



# Fat, Sick & Nearly Dead: How Fruits & Vegetables Changed My Life

*Joe Cross , Joel Fuhrman (Foreword) , Dean Ornish (Afterword)*

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Joe Cross found himself, at age 40, weighing a whopping 300 plus pounds, and on a daily diet of the steroid Prednisone to manage the painful autoimmune condition that was making his life miserable. He decided to make a major change, so he did something radical: he decided to embark on a sixty-day "Reboot" to give his body a chance to detoxify and heal itself.

For two straight months, he drank only fresh fruit and vegetable juices - no solid food of any kind, no soda, no coffee, no alcohol. He decided to turn his Reboot into a journey across the U.S. and bring a film crew along to capture him talking with the people he met along the way, sharing his experience (and his juice). He made a hugely inspirational film about the experience, also called Fat, Sick & Nearly Dead. This book details his journey.

## Fat, Sick & Nearly Dead: How Fruits & Vegetables Changed My Life Details

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# **From Reader Review Fat, Sick & Nearly Dead: How Fruits & Vegetables Changed My Life for online ebook**

## **Lynn Mccorrey says**

This book along with the documentary of the same name is so inspiring. Joe Cross makes you think about what foods you put into your body. The book basically tells the story of his juice diet and his trip across America as he introduces different people to his diet. If you haven't seen the documentary I highly recommend it. Joe lost a lot of weight and regained his health and he has certainly inspired me to try juicing.

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## **Lori Tracy says**

Life changing! A must read.

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## **Nancy says**

Watched the one-hour documentary version of this book and found Joe Cross' journey from the Standard American Diet (SAD) to health very inspiring. He flies in from Australia (his homeland) to NYC and begins a health journey/road trip in which he only consumes freshly juiced veggies and fruits. Meanwhile he meets and interviews lots of less healthy individuals, including one morbidly obese, depressed trucker, who decides to join him in his nutritional quest. Both men end up dramatically healthier than they were when they began, and are able to ditch all of their various medications (blood pressure, cholesterol, prednisone, etc.) Very inspiring!

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## **Chrisanne says**

An easy, short read. Could use more citations and an educated tone but, for the record, I think he's got something here. The problem isn't 100% the lack of movement. Just look up Sugar on TED's website and see what other MD's have to say about the topic. \*

\* And I can say that because I crashed and burned in December and went back to sugar again. But I got rid of it last week. Because it's okay to be imperfect.

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## **sandra Cox says**

### **Great Book**

Interesting and very motivating. Gives you pause to reflect what you are doing to your body, and how to make it better.

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**Julia Connor says**

very inspirational but will cost a fortune in fruit & veg!

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**Sunny says**

So inspiring that it made me cry! This book follows a man in his early 40's (I think 41 but when he starts his journey he looks closer to 55) who lives in Australia and is dying. He has a skin disease brought on by the bad food he eats. He decides to drive across America and juice the whole way for 60 days. During this time he inspires others to change their diets, eating habits, and lives.

This really is a good book to get you pointed in a healthier direction. I learned new things - obesity is the #1 killer in America. And I laughed and cried as Joe made his journey. What willpower he has! He has actually inspired me to do my own juice fast cleanse and I'm on Day 2. Wish me luck!

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**Clare Holbrook says**

This guy is an inspiration. I like it for the story and it loses a star due its message of rebooting/fasting - there are too many fad diets. It didn't work for me but it opened my eyes to what I'm eating and for that I am eternally grateful.

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**Suzanne says**

This is the companion book to the documentary of the same name, which is a must see! The documentary is very inspiring as is the book, which goes into greater detail about micro-nutrient foods and juicing. I highly recommend both!

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**Stephanie says**

Life changing.

This book is a lovely addition to anyone's personal bookshelf.

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**Joseph says**

Watched the documentary first, then found the book. Very inspiring indeed. The book is well written and fun to read, considering the author is not a professional writer, this is quite an accomplishment. Enjoyed every

minute reading the book and took a lot of ideas and inspirations, although I am not new to Juicing, Fasting and the pros of a Plant-based Diet.

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### **Heather Dufield says**

I enjoyed his honesty had decided to give a 10 fast a try.

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### **Laurie Pepper says**

Changed my life, too!

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### **Shaz says**

I watched the documentary of Fat, Sick and Nearly Dead which encouraged me to want to go on and read this book.

Both the documentary and book are very inspiring and make you think about what you eat and the long term impacts it has on your body.

Very inspiring. The documentary is a must see and then from what you see on the documentary this is retold in the book.

You should definitely check them both out.

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### **Christine says**

Nothing new or enlightening regarding health however I felt his take on it provided some reality of what normal day to day people go through. And how like any other addiction, you never lose the cravings...Again, nothing new however I found his honesty refreshing.

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