

ADDICTION



SUMMIT

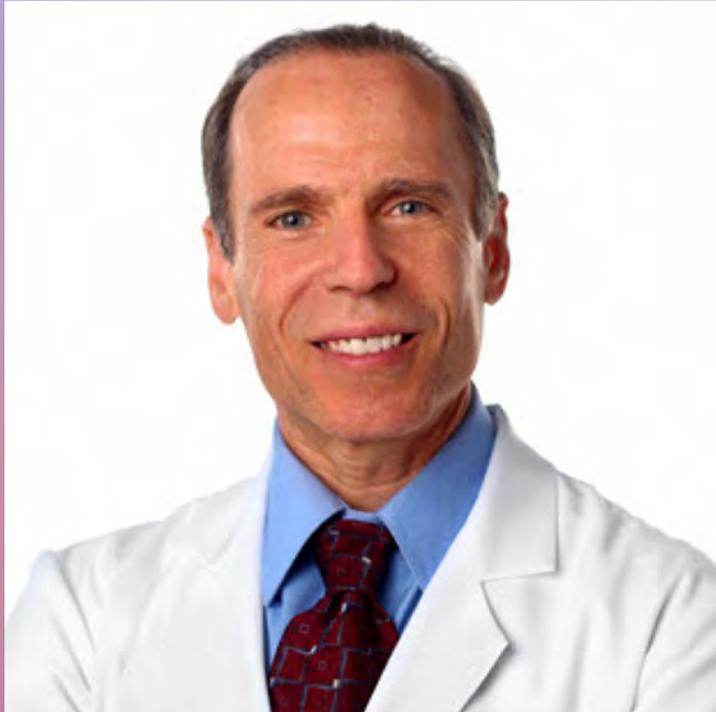
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Nutritional Excellence: Key to Health & Recovery

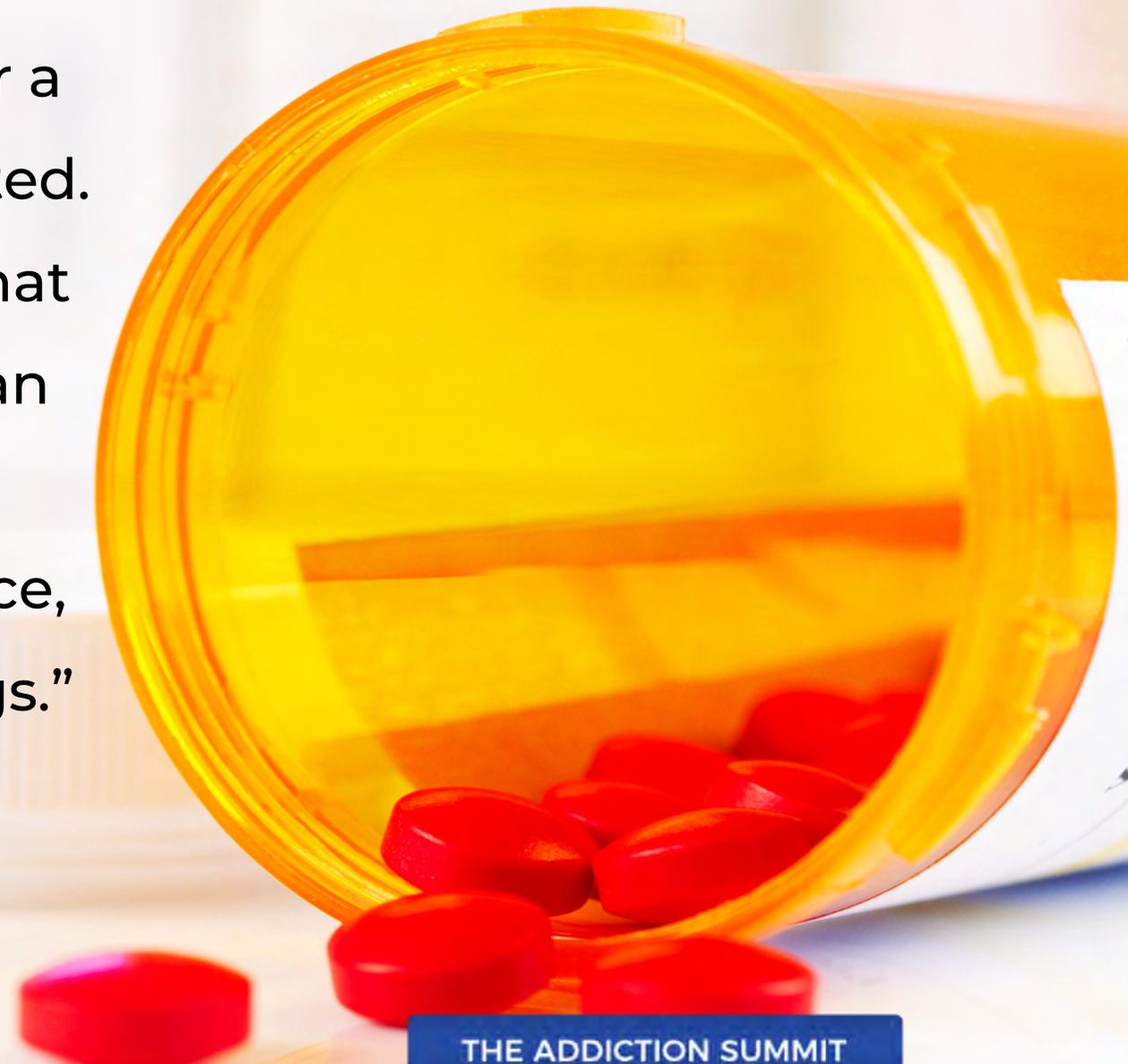


Dr. Joel Furhman



- *Eat to Live*
- *The End of Dieting*
- *Fast Food Genocide*
- Nutrition & cravings

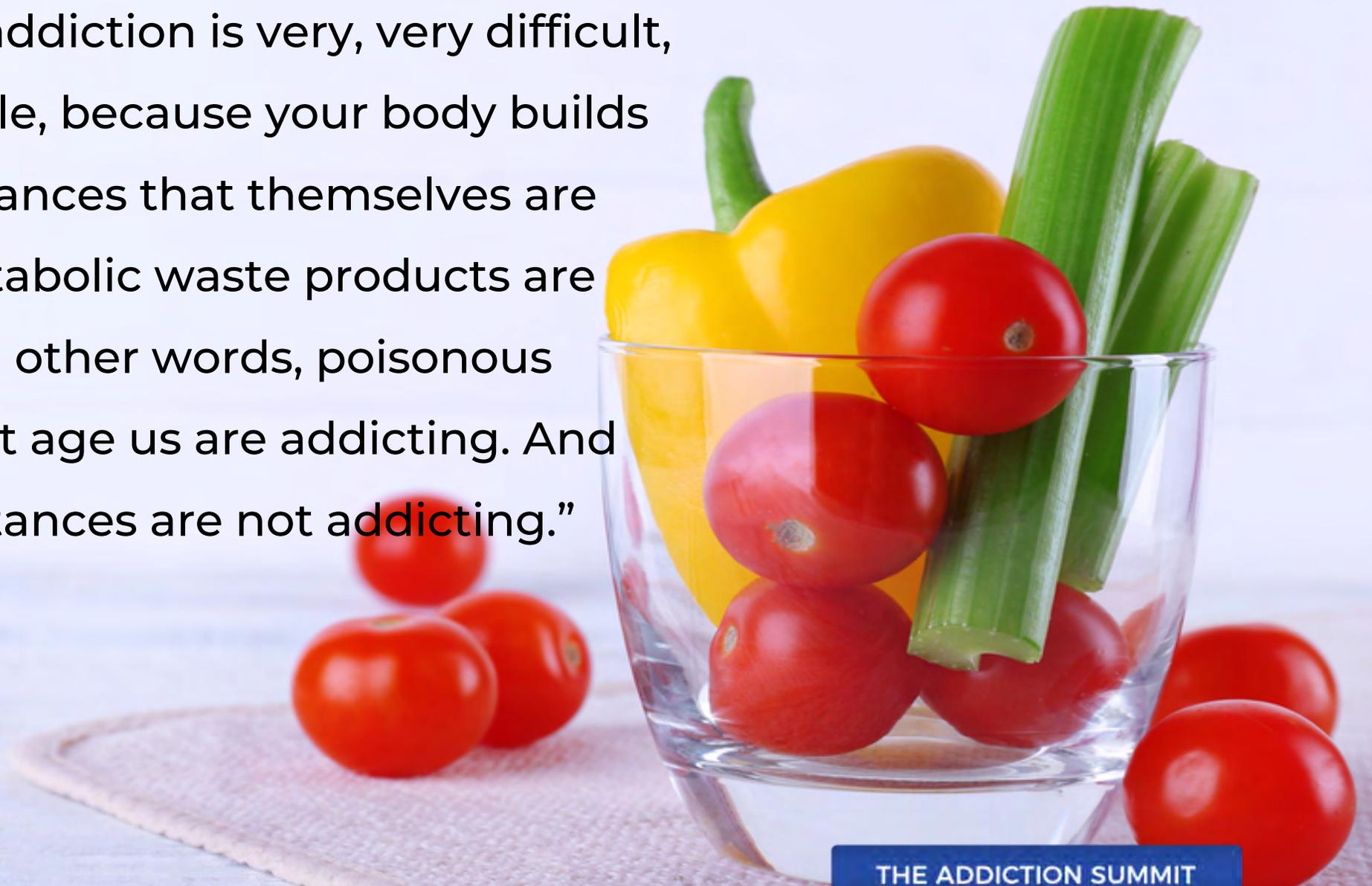
“Chronic disease is not natural. And it’s not natural to have a heart attack or a stroke. It’s not natural to get demented. And it’s not natural to get cancer. That these diseases that plague American and eventually kill us are the consequence of nutritional ignorance, which is made worse by taking drugs.”



“The more micronutrient deficient your diet is, the more it takes over the brain, makes you less creative, less intelligent, and makes you more likely to be a food addict that can’t remove themselves from that predicament and the addictive lifestyle.”



“Without paying attention to nutrition, recovering from addiction is very, very difficult, almost impossible, because your body builds up toxic substances that themselves are addicting. Metabolic waste products are addicting. In other words, poisonous substances that age us are addicting. And healthy substances are not addicting.”

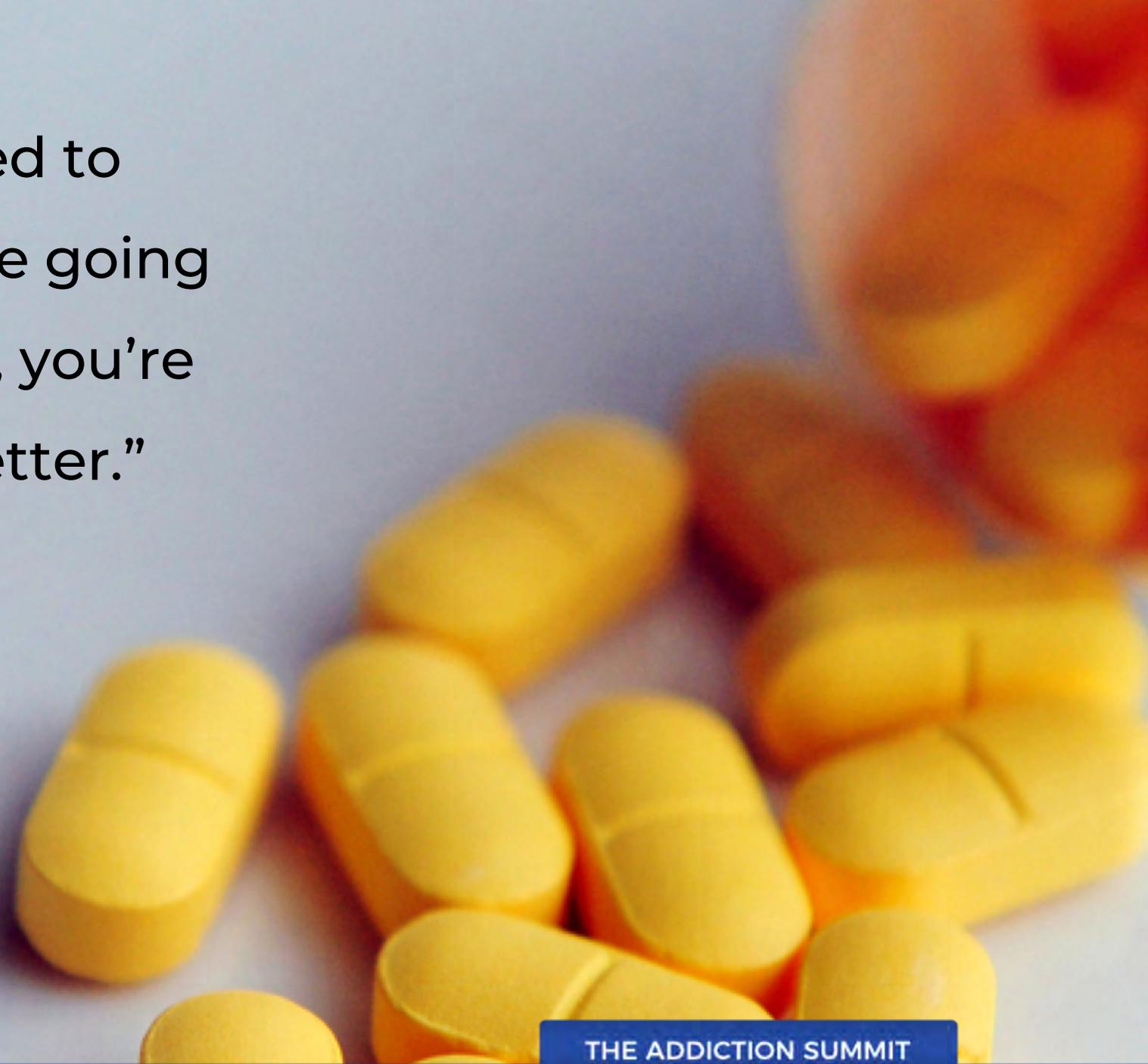


Two Types of Waste

- Exogenous – from the outside
- Endogenous – internal
 - byproducts of cellular metabolism



“If you are addicted to something and you’re going through withdrawal, you’re actually getting better.”



“If we supply the body with the right nutrients and the right antioxidants and phytochemicals from raw, green vegetables, and berries, and flax seeds, and mushrooms, if we eat very healthily and stop putting toxins in the body, now the body can get rid of those toxins through its normal channels of elimination.”



The Nutritarian Diet

- $H = N/C$
- the quality of your health and how long you're going to live is proportional to the nutrient density of your diet



“The only thing definitely proven to radically extend human lifespan and slow the aging process is moderate caloric restriction in an environment of micronutrient excellence.”



“It’s about eating those particular foods that are high in nutrients, and not the high-calorie, low-nutrient foods.”



G-BOMBS

- Greens
- Beans
- Onions
- Mushrooms
- Berries
- Seeds



“As we desire that dopamine stimulation, over time the brain becomes more and more dopamine insensitive. And then you need bigger amounts of that stuff.”



“When a person becomes demented at age 70, they didn’t just suddenly become stupid at age 70. They lost their intelligence between age 50 and age 70.

And just got so bad at age 70, it’s labeled as dementia. But they were less creative, less intelligent, less performing in their job, not as well. In their 40s, they were losing brain cells. So dementia doesn’t just come on you. It’s for decades you’ve been getting there.”



“The most addictive foods are sweets and fried foods.

In other words, a donut would be the example of the most addictive food because it’s sugar and white flour that’s been fried.”



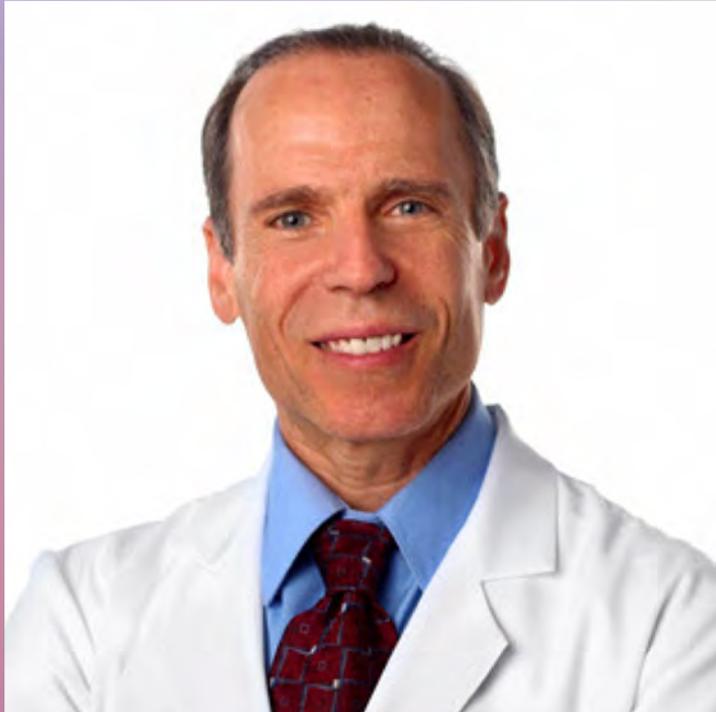
“Parents don’t know about the link between beans and fruits and nuts and vegetables with increased intelligence. And the junk food and the candy with decreasing intelligence, and later in life, cancer. One serving of French fries a week is linked to, as a child, in childhood, is linked to an increased risk of breast cancer by 26% later on in life.”



“We’re just taking like Ensure or some kind of drink with vitamins and minerals and sugar and oil. And it’s not the same thing as the real complexity of natural foods designed by nature. And the complexity of natural foods is the secret to being healthy and living a long life.”



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