SELECTED REFERENCES

Glycemic load, weight gain, heart disease, angiogenesis and cancer promotion


Health risks of excess IGF-1


Increased Animal Protein and Death in Long-term Studies


Weight reduction, cholesterol and blood pressure lowering from a Nutrient-Dense Plant-Rich (Nutritarian) Diet


**Nuts, not oils as major source of dietary fat**


**Nurses’ Health Study:**

**Physicians’ Health Study:**

**Health Professionals Follow-Up Study:**

**Meta-analyses:**

**Fast Food and Brain Damage**
Dr. Fuhrman’s scientific journal publications include:

  *Condensed and adapted from Fast Food Genocide (HarperCollins 2017) for a lecture given at the ACLM annual conference Tuscan, Arizona, October 2017.