

Live longer and healthier.

Join me in switching to a whole food, plant based diet. My results since June 2017: weight down 16 pounds. GFR (kidneys) improved 30%, 74 to 96. Ferritin (iron) improved 142%, 19 to 46. Cholesterol improved 21%, 174 to 138; LDL (bad cholesterol) improved 27%, 108 to 79.

If you would like to try this approach, here are some resources for you to consider:

Videos:

1. YouTube: <https://www.youtube.com/watch?v=AAkEYcmCCck>
Short, motivational TED Talk by Rip Esselstyn (2012)
2. <https://nutritionfacts.org/video/how-not-to-die/>
Scientific basis, Dr. Michael Greger
3. *Forks over Knives* Documentary available on Netflix, Amazon, iTunes, etc.
4. *What the Health* Documentary available on Netflix, Amazon, iTunes, etc.
(some hyperbole and sensationalism, but overall the message is sound)

Websites:

1. <https://nutritionfacts.org>
To look up nutrition information, Dr. Michael Greger
2. <https://nutritionfacts.org/es> Versión en español del sitio web

Books:

1. *How Not to Die* by Dr. Michael Greger (2015) **My top recommendation!**
2. *Comer Para no Morir* Versión en español escrita por, by Dr. Greger (2016)
3. *Eat to Live* by Dr. Joel Fuhrman (revised edition 2011)
4. *The China Study* by T. Colin Campbell (revised edition 2016)



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Kaiser Permanente Resources:

1. <http://www.kphealthyme.com/Home-Page>
2. PDF of The Plant-Based Diet – in English: <http://www.kphealthyme.com/Healthy-Eating-Active-Living-Programs/Education-libraries/Plant-Based-Diet.aspx>
3. <https://positivechoice.org/nutrition-and-fitness/nutrition-and-healthy-eating/>

(Be sure to look for the whole food, plant based diet information and class.)
4. <http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html>

Warning: By reviewing this material, you just might change how you eat forever!

