



DR. JOEL FUHRMAN INTERVIEW

Plant-Based Physician and Best-Selling Author

By Chris Wark

Copyright © 2020 | Chris Beat Cancer LLC | All Rights Reserved.

www.chrisbeatcancer.com

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Publisher: Chris Beat Cancer Publishing

Disclaimer: The content of this program is based on research conducted by Chris Wark and Chris Beat Cancer Publishing, unless otherwise noted. The information is presented for educational purposes only and is not intended to diagnose or prescribe for any medical or psychological condition, nor to prevent treat, mitigate or cure such conditions. The information contained herein is not intended to replace a one-on-one relationship with a doctor or qualified healthcare professional. Therefore, this information is not intended as medical advice, but rather a sharing of knowledge and information based on research and experience. Chris Beat Cancer Publishing encourages you to make your own health care decisions based on your judgment and research in partnership with a qualified healthcare professional.



DR. JOEL FUHRMAN INTERVIEW

Plant-Based Physician and Best-Selling Author

Hey everybody. It's Chris. I've got another interview for you today with the legend, Dr. Joel Fuhrman. I'm a big fan of Dr. Fuhrman's. This is my second time to interview him, and it's always a treat to hear his wisdom and expertise. I will read you his official bio, and then I've got some comments about Dr. Fuhrman that I want to share. He is a medical doctor, board-certified family physician, nutritional researcher, multiple New York Times bestselling author, and creator of the Nutritarian diet; which is a plant-based approach to maximize nutrition for health longevity and disease prevention. He serves as president of the Nutritional Research Foundation. He's authored numerous articles published in medical journals. He has reached millions of people with his books.

Chris: In addition to the Dr. Fuhrman Wellness Center in New Jersey, he also operates the Eat to Live Retreat in San Diego. People from all over the world come to stay for 4 to 12 weeks for all types of reasons - to break food addiction, to de-stress, to reverse chronic disease, to get their health back, and to just have an immersive health and wellness retreat experience. Dr. Fuhrman's latest book is Eat for Life - The Breakthrough Nutrient-Rich Program for Longevity, Disease Reversal, and Sustained Weight Loss. Dr. Fuhrman is a pioneer. He was a plant-based physician way before being a plant-based physician was cool. And I appreciate that so much. When I had cancer in 2003 and 2004 - and even before that - there just weren't a whole lot of people out there that were preaching this message, trying to educate their patients, educating the masses on the power of nutrition, and reversing disease with daily choices, diet, and lifestyle. I just recently interviewed another plant-based medical doctor, Dr. Saray Stancic, who reversed her MS with a plant-based diet. It's just remarkable what's happening. So Dr. Fuhrman, thanks for taking the time. Great to chat with you.

Dr. Fuhrman: Great to chat with you too, Chris. Good to see you again, and I always have fun talking.

Chris: You're in San Diego now, right?

Dr. Fuhrman: I am. I'm living here now. That's correct.

Chris: Living here permanently. It's interesting because just yesterday I saw that there's been a mass exodus from New York because of COVID. Just tons of people have left. Do you think you'll ever go back to that area?

Dr. Fuhrman: Well, I still work on both coasts. In the last few years, I was here in San Diego once a week because of my retreat, but now I'm in San Diego full-time. And I'll go back to New York and New Jersey maybe once every 3 or 4 months, once

traveling a safe again after COVID. Maybe I'll go back a few times a year, but I'm going to be living out here permanently.

I'd like to talk to you about the new book but also about COVID-19 - your thoughts, your perspective, and what people need to know. I know there's a lot of fear, and part of that fear, to me, feels unnecessary. At the same time, there are very specific steps that people can take to help minimize their risk - and nutritionally, especially. So do you want to talk about that?

As you're aware, I've been talking about this for more than 20 years. I've been talking about this for more than 30 years, actually. I even wrote a book called Super Immunity about...

Chris: I've read this book.

Dr. Fuhrman: About 8 or 9 years ago. I even predicted what was going to happen in the future, where we have an immunosuppressed population, due to everybody being overweight and eating poorly. And it's not just some people who have medical problems who are immunosuppressed. Most, everybody who eats fast food, processed food, and eats the way other Americans eat, is going to be significantly at risk. They've already been at risk of heart attacks, strokes, dementia, and cancer. That wasn't enough to scare people because they're looking for instant, immediate gratification.

True intelligence is making the right decision, today, that's going to benefit you decades down the road. Right? That's why we get an education. That's why we eat healthfully. We want to be able to enjoy our later years and not be in a nursing home with our brain burnt out. But for most people, the addictive nature of food is so attractive. They can't break that vicious cycle, and they're willing to sacrifice their future for a few minutes or seconds passing the lips. Plus, the fact that we learn to like what we get used to eating, but it's very difficult for many people to break their addiction with the Standard American Diet. And it even controls the way they think. So they think irrationally. They have belief systems. They don't weigh evidence. They can't make logical decisions. They're irrational thinkers because they make rationalizations to benefit what they want - what gives them instant gratification.

That's a form of addictive behavior. All along, we knew people were eating themselves into cancer, heart attacks, strokes, and dementia. But now COVID came along, and those same people are susceptible, almost immediately. They could be suffering greatly, have tragedy, or even death in the next few months with a COVID exposure. And it's not cancer or a heart attack 20 or 30 years now, it's 2 or 3 weeks, or months, from now. And it's almost mass insanity that people are dying of COVID. But they don't just start to eat right, and eat an anti-cancer, anti-heart attack, and anti-dementia dietary program, which I've been advocating for, for the last 30 years. If you don't do it now, you're really crazy because you're flirting with death just to eat your pizza and your donut.

It's absolute insanity. So obviously, my message is to tell people, "Get yourself out of risk immediately. Within a few weeks to a few months, you can remove the risk of COVID just by eating this dietary style." All overweight people have significant immunosuppression. There's no such thing as a healthy overweight person. Even if you're 30 to 40 pounds overweight, you have significant chronic inflammation, more reactive oxygen species, and more activation of aromatase and angiogenesis promotion. The chronic elevation of the chronic inflammation means you're burning your battery all the time. So when you need the flashlight to work, with exposure to a virus, it can only react a little bit.

Plus we get cytokines storm. It's not from good health. It's from lack of control of the immune response to the poor health. So people have this whole thing confused. COVID, the way I see it, predominantly represents the spread of poor nutrition, processed foods, and fast food to the modern world. Of course, in conjunction with transportation, overcrowding of the world, and people being close contact with each other. We travel from country to country. You can spread things very easily, but we know that we don't have to be sick. And we have an unprecedented opportunity in human history to be healthier than ever before. We know so much about nutrition, so you can choose not to have COVID right now if you choose to eat as healthfully as you and I choose to eat.

Chris:

I think it's a really unique learning opportunity for the world. Again, there was a certain percentage of people - I'd say my audience and your audience - that are..... And by the way, let me just say, I love what you said about intelligence, true intelligence, "Making decisions today that affect your life tomorrow." I mean, that's such a beautiful quote. I'm going to steal it from you, and use it later. There's a small number of people that really are trying to make decisions today to affect their health tomorrow. They're either trying to heal disease, and they're paying attention to folks like us, or they are conscious that disease is a real threat. Chronic disease, cancer, heart disease, diabetes, this is a real threat as we age. And we can make choices today that can slow the progression of disease or prevent disease completely.

I like to say, "You can't stop death, but you can slow it down." And that's what making these good choices is doing for people. But now everyone has so much fear about COVID, they're starting to realize, "Oh, wow, okay. Those healthy diet and lifestyle choices that people have been saying can prevent cancer and heart disease could also protect me from this imminent threat that is scarier." I think in a lot of people's minds, everybody's way more scared of COVID than they are of cancer or heart disease, even though, cancer and heart disease are going to kill more people this year than COVID. Cancers and heart disease are both killing over 600,000 Americans a year, and the COVID death toll - if the numbers are accurate - are 150 something thousand people, halfway through the year. So it's unlikely that it's going to get close to the cancer and heart disease number, but having said that, there's a lot more fear around it. So hopefully, folks like us can motivate people, can use that fear, channel it into positive action, and make these diet and lifestyle choices.

Can you prioritize the most important steps that a person can take to improve their health? Because I think a lot of people get mixed up. Right? They get suckered into a supplement or some gimmick or some fad. And they think, "Oh, I'm just going to take this supplement, and that'll make me healthier." But supplements, as you know, are low on the priority list. They're helpful. But if you don't make those big changes, the supplements don't do much for you. Right?

Dr. Fuhrman:

Yeah, of course. Obviously, you have to change. You may have to make a radical change. My experience has been that people making baby steps towards better health, they make an effort, but they don't see the results because they don't lose weight. They don't get well. My frustration and my motivation over the last few decades was to have everyone with a chronic disease know that they could reverse it naturally. They don't have to be on chemotherapeutic agents that cause cancer the rest of life. And we're talking here about psoriasis, multiple sclerosis, lupus, rheumatoid arthritis, psoriatic arthritis, Sjogren's syndrome, ulcerative colitis. I had, for example, a patient that's been on the national renal transplant list, waiting for a new kidney, who made a full recovery from lupus. And people in bed with psoriatic arthritis for decades, making complete recoveries. And people having 15 bloody bowel movements a day, ready to have their colon removed, who make a complete recovery from ulcerative colitis. And so many people with multiple sclerosis.

That's what I wanted to get out there in my latest book, *Eat for Life*, is not just the science behind it, but all these individuals that have made these dramatic recoveries. My biggest message is to give people hope and tell them that medical care is a failure and doesn't work very well. Because people keep doing the same thing. It's going to cause a disease. And then they take drugs. The first thing we learned in medical school is drugs are toxic. They're poisons. They put cancer-causing poisons, which are drugs, on top of a cancer-causing, dangerous, diet, expecting to get well. And all it does is make you feel a little better temporarily but makes you sicker down the road. So that's the frustration.

I don't care if people choose not to eat healthfully, or choose to be sick, or take drugs. But they have to, at least, know they had this option. They didn't have to have their kidney transplant for lupus. They could've gotten well from it. They didn't have to take drugs that cause cancer for psoriatic arthritis, the rest of their life. So we have to let people know they have an option, and they don't have to have heart attacks, strokes, and dementia. More than 90% of cancers are definitely preventable, and early-stage cancers, a lot of them, are reversible. Nevertheless, that's been my fighting message over the last few decades.

And now, with COVID thrust into the equation, people are thrust with danger immediately in their face. And now, changes they have to make, are the same changes that they should have been making all along. Let's talk about them in order of priority of these changes. Lunch is the most important meal of the day because we get in so much of those beneficial foods during lunch. And I want people to structure their diet. Keep it relatively similar from day to day. One of my mantras is, "Have a salad every day." The mantra is, "Make the salad the

main dish." And so the point is, have a big salad of raw vegetables at least once a day. So lunch is a big salad that includes not just lettuces, but also some raw cruciferous, like baby bok choy, arugula, or kale - and raw onion or scallion in there. And then we make a dressing that has some nut or seed in it -not oil, but some nut or seed in a healthy dressing - which facilitates the maximize the absorption of these phytochemicals from the raw vegetables.

And then you have to pay attention.... We make a delicious tomato sauce with sun-dried tomatoes, almonds, walnuts. Black fig vinegar and some roasted garlic might be a dressing. A dressing might be a fruit, like mango or orange, with some sesame seeds and cashews. Blood orange vinegar or apple cider vinegar. So you make delicious dressings. But the point I'm making is that the dressings are healthy. They're not full of salt and oil. And the little bit of fat in those dressings facilitates the absorption of the fat-soluble phytochemicals and antioxidants, which maximizes the beneficial effects of those raw vegetables. And when people eat a salad, they don't chew it very well. They swallow it mostly whole. How well you chew those vegetables, determines the formation of the anti-cancer, immune-supporting nutrients in the mouth as you're chewing.

They're not just taking it out of the vegetables. You're actually causing a chemical reaction to occur in your mouth and activating bacteria in the teeth and the gums, which also improves the chemical reaction. And the better you chew, the more you have a benefit from it. And then maybe a bowl of vegetable or bean soup- or chili - with cooked mushrooms, onions, greens, and beans in there. And maybe some fruit- fresh fruit or frozen fruit - for dessert. So I want people to have this regimen where they have a big salad, vegetable bean soup or stew, and a piece of fruit for dessert. Make that a large meal of the day. They have a hefty salad, a bowl of soup, and that's their main meal. They can eat a lighter breakfast or a lighter dinner. Breakfast is not that complicated.

I don't see why the world can't, at least, change their breakfast and lunch right away, and simplify it. Breakfast might be, for me, a cup of wild, black, or dark berries with maybe a couple of tablespoons of grain in there. Quinoa or steel-cut oats, maybe a tablespoon of flaxseed, chia seed, or hemp seed with a homemade almond milk or plant milk on top. Mostly, I'm eating berries, a little bit of grain, and a little bit of seeds. Mostly, I'm eating berries and fruit with a little bit of plant milk in there. So the breakfast is kind of simple. It could be a piece of fruit, a glass of juice, or a green smoothie. It doesn't have to be that complicated.

And then, for dinner, we have fun making exotic, incredible, delicious, gourmet vegetable dishes. Thai and Asian, all kinds of flavors with lemongrass. We want to keep it an early dinner, relatively light dinner, and not get up from the table with a stuffed, stretched out stomach, digesting food the whole night. You want to eat something relatively light because you want to go to bed on an empty stomach. You want to get a full rest and not be digesting food half the night. And so I don't think this idea of nutritional excellence is so difficult to grasp or to

do. And especially when we can give people ways to make it taste great. I think if people gave it a try and did it long enough... Most people that I've worked with feel that they enjoy this way of eating. They get proud of themselves for doing it. They see miraculous transformations occur in their body. And they start to feel grateful for the wonder of natural foods, what they contain, and the healing powers they impart on the human body. And they start to feel more grateful, have a better relationship with the world around them, start to think more clearly and make better choices.

Chris:

So the plant-based diet really is the biggest shift that someone should make, first. I'm completely with you, obviously. I love you for many reasons, but it's because you're preaching to the choir here with the food. I eat oatmeal for breakfast, with berries, hemp, flax, chia, and a little bit of cinnamon and allspice to flavor it up. I might cut some dried figs or apricots to put in there if I don't have fresh berries. That's breakfast. Lunch, I love to make a fruit smoothie. Giant salads were a huge part of my anti-cancer diet. And I ate the giant salad twice a day, every day. We're creatures of habit. Right? If we figure out a super healthy breakfast and a super healthy lunch, we can eat it every day.

And it's fine. It's super healthy. If it tastes good, you kind of play with the ingredients, and figure out something you like. And then mix it up at dinner, like you talk about. That's what we do at our house. Breakfast and lunch, for me, it's the same thing every day. I don't have to think about it. I just eat it. It's great. I enjoy it. It gives me energy. I feel good. And then, dinner time, my wife will make something different every night, some different combination of veggies. Some dishes are real basic. We might have a Southern veggie plate, which would be black-eyed peas, collard greens, sweet potato, spinach, or rice. And then other days, she might do something fancier, like an Asian dish with tofu. Something you said earlier made me think of this analogy. If a person is eating glass, literally eating glass. Right? They're chewing up glass, and it's painful. They're swallowing it, and it's causing them all this pain. They go to the doctor, and the doctor says, "Here's some pain medicine. You can keep eating glass, and it won't hurt as bad." Instead of saying, "Stop eating glass!"

Dr. Fuhrman:

I've been saying the same thing for years. You go to the doctor, and he gives you pain medication. But you whack yourself with a hammer on your arm. And the next day, you do it again. You whack yourself in the arm, and you can take more medication. Keep going back, and you still hit yourself with a hammer. It's the same thing. People are slowly destroying their health. But they're not just dying prematurely. They also suffer for decades with mental confusion, depression, and all types of confusion. They're not thinking as clearly. They lose their intelligence. And they don't feel well. Everything from indigestion to poor sleep to having trouble with bowel movements to body pain. People are suffering, and they don't make the connection because the medical profession gives you the idea that drugs are the answer to everything.

Chris:

Drugs give them additional short-term and long-term side effects that, ultimately, make them worse.

Dr. Fuhrman:

They're the effects of the drugs. They're not just the side effects. They call them side effects, but those are really the effects because drugs inherently are poisons. I'm not talking about insulin replacement or thyroid replacement. That's not working by a poisonous mechanism. But most drugs for autoimmune conditions, and even blood pressure medications, mostly, have carcinogenic effects. They work by blocking, interfering, or poisoning natural body activities in order to have, what they call, efficacy. The efficacy is from the poisonous effects of the drug. We even look at natural substances, from nature, and the efficacy of pharmacologic- natural substances, herbal products - are due the toxic effect, not the nutritive effect. The toxic effect is the only thing that can make your pain go away, make your heartbeat go faster or slower, make you urinate more, urinate less, or kill an infection.

It's all due to the toxicity. And people just have no warning, or no level of caution, with throwing poisons in their body. You mentioned the word, rice. I'm concerned about that, of late, because the brown rice is contaminated with arsenic, in this country. One of the most highly arsenic-contaminated foods we can eat is brown rice. And so it's one of the things I'm choosing to eliminate. Arsenic is in a lot of different things, but it's a carcinogen. So many people have been detecting high levels of arsenic in their tissues -even people on healthy diets -and particularly when they're eating rice. And the second thing we're fearful of nowadays, more than ever, is seafood. We used to think a little bit of seafood was okay, but now we're realizing that it's not just the big fish with mercury, like shark, tuna, swordfish.

It's even the small fish that live near the coast that are full of microplastics, today. A lot of people have plastic contamination. They have plastic poisoning in their body. They carry around a credit card, or more, of plastic within their tissues because they're eating so much seafood. It's not the only source of plastic, but it's the major source of plastic, today, in your body. And this microplastic goes into your bloodstream. They're impregnated into your tissues and are very, very dangerous. We have all these risks, and people are unaware of them. But we also have this opportunity to have organic food more than ever before, to understand the foods that have the most powerful effects to support immune function, to protect immune function, and to protect against cancer. So we have a tremendous amount of information- on both ends of the spectrum. A tremendous amount of information of what we shouldn't do and a tremendous amount of information about what we should do. There's, a little bit, something wrong with your thinking if you don't take advantage of modern, nutritional science.

Chris:

Yeah. Thank you for bringing up the bit about rice. And I know, over the years, there has been this increasing concern about arsenic and brown rice. We really love black rice and red rice, which hopefully, don't have the same levels. They're grown in much smaller batches, and they're tastier. It makes me want to dig more into those specific rices and investigate and see if there's testing. Also on the microplastics angle, there was a pretty interesting research project that came out a few years ago on the amount of microplastics, just in bottled water,

in plastic, bottled water. And it's alarming how many millions of microplastic particles they were finding in different brands. Someone could Google this. We'll link to it in the show notes. I'll find the study. It's alarming how much microplastics are just in bottled water, and people are drinking half a gallon or a gallon a day of that. So that's a concern. It's getting harder and harder to avoid all this toxic stuff in the environment.

Dr. Fuhrman:

It's hard to avoid it if you eat conventional food. But if you're eating clean, plant foods... And you know my acronym, GBOMBS: greens, beans, onions, mushrooms, berries, and seeds. Most of these plant foods are difficult to contaminate, obviously. And of course, we're also advocating regenerative agriculture, organic agriculture, and protecting the planet. Chemical agriculture is not great for the planet, but neither is a diet rich in animal products. They're cutting down the rainforest to have more land, to graze cattle, or grow for feed for cattle. The point I'm making right now is, the same thinking that leads people to this instant gratification, not caring about their future health, also makes them seem to not care about the future health of the human species, the future health of our children and grandchildren, and what generations to come on earth that we're destroying.

Instant gratification of not protecting the environment and allowing not only climate change but also destruction of the Earth's ability to produce food safely. So I think that we really have to have a whole different consciousness about our own health and the fact that our health is linked to the health of the planet. If we're considering that our health is not just ourselves, but also our connection to other people, other species.... There's tremendous loss of diversification. Species of animals are dying off rapidly in the earth today, too. But also, what about future generations and our connection with wanting to protect the human species? Isn't that a form of narcissism or selfishness or irrational thinking that we're going to utilize the planet and not care what happens once we're dead too? That just seems, to me, in some way, related to this idea of just, "Eat for the moment." And if you're in a nursing home, stroked out for 10 years, unable to think of who you are, who cares. Just worry about eating that pizza and ice cream right now. It seems to me there's some relationship there between the way people think and don't care about the future.

Chris:

I agree, and it is selfish to not think about the world that we're creating for our kids and our grandchildren. And it makes sense, again, to make choices today that benefit you tomorrow, but also choices today that benefit future people tomorrow. Not just you. Right? So there's a little bit of selfishness that's okay, that you want to take care of yourself and make good choices, but then beyond that, your choices impact others. I think that's a really good point. I have a devotional coming out, this fall, called Beat Cancer Daily. And one of the entries in there is titled "Live for Tomorrow." And it's about this very same concept of making choices today that produce health tomorrow. I eat healthy today because I want to be healthy tomorrow. I exercise today because I want to be fit tomorrow. It's sort of the antithesis of the "Live for Today." A YOLO kind of attitude, I think, that is pretty pervasive.

Dr. Fuhrman:

Yeah, it's very pervasive. And it's getting somewhat scary, the fact that enough people aren't embracing this message. And this imparts my career and my work too. We see that when we teach people to be more mindful and have more gratitude, they start to... Instead of going after the approval of other people and trying to make brownie points to elevate their own ego, feeling superior. Right? They try to be competitive and beat out other people as a means of feeling good about themselves. It doesn't work. It's hard. That doesn't work. If you're looking for the approval of others, you're not comfortable being different.

And you're going to be different when you eat healthfully when you go home. These food addicts that come here, they come to this retreat and want to get rid of their food addiction. We don't want them to have recidivism. We want them to learn. They lose the weight. A person just lost about 90 pounds after being here for 3 and a half months. There's no good in that at all, unless she continues to lose the weight and keeps it off the rest of their life. And the attitude... So it's not just teaching them a way to eat, they have to change the way they think. Because if they're looking to please other people, and they're not comfortable being different, they're not going to be okay eating this way with other people giving them snide remarks or making fun of it.

You have to feel good about yourself. And you have to realize that you are feeling good about what you're eating. You're so grateful for it. You recognize the value in it, but you're also connected. You're not getting your pleasure, but you're getting a pleasure from appreciating the world around you. You appreciate the aesthetics and the beauty in the world around you, and you will appreciate the value and beauty of other people and other living things. And you're striving to have goodwill for other people. And you feel good about yourself because of striving to do the right thing to benefit other people and to have goodwill for them. And to be able to emote. Because your abilities to care for things and to love things is what your true long-term happiness is based on. Not about what you collected or what people you beat out or stepped over or felt you a better than. It's your ability to care for others and have others care for you, and not going for the approval....

We're trying to give people a different mindful view of what they're eating and a mindful view of how they react in life. And we find that when you teach about how to beat food addiction, how to maintain a healthy diet, and learn how to love eating this way, there's some psychological, intellectual, and ethical education that goes along with learning how to eat food, that makes people more comfortable eating this way, doing the right thing, and feeling good about the superpowers they've achieved. To be a role model, to radiate out and help other people and be useful to others, helps reinforce their own decision to stay eating this way. And over time, they love eating this way, and they enjoy it. But we are social creatures, and being able to maximize that social interaction and feeling good about themselves, helps them fix that instant gratitude they were going after. That narrowness, and even a degree of narcissism and selfishness, gets lessened. They have a better chance of eating healthfully, and enjoy eating

this way, when they make that personality shift and start to learn that a little more.

Chris:

This is such an important message. I'm so glad you went there. I had to come to grips with this in my own life. I made a radical diet change. I went all raw in January, 2004. The raw food diet - no one had talked about it. It wasn't even a thing. It wasn't popular. It wasn't understood. No one had heard of it. And I just stumbled across it. Some books convinced me I should do it. I realized, very quickly, that no one around me understood. They didn't approve. I was definitely the odd man out, kind of the weirdo. I just had to make a decision that my health and survival is more important to me than the approval of others.

And it is hard. And I have complete empathy and sympathy for that, for anyone who is struggling and trying to get well. They're making these radical changes, and the people around them are criticizing them and making fun of them. There is definitely that, sort of, crab mentality of people around you who don't want you to change, don't want you to grow, don't want you to get healthier, or don't want you to lose weight. They don't like it because, even though you don't mean to, it is shining a light back on them and their bad choices. There's a lot of folks listening that I think this is really going to resonate with. And I just want to encourage everybody. There's just a season in life, when you're undergoing radical change, that you're not going to have very much support. And you may even have opposition, but you've got to muster up enough strength and courage to power through. And there will be a day when the people who thought you were crazy will come back and tell you, "You're a genius." And that feels pretty good.

Dr. Fuhrman:

We're talking about nutritional excellence. Right? Nutritional excellence doesn't just make you physically feel better, it makes you intellectually fit. Your clarity of thought, your ability to be creative, your ability to be kind and have goodwill for others... You can be the full human person you were meant to be. And you can't be the full human person you were meant to be when you're abusing your body with food and with drugs. The more you're a drug addict, the more you can do things that are wrong. You can steal and cheat and do anything to support your drug habit. And the biggest drug habit in America is the food addiction habit. And people don't see that it's causing people to become unethical because of their food addictions.

And they're socially dysthymic. What I mean by that is that these foods take away your passion for living. And when your brain gets so over-stimulated with dopamine, you just have to live from momentary stimulation, either from food, alcohol, or drugs. You get a whole different reason for living. And people have no passion about their life, their motivation, and what they're accomplishing to benefit others. Their whole life is twisted. And food makes you prone to depression. Food twists your life. These processed foods twist their life and make people less compassionate and less caring. I've seen this over and over again. Eating right certainly improves your health, but it also, in most cases, can improve your emotional outlook and even your intellectual outlook, as well.

Chris:

What the raw food diet did for me that I didn't expect, and what I see it do for many others- and I imagine you do too- is that once I made this radical diet change... And even if it isn't all raw, but just to a whole food plant based diet, for example... But once I did this, and I had successfully incorporated it into my life and it became a part of my life, it unlocked some something in my brain that allowed me to realize, "Wait a minute. If I can do this, what else can I do?" Right? It gave me this sense of accomplishment and power that, "Wow. I did this. What else is out there? What else can I do?" And it also forced me to think about - you reminded me of this when you were talking- it forced me to evaluate the rationale behind all of my choices.

You said this directly about this irrational behavior, and it's almost like it compounds. Right? These irrational choices compound and get more and more irrational. It's like the drug addict being able to justify stealing from their loved ones and whatever else to get the next fix. By the same token, when you start making healthy food choices, you have to sort of step back and think about, "Why am I choosing these foods? Why am I gravitating towards junk food and unhealthy food or alcohol or drugs or sex or whatever." Not the sex is unhealthy, but sex addiction type behavior. Then it matriculates into the rest of your life. So you start thinking like a more rational person. It really starts that part of your brain turning that has maybe been turned off for awhile.

We're creatures of habit, and we just kind of act like robots. We eat the same food every day. Anyway, I love this. I love it. This is not something that I really get to talk about with a lot of folks that I interview: the psychological aspect of making healthy choices and becoming a more rational, well-reasoned, thoughtful person. It's not just about eating healthy food. It really does sort of have this ripple effect in other areas of your life.

Dr. Fuhrman:

Absolutely. You're choosing what you eat, what you choose to say and do and act, and do with your time. You're trying to think about what's best for your long term benefit, your own personal happiness. And if you know what's best for yourself, then it's also, what is best for yourself is what's best for other people, too. And even just the stress you put on your family from being sick. What? People expect their kids to care for them when they're in a nursing home, or when they're sickly? They want to be a stress on their children's life? It's all tied together, like fibers of the cloth.

We're in a very critical point in human history, right now, where we're faced with some major issues in our society and our world. Eating poorly is destroying us with COVID. And we beat COVID. And when the vaccine comes along - whether it works, or it doesn't work- or whether the COVID blows away... Another serious infection is going to come along, after that. We have a small world, today, that's vastly overpopulated, and infections are going to spread through the modern world, like it hasn't occurred in human history. And we're going to have novel infections. Next time, it'll be a bacteria that's going to be resistant to antibiotics that can be all over our skin. It'll be something else that'll be affecting people. But the bottom line is, we've got to start to think about

these things now, make good choices, and work together as humans in a way that's compassionate to benefit all of us together.

Chris:

I'm glad you brought up the vaccine issue because I feel like, vaccine or not, even if the vaccine works, we've got a human health crisis. And so many people have all this hope on a COVID vaccine. And let's just assume that it works, and it prevents COVID. Okay, great. But the reality is, we still have this chronic epidemic of obesity and unhealth, and it's not going to get any better. A COVID vaccine is not going to solve that problem. But your daily choices, your mindset, your diet, exercising, making sure that you don't have unnecessary stress in your life, really cleaning house and detoxifying your home life, your work life, and getting the toxic junk out of your house, all of these steps that anyone can do that are relatively simple - they take a little time, energy, and effort but don't cost much money - are the most powerful steps that a person can take. They're the biggest levers that you can pull. Right? There's a lot of little switches you can flip, but you're going to want to pull the big levers first. And then you can start flipping the little switches.

Dr. Fuhrman:

Yeah, of course. And of course, we don't want people not to recognize that this way of living and eating is more enjoyable, more fun, more exciting, more tasty, and we appreciate it. We're grateful for being able to eat this way. Not only are the recipes fantastic, but you have more appreciation for the natural world, knowing the magic that's in food and the ability to heal us. And then, you can be grateful for the people that helped it grow, helped you cook, helped you to make it, helped make the seeds, helped you farm, how we're connected, and how we need other people, building this chain of gratitude. And the fact that we have this opportunity to have great health, get rid of the fear, and really have as much fun in life as we are able to have. And we can still do that as we get older and not lose our physical or mental faculties, when we take better care of our health. This unleashes much more of an ability to have a more enjoyable life, a more pleasurable life, and even more pleasure with food.

People think, "Just shoot me right now if I have to eat like that. I'd rather be dead if I have to live on carrots, celery, and cucumbers. Just shoot me right now." So that's the food addiction talking. The primitive brain wants to protect what it's used to doing. It's anxiety provoking, and people come up with such irrational, self-delusional thoughts. Their own thoughts are delusional and impede their progress because the opposite is true. This opens up a whole new life of greater pleasure when you take better care of your health.

Chris:

It's funny because this is such a common part of the health journey. Someone I know, who has Hashimoto's, has just made this radical diet change: raw food. And the first three days were really tough. Right? The first three days were really tough, and she did not like the salads and the green smoothies and was struggling emotionally and physically, just trying to get the food down. And she had this thought, which I think a lot of people can relate to, which is "I'd rather have Hashimoto's, than eat this food." But after the third day, she turned a corner. And all of the sudden, she started to figure things out. She prepared the

salads a little different way, and the smoothies a little different way. It started to taste good to her, and she started to be able to finish the meals.

Now, she's much farther along in the journey, and she is just humming like a top. She's in the groove. Things are running smoothly. She's feeling good, energy's good. She's enthusiastic and optimistic about her next blood work, and to see what's going on in her body. And, I think, there is that difficult hump in the beginning, but that's that food addiction thing. It's the very beginning. I always try to prep people. I imagine you do, too. To prepare them, "Hey, it's hard in the beginning. You've got to bust through, break that food addiction. You're going to have withdrawals from junk food, sugar, salt, high protein, and fat, the processed food type of addictive qualities. But once you do, and you turn a corner, you start to feel really, really good. Then things get easier. That's what I think folks need to keep in mind and look forward to. That this will get easier. Your life will change. Things will get better. You will feel better. It's coming. Just don't give up.

Dr. Fuhrman:

Right. Obviously, I have great chefs here. We make incredible food. And one thing I'm really proud of is the recipes that we've created over the last three decades to make healthy foods taste great. And yeah, it takes some months for people's taste preferences to change, to like it as much as we like it. But right at the beginning, they're getting incredibly delicious recipes that make healthy food taste fantastic. My book, *Eat for Life*, gives people the support of science, the motivational cases of people recovering, the hundreds of people recovering their health from serious illnesses, and what this can do. Plus these incredible ways to make this diet taste fantastic. I just want to make that clear. My own experience, creativity, major world-class chefs, and contributions of other people, helped us create a delicious way to eat these healthy foods. And to make them taste fantastic. As you were saying, you only need like 5 or 6 main dishes and 4 to 5 salad dressings, you love. And a couple of soups. You don't have to have a hundred recipes. We have thousands of them, and people can certainly find a handful of ones they adore. They're crazy about these recipes. They're like going to a fancy restaurant and loving the food. And of course, that's the way we feel about it here.

Chris:

Yeah. If you're just willing to venture out of your comfort zone, and by "comfort zone," I mean your comfort foods zone... The same stuff, same stupid chicken breast you have been eating for 30 years. The same stupid, little filets. If you're just willing to start venturing out, trying new foods, and dishes, especially healthy foods, you will find, this whole world of delicious food will open up to you, that not only tastes good, that you love and enjoy, but is also serving your body in incalculable ways to promote health and healing. I love the fact that you are trying to get people excited about eating healthy because I really think that is the key. You can scare people; you can try. I'm going to use an example that some people may not like. There's the ethical vegan strategy, which is "we want to guilt people into not eating animals."

Just show them horrific factory farming videos, and make them feel so terrible about eating animals, that they will stop eating animals. And that kind of works, but I don't think it's a lasting motivation for a lot of folks. So you can get a lot of folks to quit eating animals for a short time, but eventually they go back to eating unhealthy junk food. But if you teach them about nutrition, if you teach them about disease prevention and reversal, if you show them the amazing power of food, then they get excited about it. Then, it turns into this whole different mindset. They want it. Instead of "Oh, I can't eat those foods. I have to eat this because I can't eat that." Instead it's, "I want to eat this, and I don't want to eat that anymore."

Dr. Fuhrman: That's what happens, eventually. That's what we call a black belt. You don't feel good. You don't enjoy them. They're not the foods you'd prefer to eat. And you have to get 10 men to tie me down to a chair to force me to eat that stuff, at this point. I love what I eat. And I love the recipes and the diet. I love feeling great. We enjoy eating this way, and it just takes time to achieve that. And that's part of my career. My job is getting people to that point where this becomes the preferred way of living and eating.

Chris: Yeah. Something does shift in your body physiologically. Because I'm around friends and family members cooking all kinds of food. There's unhealthy food being cooked at family events. Steaks on the grill and stuff. And people will say, "Oh, doesn't that smell so good?" And sometimes it smells good. [I'll say,] "Yeah. It does smell good." But I don't have any desire to eat it. I don't want it. I don't crave it at all. And then sometimes, it doesn't smell good to me. It does not smell good, at all. And I don't know what the difference is. Some days it does kind of smell good; some days it doesn't. But there's just no physical desire for it. I just don't have any desire to eat it. So that happens.

Dr. Fuhrman: Hopefully so many people that you've influenced are going to benefit from this. Not just for themselves, but they can be able to articulate this, to help other people. Sure, we want to help ourselves and our families. We want everybody else to be able to help themselves and their families. We want it to spread outside of our families. It is working. We need more penetration of society, so we can have less suffering, less human tragedy. And there's so much opportunity here for people to be healthier and happier. That's why so many of us are so passionate about this message.

Chris: It's a fun message to share, and it's fulfilling. And it's incredible. The first time you see someone change their diet, their lifestyle, and get well, it's such an addictive feeling. I'm addicted to the feeling of helping folks restore their health. It makes me feel so good to hear those testimonies. I know you do, too. It just keeps adding fuel to the fire. So we're just going to keep on trucking. Right?

Dr. Fuhrman: Right. Good work.

Chris: Thank you, Dr. Fuhrman. It's always fun to catch up. You're just one of my favorite people out there. Thanks for the great work you're doing. And I'm excited about your new book. What's the publish date on Eat for Life?

Dr. Fuhrman: It came out about 4 months ago.

Chris: Oh, I apologize. I didn't realize it was out.

Dr. Fuhrman: Yeah. It came out about 4 months ago, and it did become a New York Times best seller. The Amazon site was all messed up. It had the wrong name on it, but it finally got fixed. So it did become a New York Times best seller. It's my 7th, New York Times bestselling book.

Chris: Wow.

Dr. Fuhrman: It is kind of, "Wow." I've been very, very lucky to have so many millions of people read my books, and that's been, obviously, a blessing. Whatever good rubbed off on people, the more you get this information out, the more people that are exposed, and the more people can share, the better

Chris: You're reaching the masses. It's so inspiring. It makes me want to work harder and reach more people, too. So that's great. Well, everybody, thanks for watching. Please share this video with your friends and family. Your social network needs to hear this information. They need to understand that their choices matter, that their choices can help protect them from cancer, heart disease, diabetes, auto immune disease, and opportunistic, bacteria, viral, and fungal infections. You can't stop death, but you can slow it down. And your choices make all the difference between a future of disease and debilitating illness, or a future of longevity, a longer health span, and having a vital third trimester of life. So that's my goal. I want to grow to a ripe old age and die in my sleep. That's the goal. So anyway, thank you, Dr. Fuhrman.

Dr. Fuhrman: Thank you, Chris. Best of health, of course, to everybody. Wishing you all the best. Take care.

Chris: Bye-bye.

Copyright © 2020 | Chris Beat Cancer LLC | All Rights Reserved.

www.chrisbeatcancer.com

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without the written permission of the publisher.