



Amazing!

### The "incredible" >>> Dr. Ruth Heidrich, PhD ...

**An AMAZING story!** - World renowned, Dr. Ruth Heidrich (now, **90**-years "young" [looks **60**!] - and a Holocaust survivor) is a **6-time IRONMAN Triathlon** finisher - who has won **900+ trophies** - who now has **8 GOLD medals** - from races around the world, including: Ironman Triathlons, (**6**!), and **67 marathons** ... races. ranging from: 100 meter track / 5Ks / 10Ks / Ultra-

marathons / etc! She is a graduate of UCLA, and holds a Master's degree in Psychology, and a doctorate in Health Education.

Dr. Heidrich was diagnosed with "**stage 4**" **breast CANCER** - in her 40s (which had 'spread' to one lung, her bones, and her liver). Then, after she had answered an AD, to participate in a "cancer and diet research program" from the world famous [the late] **Dr. John McDougall, MD** (\$3,000. USD), she immediately chose the **Whole Food, Plant-Based, STARCH Centered Diet** - and chose to 'forgo' any chemotherapy or radiation. **She says she "owes her life" to him!**

As a result of that program with **Dr. McDougall**, and proper nutrition, she's been in "total remission" ever since - as **a VEGAN** (over 42-years)! She's the author of a few books too, including ... *Lifelong Running* ... *A Race for Life* ... *CHEF* ... *Senior Fitness* ... all available through her website, at - [RuthHeidrich.com](http://RuthHeidrich.com).

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## INTERVIEW

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