

DOCTORS WHO TRUST JORGE

In Their Own Words

Seven endorsements from physicians and medical thought leaders across three decades of Jorge Cruise's work.

"Creator of Zero Hunger Water."

DR. WILL COLE

The Art of Being Well

"Drink this in your fasting window."

DR. MINDY PELZ

Author of Fast Like a Girl

"Your Zero Hunger Water manages the hunger."

DR. JASON FUNG

Author of The Obesity Code

"I'm eternally grateful to Jorge for creating a simple lifestyle plan."

CHRISTIANE NORTHRUP, M.D.

#1 New York Times bestselling author of The Wisdom of Menopause

"Eat well without dieting or going to the gym with Jorge's strategies for breakfast, lunch and dinner."

MEHMET OZ, M.D.

Host of The Dr. Oz Show

"Jorge gets it right. His recipes make eating smart easy. I recommend them highly."

ANDREW WEIL, M.D.

Author of Why Our Health Matters

"Jorge knows, as I do, that excess sugar in our diets is among the most important factors conspiring against our waistlines and our health."

DAVID L. KATZ, M.D.

Director and Co-founder, Yale University Prevention Research Center; Nutrition Columnist, O, The Oprah Magazine