sufficient quantity of natural plant foods with a broad assortment of protective micronutrients.

I coined another acronym called GOMBBS. G-O-M-B-B-S to help people remember those foods that they are supposed to be consuming on a regular daily basis. One is greens. Obviously green vegetables both raw and cooked. Of course we're focusing on leafy greens and cruciferous vegetables like broccoli, cabbage and brussel sprouts. Actually people having a mixture of raw vegetables and cooked green vegetables in their diet because of their documented association with longer life and protection against cancer. They contain these compounds called Isothiocyanates or ITC's that are formed in the mouth as we chew and they have dramatic protection against cancer. Of course it's getting this combination where there is some of those eaten raw as well as cooked to have a further beneficial effects. The "O" in GOMBBS, G-O-M-B-B-s.

The "O" stands for onions and even I've been shocked and favorably, pleasantly surprised at the studies the show how protective onions are against cancer. Even myself I have changed my diet dramatically in the last 5-10 years trying to shred raw onion on my salad, eating more onion dishes, eating more onions and mushrooms. Of course the third one is "M" for mushrooms, which is a very exciting part of human research. It appears that mushrooms have the ability to actually, you could say enhance human immune function. Labeling cells that are becoming abnormal for your immune recognition to remove these plastic or abnormal cells. They have weight loss benefits outside of being low in calories they actually have angiogenesis inhibition effects which prevent the blood vessels from fueling and growing into the fat supply which is needed to allow fat to grow. So they have fat inhibiting effects and cancer and tumor inhibiting effects in the process.

I use mushrooms as an example as to say well eating a diet rich in micronutrients is not all about just eating more green vegetables. You need to eat a good variety of foods with a full comprehensive symphony of nutrients that are so protective, especially when we utilize them synergistically, in other words, together with the other nutrients. Beans and Berries for the "B". Berries have Polyphenols and Anthocyanidins which are very beneficial for the brain and the body's anti immune system they use information to protect the brain with aging. Beans are associated with longer life are full of things like resistant starch and break down the body and have a very rich source of

phytonutrients and link to longevity in humans.

Lastly but not least is seeds, like flax seeds, Chia seeds, hemp seeds, pumpkin seeds, sesame seeds. Having some seeds on a regular basis for numerous reasons with a diet. The lignins which have cancer protective effects, the fatty acids which are beneficial for health, the stabilization of inflammation and heart regularity. In other words we're talking here about constructing dietary recommendations to maximize human immune function, repair and resist the process of aging to the point now where we really have an opportunity where we can live longer in better health than in other parts of human history. We didn't really know this kind of information that we know today.

John Robbins: Is there a role for whole grains in your diet?

Dr. Joel Fuhrman: Well in the diet style I'm recommending, if it's a whole natural food, certainly an intact grain is more favorable than even a whole grain that has been ground into a flour. Certainly there's a role for these things in a minimal amounts but the amounts that you should eat should be closer to its natural state, to its unprocessed state the more it's a favorable food. So that means something like black or wild rice would be a better food than rice flour. Not merely because it's the food but how it's been processed or ground and made to increase the hypoglycemic effect. So when you eat an intact rice it's a whole grain but your eating it intact you're not grinding it all. Same thing with wheat berries over whole wheat. Steel cut oats over oat flour, even though it might be the same food it's still more favorable to consume the food in the least processed form possible. And the answer to your question is certainly we rate carbohydrates, certain carbohydrate foods based on certain criteria and that criteria would help us discern what proportion those foods would be best in the diet.

The most favorite carbohydrates because of their fiber content, their micro-nutrient content, their resistant starch content, the lower glycemic effect, the most favorable carbohydrate might be beans. So maybe rice wouldn't be as favorable as beans but some rice could be included in your diet. It just wouldn't be a rice-based diet. Beans and cauliflower, squashes, peas and lentils would all be more favorable foods for example than even brown rice. Certainly white rice and white potato I would consider less favorable because of those factors we're mentioning. Resistant starch, fiber, nutrients all have high glycemic effects so we want people to make sure they have enough room in their stomach to consume the full spectrum of nutrient rich foods that they're supposed to be eating. Then supplant those needs with other foods that are not quite as nutrient rich but still are wholesome natural foods.

John Robbins: Are some beans preferable to others? What about soy, which of course has a higher fat content and a different nutritional profile, for the most part than other beans? How do you think about soy?

Dr. Joel Fuhrman: I think soy is an excellent healthy food but as you can imagine from us speaking together, I also think that nutritional variety is important in the diet. I think that it's actually most helpful if we have a few different types of mushrooms in our diet and it's more helpful if we have a few different types of beans in our diet. Our diet shouldn't be revolved around the consumption of one bean. If that's the case then I want you to have some lentils, some peas, some black beans or navy beans, azuki beans or some soy beans. Like you said, they all have different nutritional profiles and different advantages. It's best to have maybe a few different types in your diet on a weekly basis and not just eat a diet that's maybe soy bean based. But of course like any other bean soy bean is a very wholesome natural food. If I processed to make it into an isolated soy protein based product, soy hot dog or soy bacon I'm not eating a natural food anymore. Just like when you make corn, corn is a pretty wholesome food but when you make it into corn chips or Fritos potato corn chips it's not going to be a healthy food. In other words we have to eat the food as minimally processed as possible.

John Robbins: Well speaking of processing much of the corn or almost all of the corn and soy grown in the country today that isn't organic is now genetically engineered. Do you have feelings about that?

Dr. Joel Fuhrman: Well it's kind of scary. It's scary what people put in their body. With the untold potential risks down the road and the way common Americans are eating today it's frightening. It's a frightening thing. I know that you feel the same way obviously, but the power of big industry like Monsanto to control so much of the seeds and promote GMO foods. But luckily it's still in a small segment of the total food choices and we still have availability of wholesome food. Obviously we want the people to be able to have the availability of wholesome food that's not been chemicalized, refined or grown in a way that is potentially risky. We want it to be affordable to people. We want to educate them about how they can control their health and not have happen to them what happens to most Americans and that's really a life that ends in quite significant human suffering.

So I think that by working together and having thousands or millions of people aware of this type of message, working together that's where we have more power. When we work as a unit and we can promote healthy living and healthy eating as a cornerstone of proven American. Over the last 20 years things have been not going positively as people

get more overweight and more diabetic, more medication. I think we are starting to see things turn around today and we are starting to see more people aware that the health care crisis has to be addressed at its roots or its foundation and can't be treated on top by just putting more medications on people.

John Robbins: Well that is exactly the goal and purpose of The Food Revolution Summit and exactly why I'm so glad to have your voice reaching our listeners and very active and heard in the larger conversation in our country today. You bring something that is so needed. I also wonder why there is so much disagreement among health advocates about the best way to eat. Some of this seems so obvious to me.

Dr. Joel Fuhrman: Yes, I think it is pretty obvious and your right there's people that are protecting I think the way they prefer to eat. We like to believe the things we were raised on. We formulate opinions very young in life. It's very hard sometimes to change people's minds because they don't make decisions based on science and logic but they make their decisions, especially about food, based on feelings and emotions and attachment which is hard for people to break. They're very protective against their political food issues here. I think one of my contributions to this body of work is my work in food addiction and food science. I'm suggesting that my unique discovery is that it's not good enough for people to eat less calories to lose weight. You can't just try to eat less because they have unrelenting food cravings and food addictions that are counteracting that desire to lose weight and eat less. Their weight just yo-yo's and they gain it back again. I'm suggesting that by paying attention to the quality of what we eat it will help mitigate hunger, lessen food cravings, help remove food addiction. Only through a combination of enhancing the micronutrient quality of your diet can people then lose their cravings and physical drives that get intertwined and intermingled with their emotional drive with a primitive brain that wants to continue the addiction. Addictions are quite complicated.

I'm helping evaluate and explain how the body works in this field. It's more complicated than I can explain on this call, but the point is that diets of all descriptions are doomed to fail when people aren't paying attention to meeting the micronutrient needs of the human body. When we do so, when we eat a diet with better nutritional quality all types of benefits that make you healthier also enable you to lose weight effortlessly, not crave over eating as much and eventually put you back in touch with what I call true hunger, where your body becomes a precise computer telling you the right amount of food you require to maintain your perfect weight. So it does not become a guessing game

or weighing the food and measuring how many calories you need. We get back in touch with our instinctual drive that tells us how to eat and we enjoy food more. We enjoy the taste of it more and we are able to never be on a diet. You just eat what you want except what you want is less and what you desire are foods that are good for you.

So of course it's a whole system of making food more enjoyable not less enjoyable. In some way it is a knowledge based system where the knowledge essentially is important to set you free from this dieting merry-go-round.

John Robbins: What about food allergies? How can our listeners know if they are allergic to certain foods and what can they do about it if they are?

Dr. Joel Fuhrman: It's like anything else. Some of these problems developed when people were very young maybe even before they were born. They are put at high risk for allergies from Folic acid or the diet your mother was eating or what you were eating when you were young in life. The first step that I want to do with people with allergies besides of course identifying and avoiding what they are allergic to of course which is obvious. The second thing is having them achieve excellent nutrition and an excellent balance of everything that might be missing because supplying sunlight and the right fatty acids and the right micronutrients, it helps the immune system function better so the allergies have the potential to get better. It usually takes a few years of actually achieving excellent health to see the allergic tendencies start to diminish. I have much experience with patients who had food allergies, even environmental allergies, allergies to cats and hay fever that went away or they resolved gradually. Then we could also do food challenges in very microscopic pieces of food, an oral challenge once their immune system is brought along to a place of nutritional excellence. Once they are in great health with no nutritional deficiencies, which takes a few years probably, then we can try to do oral food challenges and work to see if they can slowly get rid of their allergies. In many cases they don't do anything they just see their allergies start to improve over time with this program.

John Robbins: You mention sunlight. What do you think about Vitamin D supplements?

Dr. Joel Fuhrman: I think that Vitamin D supplements are essential for a huge segment of the population, especially those of us who are living indoors, working indoors and living in northern climates who can't get adequate Vitamin D from the sun. I could give you one story after another, but I'll just give you one quick one of a person who came into my office unable to

eat or swallow. He vomited up everything he ate. He went to various specialists and one person wanted to do surgery to stretch his pyloric valve. Another person wanted to inject him internally with Botox to relax the pyloric valve because he kept vomiting. I found his Vitamin D to be deficient, this had been going on for years, and with fixing his Vitamin D of course he recovered in a short period of time. The point is that we have an epidemic of Vitamin D deficiency and we have to assure people that they are just like every other nutrient they need comprehensive micronutrient adequacy. We need people to have adequate level of all nutrients in their blood to maximize immune function and good health.

John Robbins: I understand that in many cases you recommend Vitamin B12 supplements, daily multivitamins and Omega 3 oil supplements. Is that correct? Are there any other specific supplements that you tend to recommend for particular groups of people?

Dr. Joel Fuhrman: I have to clarify that because what you said wasn't that accurate. My main concern is that people are taking multivitamins that they shouldn't be taking, and that's mainly because of Folic acid because Folic acid is not the same biological compound that is found in food called Folate. It's found in green vegetables and beans. I'm suggesting that the data indicates that Folic acid might be a powerful contributor to the cancer epidemic. Even when you take it during pregnancy to prevent birth defects it has negative effects on your unborn child. You can't substitute Folic acid for the Folate that nature intended us to get.

John Robbins: That is a tragic irony isn't it because people are taking Folic acid specifically during pregnancy.

Dr. Joel Fuhrman: That's correct. When the women are followed 30-40 years later they have high rates of breast cancer but my concern too was the harm it was damaging to the baby. As you are preventing neural tube defects we might be increasing that child's risk of childhood cancer. Certainly the fact that the Folic acid pills give the woman the emotional and intellectual ability not to concern themselves with eating green vegetables and green vegetables during pregnancy are protective not just against birth defects but also against childhood cancers. In a sense like everything else in medicine, we try to look for a pill solution where it has outcomes that we didn't intend and it doesn't have the same benefits as the natural approach.

The first part of your question is that I do recommend that people have certain nutrients different groups of people pay more attention to certain nutrients than others. But I want them to achieve that not by

taking the conventional multivitamin, which could have isolated beta-carotene or Vitamin A in it or Folic acid in it or too much Vitamin E or one Vitamin E fragment. In other words there are negative effects of most multivitamins. That's why most of the studies done on them show overall minimal to no life span enhancement because people are mixing things that are potentially valuable with things that are potentially hurtful. I'm suggesting that the overall effects would be more negative than positive. But that wasn't your question.

John Robbins: Is there a multivitamin that doesn't have Folic acid, that doesn't have preformed Vitamin A, that doesn't have these other problems that you're mentioning?

Dr. Joel Fuhrman: That's correct. That's why for my clients and people I try to suggest and make available things that are not traditional multivitamins, things that are more selective to not include things that may be harmful because a person on a vegan or vegetarian or nutitarian diet is not getting adequate B12. B12 deficiency or the risk of that goes up with aging as the ability to assimilate B12 goes down and so a person may need more with aging. The same might be true with Zinc and with Iodine. It might be potentially beneficial to supplement with especially if you're not eating salt in your diet. To make sure you have some presence of Iodine that might not be sufficient in your food. Even those with fatty acids that are not high in a vegetarian diet like EPA and DHA, some people think you might make a person who eats flax seeds and walnuts might make enough. I'm suggesting that my 20 years of medical experience of drawing blood tests and seeing people develop problems, it suggests that as people get older, especially in older males and I test this in hundreds of people, seeing that the ability to convert the short chain Omega 3 fatty acids into the long chain ones that prevent against dementia, heart stability and atrial fibrillation diminishes with aging and diminishes with conversion ability, diminishes even worse in males than in a female. There are certain people to play it safe to make sure that we're not gambling with people's health, that I want to make sure that we err on the side of safety and make sure that they have adequacy of these nutrients present. If they are unsure then we can redraw blood tests to ensure nutritional adequacy. Just to mention John that I'm involved with The Nutritional Research Project, which in a few weeks we're launching a research project where we are drawing the Omega 3 fatty acid levels on probably 270 people in the study. We may have to enlist about 500 people to get 270 in all the age ranges, sex ranges that we need to publish, but we are publishing a study on this. We are performing a study on this shortly. If people want to enter the study as a participant and have their blood tested for this, of course they have to be a person

who has not supplemented with any essential fatty acids, so we can test their natively, they can go to [www.Nutritional Research.org](http://www.NutritionalResearch.org) and were going to have that information up there where people can join as a study participant. We can then study this issue more in depth. The data that's available is not sufficient at this point.

John Robbins: It's really great to have your voice and hear your thoughts. I know that your PBS special has been extraordinarily effective and it's generating a tremendous amount of response.

Dr. Joel Fuhrman: It's really surprising how well, by the way it's actually raised more than 10 million for PBS at this point.

John Robbins: At this point, my goodness. Why do you think there has been such a huge reaction to your TV appearance on PBS?

Dr. Joel Fuhrman: They have had little discussion groups and research projects about this show, why it's been so successful. I think that the reason it's been so successful is that people can tell that I'm genuine and that I have, what's the word, that I have the support of so much experience in working with people with medical challenges.

John Robbins: I think the word is credibility.

Dr. Joel Fuhrman: Credibility and having word of mouth of so many people who've achieved success and bettered their health, has almost worked virally of all these success stories of people who have reversed heart disease, reversed diabetes, gotten rid of asthma, migraines, headaches, blood pressure and diabetes. In other words so many people have made recoveries and I think promoted their recoveries and success'. I think it has enhanced the show and the people watching the show say "Wow I'm suffering with all of this kind of conditions and I'm heading in the wrong direction. I don't want to suffer. I don't want to be unhealthy. I can be healthy. My doctor's aren't giving me this information." I think it's hit a nerve in a lot of people to realize they can take control of their health.

John Robbins: I think it has and I think it will continue to. I so appreciate your commitment to helping people be healthy. Helping people prevent disease, helping people reverse disease if it's already occurred. Even taking the long approach, recognizing the exposures that influence our health begin in utero, begin even in the eggs that exist in our mother's wombs before were conceived. This long range approach I think is accurate and I think it underlines the importance of now in our lives doing everything we can to eat optimally and to reduce our toxic

exposures through diet and otherwise. To follow the kinds of advice that you're giving people it's a godsend and a blessing to people to have the benefit of your research, your passion and frankly your love.

Dr. Joel Fuhrman: Thanks so much John. Obviously always been a fan of yours and love the work that you do, your compassion. I've learned from you and I look up to you as a role model and I feel that you have such a great effect on humanity and I'm so happy to be participating with you in this project.

Ocean Robbins: We've been talking with Dr. Joel Fuhrman author of *Eat to Live* and one of the leading experts on health and nutrition today. Joel it's been fabulous and we want to thank you so much for joining us and contributing so much to so many people's lives and to the food revolution that is brewing in our world today. Thank you.

Dr. Joel Fuhrman: Thank you Ocean. Thanks for having me.

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