Dr. Joe Matista’s Nutrition Advice

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)
   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

Books:
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:


2. PDF of The Plant-Based Diet – in English: http://www.kphealthyme.com/Healthy-Eating-Active-Living-Programs/Education-libraries/Plant-Based-Diet.aspx


   (Be sure to look for the whole food, plant based diet information and class.)


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