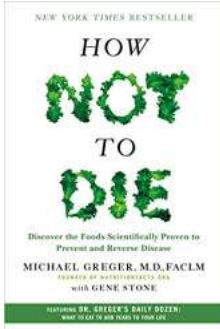
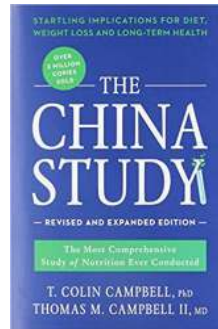

Resources & Continued Learning

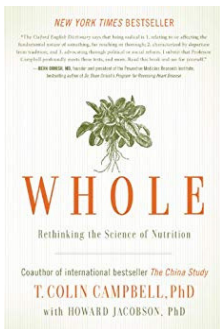
Books



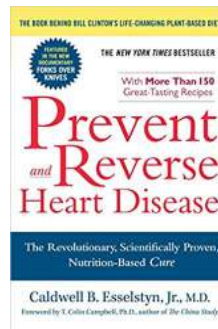
How Not To Die
Michael Greger



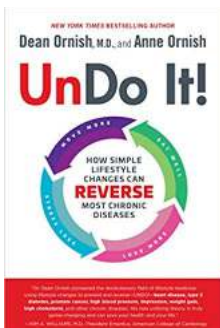
The China Study
T. Colin Campbell
Thomas M. Campbell



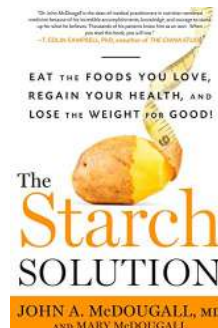
Whole
T. Colin Campbell



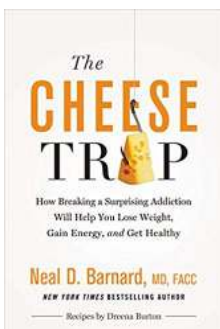
Prevent and Reverse
Heart Disease
Caldwell B. Esselstyn



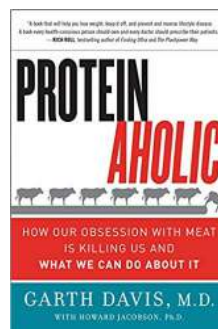
Undo It
Dean & Anne Ornish



The Starch Solution
John A. McDougall

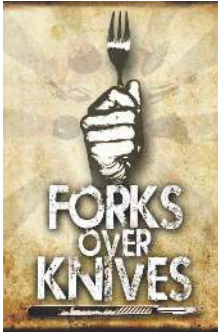


The Cheese Trap
Neal D. Barnard



Proteinaholic
Garth Davis

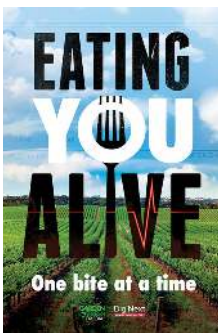
Documentaries



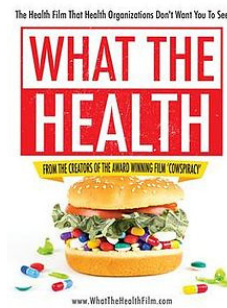
Forks Over Knives



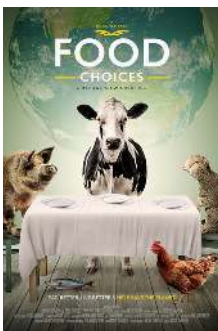
Plant Pure Nation



Eating You Alive



What The Health



Food Choices



Fed Up

Websites To Follow

Ornish.com

DrMcDougall.com

NutritionStudies.org

NutritionFacts.org

Pcrm.org

ForksOverKnives.com

MasteringDiabetes.com



T. COLIN
CAMPBELL
Center for
Nutrition Studies

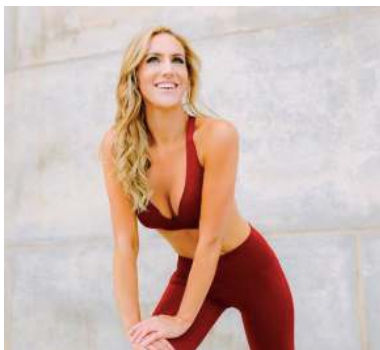
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lifestyle medicine™

People to Follow on Social Media

- Chef AJ
- Nutrition Facts
- Nimai Delgado
- Jon Venus
- Rich Roll
- Rip Esselstyn
- Joel Furhman
- Jacked on Plants
- Mrs. Jacked on Plants
- Blue Zones
- Plant Based MD
- Mastering Diabetes



Recipes

- Forksoverknives.com
- Nutritionstudies.org
- Dreenaburton.com
- Monkeyandmekitchenadventures.com
- Faithfulplateful.com
- Feastingonfruit.com
- Masteringdiabetes.org
- Happyherbivore.com
- Blog.fatfreevegan.com
- Engine2diet.com
- Straightupfood.com
- Pcrm.org/good-nutrition/plant-based-diets/recipes

MASTERING
DIABETES

