

Recommended Plant-Based Resources



From "Healthy World Sedona":

(<http://healthyworldsedona.com>)

The Latest Authoritative Information for a Whole-Food Plant-Based (WFPB) Lifestyle.

Check Amazon.com, websites listed, or Netflix

Books:

- *How not to Diet* by Michael Greger MD, 2019
- *The Joyful Vegan* by Colleen Patrick Goudreau, 2019
- *Plant-Based On a Budget* by Toni Okamoto, 2019
- *Eat For the Planet* by Nil Zacharias, 2018
- *The Cheese Trap* by Neal Barnard, MD, 2017
- *The Alzheimer's Solution* by Dean and Ayesha Sherzai, MD, 2017
- *Plant-Based Muscle* by Robert Cheeke, 2017
- *The Healthiest Diet on the Planet* by John McDougall, MD, 2016
- *How Not To Die* by Michael Greger, MD, 2015
- *4Leaf Guide To Vibrant Health* by Kerry Graff MD and J. Morris Hicks, 2015
- *The Forks Over Knives Plan* by Alona Pulde, MD and Mathew Lederman, MD, 2014
- *Whole* by T. Colin Campbell, PhD, Cornell 2014
- *Becoming Vegan* by Brenda Davis, 2014
- *Power Foods For the Brain* by Neal Barnard, MD (prevent Alzheimers), 2014
- *Food Choice and Sustainability* by Dr. Richard Oppenlander, 2013
- *Healthy Eating, Healthy World* by J. Morris Hicks, 2011
- *Farm Sanctuary: Changing Hearts and Minds About Animals and Food* by Gene Baur, 2008
- *Prevent and Reverse Heart Disease* by Caldwell Esselstyn, Jr, MD, 2008

Cookbooks (delicious "no oil" recipes that complement those contained in the books above):

- *The Engine 2 Cookbook* by Rip and Jane Esselstyn, 2018
- *The How Not To Die Cookbook*, by Michael Greger MD and Gene Stone, 2017
- *The PlantPure Kitchen Cookbook*, 2017 and *Plant Pure Nation Cookbook*, by Kim Campbell, 2015
- *Forks Over Knives – The Cookbook* by Del Stroufe, 2012

Videos (see more information at <http://healthyworldsedona.com/resources/>):

- *Gamechangers* <https://gamechangersmovie.com>, 2019
- *What the Health* <http://www.whatthehealthfilm.com>, 2017
- *Alzheimer's Solution* <http://www.richroll.com/podcast/team-sherzai/>, 2017
- *Eating You Alive* <http://www.eatingyoualive.com>, 2017
- *VegFest 2019 Speakers* <http://healthyworldsedona.com/program-for-sedona-vegfest-2019/>
- *VegFest 2018 Speakers* <http://healthyworldsedona.com/program-for-sedona-vegfest-2018/>
- *VegFest 2017 Speakers* <http://healthyworldsedona.com/sedona-vegfest-2017-2-2/>
- *The Marshall Plan* <http://www.themarshallplanmovie.com>, 2016
- *Vegan Everyday Stories* <http://veganmovie.org>, 2016
- *Plant Pure Nation* <https://www.plantpurenation.com/pages/watch-the-film>, 2015
- *Cowspiracy* <http://www.cowspiracy.com>, 2014
- *Nutritional Medicine* <https://doctorklaper.com/videos/sense-nonsense-nutrition/>, 2014
- *Forks Over Knives* <http://www.forksoverknives.com/the-film/>, 2011

Newsletters by Michael Greger, MD: <http://nutritionfacts.org>

Newsletters by T. Colin Campbell, PhD: <http://nutritionstudies.org/newsletters/>

Newsletters by John McDougall, MD: <https://www.drmcDougall.com/health/education/newsletter/>

Naked Food Magazine <http://nakedfoodmagazine.com>

Recommended Plant-Based Resources

Plant-based Prepared Meal Delivery Services

- <http://thevegantaste.com> (Phoenix-based)
- <https://www.plantpurenation.com/collections/foods>
- <https://www.veestro.com>
- <http://www.plantperfectionfoods.com>

Personalized Cooking Classes: <https://plant2platter.com> , <https://www.veganification.com>

HEALTH

A whole food, plant-based lifestyle can not only prevent, but reverse a number of diseases in humans. Half of all adults in the U.S. struggle with chronic health conditions including cancer, heart disease, stroke, diabetes, obesity, hypertension, Alzheimer's, arthritis and erectile dysfunction. By eating nutrient-dense whole foods, scientific evidence proves that most of us can thrive throughout our entire lives!

ENVIRONMENT

Avoiding consumption of all animal-based products (including fish) can decrease our average carbon footprint in America by 50%. On all fronts, a plant-based diet contributes the least amount of environmental harm to the planet relative to any other.

ANIMAL PROTECTION

Eating plant-based means that you are more likely to be sensitized to the inhumane, dark and brutal slaughtering worldwide of 95,000 animals and 2,000,000 fish per minute.

ENJOYMENT OF FOOD AND GOOD HEALTH

Giving up meat, dairy and processed foods does not mean giving up flavor, but it does mean giving up a number of chronic illnesses! There are infinite recipes and creative ways to eat the foods that maximize our health. In many cases, people who have transitioned from the Standard American Diet to a whole-food, plant-based lifestyle were initially unaware of just how tasty nutritious foods can be, and how good they can feel all day, every day.

COST

Eliminating all animal products and processed foods results in a much bigger nutritional bang for your buck. And, the money saved by not having to go to the doctor, and not purchasing medications ... can be HUGE. Yes, you can be both frugal and optimally healthy.

TIMING

Shifts in thinking and perception often take time. While you may learn the latest peer-reviewed nutritional and environmental science and make an immediate change from animal/fish consumption to a plant-based lifestyle, others will take longer. So, whether you are already fully on-board, or are just veg-curious, always remember to speak to others with kindness and understanding. We must all support each other on our path to a healthful, compassionate and environmentally sensitive way of living on this planet.

Go to <http://healthyworldsedona.com> for more information, including mentorships...