



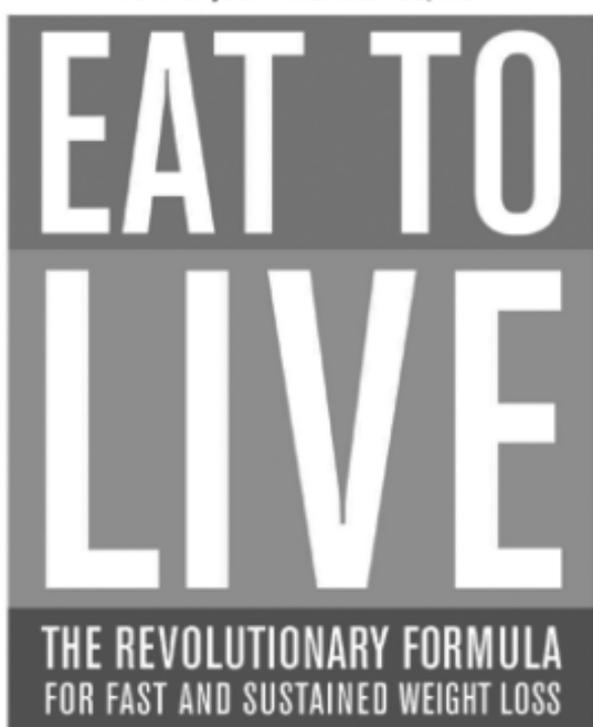
# Books Worth Reading

## A New Book Offers A Prescription For Health

(NAPSA)—Increasing the amount of nutrients in your diet can be a key to rapid weight loss. That's the premise behind a new book that offers a program for living a healthier life.

**"A medical breakthrough.**

If you give this diet your complete commitment, there is no question in my mind that it will work for you." —MEHMET OZ, M.D.



**JOEL FUHRMAN, M.D.**

LOSE 20 LBS.  
OR MORE  
IN 6 WEEKS



**A new book claims that when the ratio of nutrients to calories in a diet is high, people lose weight.**

The program is based on a simple formula: When the ratio of nutrients to calories in the food you eat is high, fat melts away. The more nutrient-dense the food you consume, the more you will be satisfied with fewer calories, and the less you will crave fat and high-calorie foods.

The book, "Eat To Live" by Dr. Joel Fuhrman, M.D. (Little, Brown, \$14.95), contains what's described as a healthy, effective and scientifically proven six-week plan for shedding a radical amount of weight quickly.

These sentiments are echoed on a Web site, [www.drfuhrman.com](http://www.drfuhrman.com), where visitors can get information on losing weight, reversing disease and creating a healthier lifestyle.

The book is available where books are sold and through the Web site.