

# The Data Is In: Plant-based Nutrition Trumps Drugs in the Prevention and Treatment of Chronic Disease

Susan Lavelle, MS, FNP-BC and Dana Armstrong, RD, CDE

## RESOURCES

1. Dr. Michael Greger's: Uprooting the Leading Causes of Death <http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death>
2. Dr. Caldwell Esselstyn: Treating the Cause to Prevent and Reverse Heart Disease <http://www.youtube.com/watch?v=SIIBGG8V8P4>
3. PCRM Nutrition CME: <http://www.NutritionCME.org>
4. *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet, Weight Loss, And Long-term Health* by T. Colin Campbell
5. *Prevent and Reverse Heart Disease* by Caldwell Esselstyn
6. *The Pleasure Trap: Mastering the Hidden Force that Undermines Health & Happiness* by Doug Lisle
7. Recipes, resources and nutrition tips: <http://www.NutritionMD.org>
8. Learn more about the four food groups: <http://the.powerplate.org>
9. Online course which provides three weeks of low-fat vegan recipes and suggestions for every meal: <http://www.21daykickstart.org> (English, Spanish, Chinese, Indian).
10. Food for Life, a community based nutrition education and cooking class program: <http://www.pcrm.org/health/diets/ffl/classes>
11. Dr. John McDougall based in Santa Rosa, California. <http://www.drmcDougall.com>
12. *Forks Over Knives*: feature film which examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods (available on Netflix).
13. Certificate in Plant-Based Nutrition, provided by eCornell. <http://www.ecornell.com/certificate-programs/co-branded-programs-training/certificate-in-plant-based-nutrition/crt/TCCC01>

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14. The Cancer Survivor's Guide: a comprehensive text on the scientific link between diet and cancer, the benefits of a plant-based diet, including nutrition information, and more than 130 easy and delicious recipes. (free) <http://cancerproject.org/guide>
  
15. Vegetarian Starter Kit (English and Spanish). whys and hows of a healthier diet, the New Four Food Groups guidelines, practical tips for beginning a vegetarian diet, and delicious low-fat, no-cholesterol recipes. <http://www.pcrm.org/pdfs/health/Vegetarian-Starter-Kit.pdf> and [http://www.pcrm.org/pdfs/health/Spanish\\_VSK.pdf](http://www.pcrm.org/pdfs/health/Spanish_VSK.pdf)
  
16. Diet and Diabetes: Recipes for Success (English, Spanish, Indian):  
English: <http://www.pcrm.org/pdfs/health/diabetes/diet%20and%20diabetes-recipes%20for%20success.pdf>  
Spanish: [http://www.pcrm.org/pdfs/health/Diet\\_and\\_Diabetes\\_Spanish.pdf](http://www.pcrm.org/pdfs/health/Diet_and_Diabetes_Spanish.pdf)  
Indian: [http://www.pcrm.org/pdfs/health/DietDiabetes\\_India.pdf](http://www.pcrm.org/pdfs/health/DietDiabetes_India.pdf)