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

Joe Cross

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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. Includes forward by Joel Fuhrman, M.D. and afterword by Dean Ornish, M.D.

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