

Nutrition and Health Education Resources

Below: A compilation of educational materials, produced by different organizations, with emphasis on the connection between our food choices and health issues. Underlined items are hyperlinks to web sites.

*Asterisked items do not directly address vegan health issues, but offer interesting insights into some issues relevant to vegan lifestyle.

CAUTION: Links to information about health topics are provided here for educational purposes only. This information is not a substitute for seeking consultation with a local licensed health practitioner. If you suffer from any health condition, and if you are interested in following a nutritionally balanced vegan diet to help treat that condition, please consult with a licensed medical or health practitioner and registered dietician who are knowledgeable with vegan nutrition as an adjunct to treating illness, besides any other therapy they may recommend for your unique circumstance.

While health practitioners who provide information at the links below all maintain that a balanced vegan whole foods diet is nutritionally adequate for maintaining physiological body functions, and in many cases can be an effective adjunct therapy for treating various diseases, their opinions differ with respect to different nutritional aspects within the vegan diet (e.g., whether or how to use salt, oils, or complex carbohydrates). Each person's body is unique and can respond differently to different nutrients, depending on the unique nature of the various chronic stresses (nutritional, environmental, emotional) to which a person has been subjected over his or her lifetime, and how these stresses have affected the physiology of that person's internal organs. Please ask your health professionals to assist you in finding the best vegan nutritional plan to help with your unique condition.

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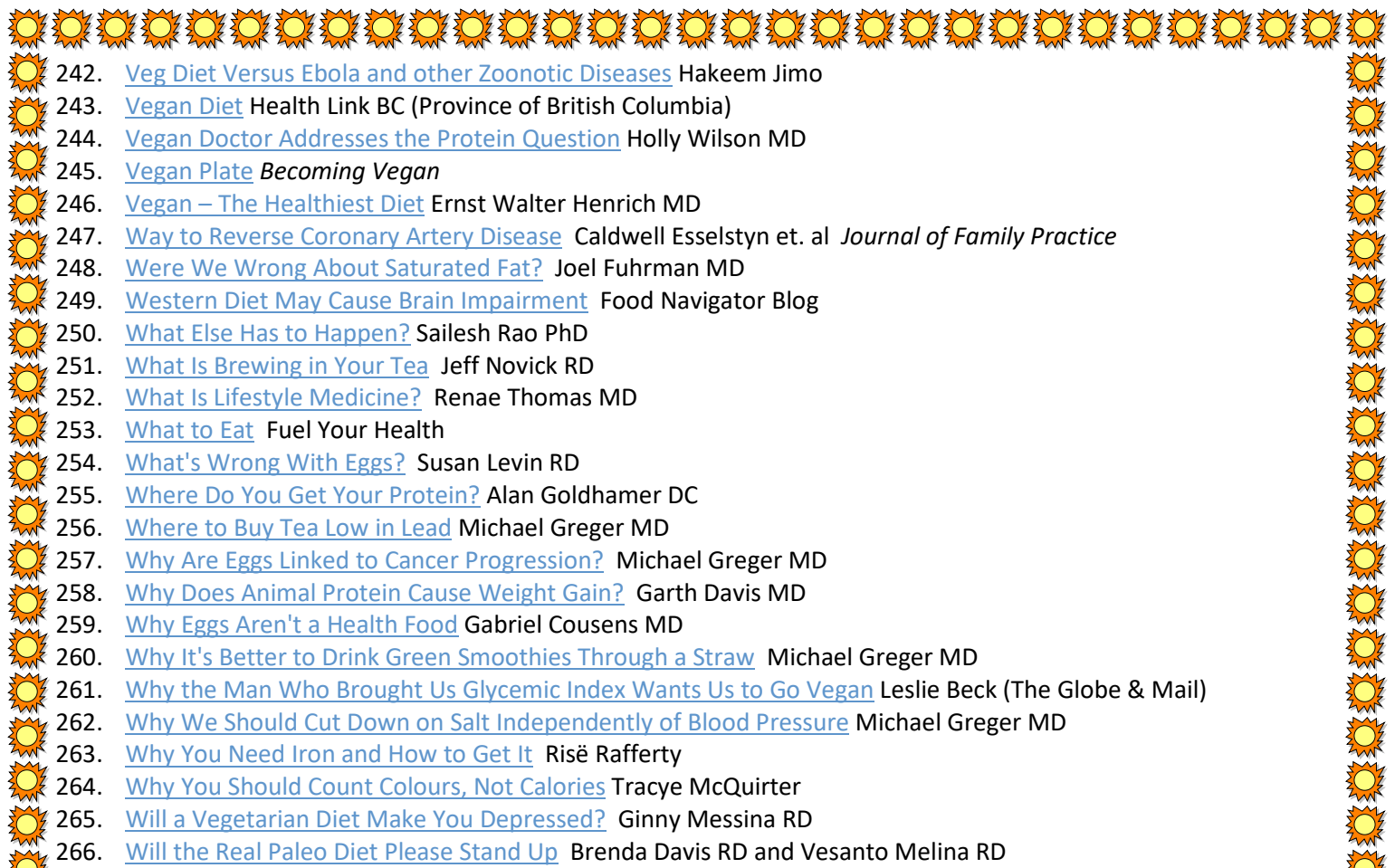
1. [4 Terrifying Truths About the US Health Scare System](#) Chloe Cabrera
2. [5 Ways to Protect Yourself from the Corona Virus](#) Joel Fuhrman MD
3. [7 Serious Problems With Animal Protein](#) Sofia Pineda Ochoa MD
4. [10 Ways Plant-based Eating Keeps You Safe From Colds](#) Lindsay Oberst
5. [Alcohol and Cancer Risk Fact Sheet](#) National Cancer Institute
6. [Alcohol and Health](#) Dustin Rudolph Pharm D
7. [Aluminum](#) Milton Teske MD
8. [Anatomy of a Hot Dog](#) PCRM
9. [Anatomy of a Vegan](#) VeganPalooza2012 interviews Milton Mills MD
10. [Anemia](#) John McDougall MD
11. [Animal Farming is Killing Us: Go Vegan Now!](#) Viva!
12. [Another Way to Flatten the COVID-19 Curve – Our Food Choices](#) PlantPure Communities
13. [Anti-Cancer Diet](#) Joel Fuhrman MD
14. [*'Anti-vax' labelling and the mainstream media: Who is coordinating this?](#) Elizabeth Hart (*Children's Health Defense*)
15. [Applying the Precautionary Principle to Nutrition and Cancer](#) PCRM
16. [Arsenic in Food](#) Food Safety Network (University of Guelph)
17. [Arsenic in Rice](#) John McDougall MD
18. [Arsenic in Your Food](#) Consumer Reports Magazine
19. [Arsenic, Rice, and Whole Grains](#) Joel Fuhrman MD
20. [Autism and Diet – Ian's Story](#) Dreena Burton
21. [Autism Linked to Industrial Food or Environment](#) Petra Rattue
22. [Autoimmune Disease – You Don't Have to Live With It](#) Robyn Chuter ND
23. [*Benefits and Risks of Consuming Brewed Tea: Beware of Toxic Element Contamination](#) *Journal of Toxicology*
24. [Brain Health Boosts](#) Team Sherzai
25. [Can the Ketogenic Diet Lead to Alzheimer's Disease?](#) Dean and Ayesha Sherzai MDs
26. [Can the Ketogenic Diet Reverse Type Two Diabetes?](#) Robyn Chuter ND
27. [Can Viruses in Meat Really Affect Humans?](#) Theresa "Sam" Houghton
28. [Can We End Alzheimers?](#) Neal Barnard MD
29. [Cancer and Diet: Foods That Cause Cancer](#) Thomas Lodi MD
30. [Carbs: Friend Not Foe](#) Sophia Pineda-Ochoa MD
31. [CardioBuzz – Vegan Diet, Healthy Heart?](#) Kim Williams MD
32. [Casein – A Friend or Foe? Part One](#) Thomas Lodi MD
33. [Coconut Oil – For Health and Vitality](#) John McDougall MD
34. [Coconut Oil – Menace or Miracle?](#) Brenda Davis RD
35. [Coconut Oil – To Eat or Not to Eat?](#) Plant Based Cooking
36. [Combating Air Pollution Effects with Food](#) Michael Greger MD
37. [Connection Between Education and Brain Health](#) Team Sherzai MDs
38. [Consequences of Prostate Cancer Treatment](#) Michael Greger MD
39. [Covid-19 Hoax, Vaccines, and Permission to Move About – Interview with Dr. Pam Popper ND](#) *Plant Based Eating for Health*
40. [Crohn's Disease, Ulcerative Colitis and Inflammatory Bowel Disease](#) Renae Thomas MD
41. [Curing Migraine Headaches with Diet](#) Dustin Rudolph Pharm D
42. [Eating Our Way to Disease](#) Chris Hedges (Truth Dig)
43. [Dangers of Early Puberty](#) Joel Fuhrman MD
44. [Dangers of Industry-Influenced Dietary Guidelines](#) Susan Levin RD
45. [Dairy Fact Sheet](#) PCRM
46. [Deadly Dietary Myths](#) Joel Fuhrman MD
47. [Debunking Anti-Soy Myths](#) Joel Fuhrman MD

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48. [Deer Plague Might Infect Humans](#) Andrew Nikiforuk (The Tyee)
 49. [Dementia and Diabetes News](#) Thomas Campbell MD
 50. [Diabetes Myths Busted: Fruit, Starchy Vegetables, and Blood Glucose](#) Cyrus Khambatta PhD
 51. [Diabetes Nutrition Guidelines to Reverse Insulin Resistance](#) Mastering Diabetes
 52. [Dialing Down the Grim Reaper Gene](#) Michael Greger MD
 53. [Die Sooner With Good Looking Numbers](#) Linda Carney MD
 54. [Diet and Alzheimer's Disease](#) PCRM
 55. [Diet and Autism – An Interview with Brian Udell MD](#)
 56. [Diet, Arthritis, and Autoimmune Diseases](#) Michael Klaper MD
 57. [Diet – Only Hope for Arthritis](#) John McDougall MD
 58. [Dietary Addictions: Why Eating Healthfully is so Difficult](#) Alan Goldhamer DC
 59. [Dietary Guidelines for Alzheimers Prevention](#) PCRM
 60. [Dietary Guidelines – Scientific Evidence for Nina Teicholz](#) Neal Barnard MD
 61. [Disconnect Between Science and Policy](#) Michael Greger MD
 62. [Disease and Transport – a Costly Ticket Around the World](#) Michael Greger MD et al.
 63. [Diverticular Disease and Diet](#) Dustin Rudolph Pharm D
 64. [Do Some People Need to Eat Meat?](#) Ginny Messina RD
 65. [Do You Need to Take a Supplement as a Vegan?](#) Laurie Marbas MD
 66. [Doctors Turn Village Vegan and Drastic Health Benefits](#) Oli Gross
 67. [Does Coconut Oil Lower Cholesterol?](#) Linda Carney MD
 68. [Does Sugar Cause Diabetes?](#) Neal Barnard MD
 69. [Does the Ketogenic Diet Really Work for Weight Loss?](#) Robyn Chuter ND
 70. [Don't Let Their Divide and Conquer Strategy Work](#) Michael Greger MD
 71. [Don't Think Twice About Going Vegan](#) Ginny Messina RD
 72. [Dopamine: Why Just One Bite Doesn't Work](#) Joel Fuhrman MD
 73. [Dr. Joseph Mercola Ordered to Stop Illegal Claims](#) Stephen Barrett MD (*Quackwatch*)
 74. [Dr. McDougall's Comments on the National Headline About the March 18, 2014 Annals of Internal Medicine Article Suggesting Saturated Fat \(Dairy, Meat & Eggs\) is OK to Eat](#) John McDougall MD
 75. [Dr. Neal Barnard Talks Cancer and Why We Must Ditch Hot Dogs for Good](#) Jodi Monelle (Live Kindly)
 76. [Dramatic Response of Parkinsonism to a Vegan Diet: Case Study](#) Roger Kurlan et al. (*Journal of Parkinson's Disease and Alzheimer's Disease*)
 77. [Drop the \(Hot\) Dog](#) PCRM
 78. [E. Coli, Salmonella, and Other Deadly Pathogens in Food – Factory Farms Are the Reason](#) Kathy Freston interviews Michael Greger MD
 79. [Eating for Beautiful, Healthy Skin](#) Joel Fuhrman MD
 80. [Eat Plants to Save our Healthcare System](#) Vancouver Sun
 81. [Egg-Industry-Funded Research Downplays the Danger of Cholesterol](#) PCRM
 82. [Eggs](#) PCRM
 83. [Eliminating Heart Disease](#) Caldwell Esselstyn MD
 84. [Essential Facts about Fats](#) Alan Goldhamer DC
 85. [Evening With Dr. Klaper – For Health Professionals](#) Renae Thomas MD
 86. [Exploring Gut Microbiota](#) Marian Glick-Bauer and Ming-Chin Yeh
 87. [Fat is the Cause of Type Two Diabetes](#) Michael Greger MD
 88. [Fish Are Not Health Food](#) Janice Stanger PhD
 89. [Five Dangers of Eating Poultry](#) Janice Stanger PhD
 90. [Five Foods That Promote Liver Detoxification](#) Thomas Lodi MD
 91. [Five Nutritious Essentials to Reduce Breast Cancer Risk](#) PCRM
 92. [Flu Season – Factory Farming Could Cause a Catastrophic Pandemic](#) Kathy Freston interviews Michael Greger MD
 93. [Food and Mood: Eating Plants to Fight the Blues](#) PCRM
 94. [Food As Medicine – How This Newfoundland Community Got Hooked on Plant-Based Eating](#) Ruby Buiza (CBC Radio)

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95. [Food As Medicine – The Truth About What Causes Chronic Illness](#) Baxter Montgomery MD
 96. [Food Sensitivities – What's a Vegan Supposed to Do?](#) Dina Aronson RD
 97. [Foodborne and Waterborne Illness](#) PCRM's Nutrition Guide for Clinicians
 98. [Foods and Arthritis](#) PCRM
 99. [Foods for Macular Degeneration](#) Michael Greger MD
 100. [Foods That Fight Depression](#) Ulka Agarwal MD
 101. [For the Love of Grains](#) John McDougall MD
 102. [Four Major Factors of Health](#) Alan Goldhamer DC
 103. [From Suffering With Lupus to Food Promoting Doctor](#) Brooke Goldner MD
 104. [Frying Up Hospital Cafeteria Food](#) Yoni Freedhoff MD and Rob Stevenson MD
 105. [Gallbladder Disease](#) Joel Fuhrman MD
 106. [Game Changing Solution to One of the Most Devasting Diseases of the Brain: Stroke](#) Dean & Ayesha Sherzai MDs
 107. [Get Omega 3's from Plants, Not Fish Oil](#) PCRM
 108. [Got Autism? Learn About the Link Between Dairy Products and the Disease](#) PETA
 109. [Gout Prevention and Treatment Options](#) Dustin Rudolph PharmD
 110. [Growing Old Wrinkle-Free](#) Dustin Rudolph PharmD
 111. [Gut Health](#) *Plant-based Australia*
 112. [Hard to Swallow – How Meat Advocates Skewer Science](#) PCRM
 113. [Headaches & Migraines](#) Joel Fuhrman MD
 114. [Healing Autoimmune Disease With Supermarket Foods](#) Brooke Goldner MD
 115. [Healthcare versus Disease Response System – Part One](#) T. Colin Campbell PhD and Nelson Disla
 116. [Health Concerns About Dairy](#) PCRM
 117. [Health Effects of Heavy Metal Music](#) Michael Greger MD
 118. [Health Professionals' Roles in Animal Agriculture, Climate Change, and Human Health](#) American Journal of Preventive Medicine
 119. [Heart Attack Proof Yourself in Three Weeks](#) Linda Carney MD
 120. [Heart Disease is Reversible](#) Joel Fuhrman MD
 121. [Heart Disease – Treatment Using Vegetables over Drugs](#) Clea Machold. CBC News
 122. [High Blood Pressure](#) Alan Goldhamer DC
 123. [High-Fat Diets and Processed Meat Link to Sleep Apnea](#) PCRM
 124. [Hope for Multiple Sclerosis](#) Linda Carney MD
 125. [How a Gluten Free Diet Can Be Harmful](#) Michael Greger MD
 126. [How Avoiding Chicken Could Prevent Bladder Infections](#) Michael Greger MD
 127. [How Fireworks Can Affect Your Health and the Ecosystem](#) Maggie Macintosh (CBC News)
 128. [How 'Food as Medicine' Transformed My Life and Clinical Practice](#) Steve Lawenda MD
 129. [*How Leg Exercises Can Improve Brain Health](#) Stephen Lerner
 130. [How Protecting Animals Benefits Us Too](#) Aysha Akhtar MD
 131. [How the Corona Virus Leads Us to a Vegan World](#) Sailesh Rao PhD
 132. [How to Control Hypertension \(High Blood Pressure\)](#) Jill Edwards (*T. Colin Campbell Center for Nutrition Studies*)
 133. [How to Create a Leaner, Healthier Body and a Healthier Life](#) Michael Klaper MD
 134. [How to Design a Misleading Study](#) Michael Greger MD
 135. [How to Help a MeatHead](#) John McDougall MD
 136. [How to Lower Your Cholesterol Without Statins](#) Jill Edwards MS (*T. Colin Campbell Center for Nutrition Studies*)
 137. [Human/Animal Interface: Emergence and Resurgence of Zoonotic Infectious Diseases](#) Michael Greger MD
 138. [Hypertension](#) John McDougall MD
 139. [I'm a Doctor Who Specialises in Diet & Nutrition – Here's Why I Don't Have Concerns About Vegan Diets](#) Garth Davis MD
 140. [Inflammatory Bowel Disease – Ulcerative Colitis and Crohn's Disease](#) *Plant-based Health Australia*
 141. [Is Alcohol Neurotoxic or Neuroprotective? It's Complicated.](#) Dean and Ayesha Sherzai MDs
 142. [Is Coconut Oil Healthy or Hazardous?](#) Alona Pulde MD and Matthew Lederman MD
 143. [Is Diet Superior to Drugs in Lowering Blood Pressure?](#) Linda Carney MD


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144. [Is Oil Healthy \(Editorial\)?](#) Caldwell Esselstyn Jr. MD (International Journal of Disease Reversal)
 145. [Is Soy Safe?](#) Brenda Davis RD
 146. [It's Just One Meal – How Bad Could it Be?](#) Joel Fuhrman MD
 147. [Jama Commentary Exposes Food Industry's Skewed Science](#) PCRM
 148. [Journal Advice to Eat Cancer Causing Meats: Science or Clickbait?](#) PCRM
 149. [Ketosis and the Ketogenic Diet: Debunking 7 Misleading Statements](#) Cyrus Khambatta PhD and Robbie Barbaro MPH (*Mastering Diabetes*)
 150. [Ketosis and the Low Carb Calamity](#) Dustin Rudolph PharmD
 151. [Killer Fish – Time to Rethink the Health Benefits](#) Brian Clement PhD
 152. [*Leading Canadian Health Expert Outraged at Government Response to COVID](#) Children's Health Defense
 153. [Leading Innovations in Prevention and Cure](#) Don Forrester MD
 154. [Lean Meat "Health Advice" is a Big Fat Lie](#) Dustin Rudolph PharmD
 155. [Lectins: Plants' Self-Defense System](#) John McDougall MD
 156. [Liquid Sunshine Cancer Can't Tolerate](#) Thomas Lodi MD
 157. [Low Carb Diets Found to Fuel Heart Disease](#) Michael Greger MD
 158. [Low Carb Hot Air](#) T. Colin Campbell PhD
 159. [Lowering Blood Pressure with a Vegan Diet](#) Juliet Gellatley
 160. [Make Your Own First Aid Kit](#) Danielle Arsenaault
 161. [Marketing Junk Food – Don't Go Cuckoo Over Coconut Oil](#) Jeff Novick RD
 162. [Meatonomics' David Simon: Everything I Envision for Meat Has Happened with Tobacco](#) Elle Hunt
 163. [Mental Health of Abattoir Workers](#) Emma Håkansson (*Eluxe Magazine*)
 164. [Message to Canadians Concerned About Government Overreach](#) Vaccine Choice Canada
 165. [McDougall Diet for Pregnancy](#) John McDougall MD
 166. [Milk Consumption is Linked to Type 1 Diabetes](#) Michael Greger MD
 167. [Milk Letter – A Message to My Patients](#) Robert Kradijan MD
 168. [Moderation Kills](#) Michael Greger MD
 169. [Multiple Sclerosis and Plant-Based Nutrition](#) Conor Kerley PhD
 170. [Myth of Moderation: Do All Foods Really Fit?](#) Jeff Novick RDN
 171. [New Information to Sleep On](#) Joel Fuhrman MD
 172. [New Model for Medical Care](#) PCRM
 173. [No Body Needs Milk](#) Alan Goldhamer DC
 174. [Non-Alcoholic Fatty Liver Disease From Sweeteners?](#) Brian Clement PhD LN
 175. [No One Should Be Doing the Keto Diet Says Leading Cardiologist](#) Maria Chiorando
 176. [Nutritional Medicine Approach to Hypertension](#) Renae Thomas MD
 177. [Nutritional Update for Physicians: Plant –based Diets](#) *Permanente Journal*
 178. [Obesity – It's Not About the Carbs](#) Garth Davis MD
 179. [One in 2000 UK Residents Carry Abnormal Protein Linked to Mad Cow Disease](#) *Medical Daily*
 180. [Osteoporosis: Dairy Reconsidered](#) Michael Klaper MD
 181. [Our Most Important Defense Against COVID-19: Finding Hope Through Scientific Evidence](#) T. Colin Campbell PhD
 182. [Oversaturation of Fat in the Media](#) Susan Levin RD
 183. [Oxalate](#) Jack Norris RD
 184. [Paleo: A Misguided Approach to Optimal Health](#) PCRM
 185. [Parkinson's Disease and Diet-Induced Tremors](#) John McDougall MD
 186. [PETA's Answer to Fears Over the Corona Virus – Go Vegan Now](#) PETA
 187. [Physician's Committee's Influence on the Dietary Guidelines and MyPlate](#) PCRM
 188. [Physician's Group Files Federal Petition Against Annals of Internal Medicine Over False Red Meat Claim](#) PCRM
 189. [Plant-based Diets as Medicine](#) Michelle O'Donoghue MD, Kim Williams MD and Caldwell Esselstyn MD (*Medscape*)
 190. [Plant-based Diets for Rheumatoid Arthritis](#) Michael Greger MD
 191. [Plant-based Diets Reduce Risk for Gallstones](#) PCRM
 192. [Popular \(Blood-Type\) Diet Theory Debunked](#) University of Toronto

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193. [Power Plate](#) PCRM
 194. [Preserving Vision Through Diet](#) Michael Greger MD
 195. [Preventing and Treating ADHD in Children](#) Joel Fuhrman MD
 196. [Preventing and Treating Breast and Prostate Cancer](#) Dustin Rudolph Pharm D
 197. [Protein](#) Jack Norris RD
 198. [Protein Myth](#) PCRM
 199. [Public Health Impacts of Concentrated Animal Feeding Operations on Local Communities](#) Family and Community Health
 200. [Real Coconut Oil Miracle](#) Jeff Novick RD
 201. [Real Story on Lectins](#) Joel Fuhrman MD
 202. [Recent Reports about Contaminants in Rice](#) PCRM
 203. [Recovery from Autism](#) Maia Dowe
 204. [Reduce Cataract Risk With Dietary Antioxidants](#) Linda Carney MD
 205. [Renowned Heart Surgeon and Longtime Vegan Ellsworth Wareham Dies at 104](#) Courtney Davison
 206. [Reverse and Prevent Arthritis](#) Joel Fuhrman MD
 207. [Rheumatoid Arthritis – What it is, and How to Treat It](#) Dustin Rudolph PharmD
 208. [Rinse Your Mouth After Sour Food and Drinks](#) Michael Greger MD
 209. [Role of Pesticides in Parkinson's Disease](#) Michael Greger MD
 210. [Role of Plant-based Nutrition to Prevent and Reverse Disease](#) Renae M. Thomas MD presents: *Summary of a talk delivered by Dr. Michael Klaper MD to medical professionals*
 211. [Salmonella stays with chickens from birth to kitchen](#) *Washington Post*
 212. **Sauna Health Benefits: Are Saunas Healthy or Harmful?* *Harvard Health*
 213. [Science Dies: Eat What You Want](#) T. Colin Campbell PhD
 214. [Seeing Red](#) Christie Mitchell Beck MD
 215. [Seven Dietary Guidelines For a Healthy Microbiota](#) PCRM
 216. [Seven Ways Milk and Dairy Products Are Making You Sick](#) Sofia Pineda Ochoa MD
 217. [Shifting from Vegan to Paleo is a Step in the Wrong Direction](#) Ginny Messina RD
 218. [Should We Increase Our Protein Intake After Age 65?](#) Michael Greger MD
 219. [Shut Down Animal Agriculture to Reduce Pandemic Risk](#) World Vegan Alliance
 220. [Smoke and Mirrors Behind *Wheat Belly* and *Grain Brain*](#) John McDougall MD
 221. [Special Issue on Plant-based Nutrition in the Journal of Geriatric Cardiology](#) Plant-based Research
 222. [Species Distancing – Flattening the Curve on Zoonotic Diseases](#) Sailesh Rao PhD
 223. [Stage 4 Breast Cancer – Constructive Actions](#) Michael Klaper MD
 224. [Struggling With Migraines? Try the Plant-based Migraine Diet](#) PCRM
 225. [Sun Powered Vitality](#) Brian Clement PhD
 226. [Takeaways from My Webinar on COVID-19](#) Michael Greger MD
 227. [Taking the "Fast" Track to Improved Immunity](#) Joel Fuhrman MD
 228. [There Really is No Debate](#) Thomas Lodi MD
 229. [There's Arsenic in your Food – Ten Ways to Get It Out](#) Environmental Working Group
 230. [This Doctor's Take on Dairy](#) Michael Klaper MD
 231. [Three Ways to Fight Cheese Addiction](#) PCRM
 232. [Thyroid Health](#) Michael Greger MD
 233. [Tick Bites, Meat Allergies & Chronic Urticaria](#) Michael Greger MD
 234. [Treating Multiple Sclerosis with Diet](#) John McDougall MD
 235. [Treating Parkinsons Disease with Diet](#) Michael Greger MD
 236. [Treating Sleep Apnea With Diet and Lifestyle](#) Dustin Rudolph PharmD
 237. [Trouble With Eggs](#) Robyn Chuter ND
 238. [Truth About Eggs](#) PCRM
 239. [Uncovering the Early Silent Stages of Alzheimers Disease](#) Michael Greger MD
 240. **Unvaccinated Children are Healthier than Vaccinated Children* Alix Mayer (Children's Health Defense)
 241. [USDA's MyPlate is Making Americans Sick](#) PCRM

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242. [Veg Diet Versus Ebola and other Zoonotic Diseases](#) Hakeem Jimo
 243. [Vegan Diet](#) Health Link BC (Province of British Columbia)
 244. [Vegan Doctor Addresses the Protein Question](#) Holly Wilson MD
 245. [Vegan Plate](#) *Becoming Vegan*
 246. [Vegan – The Healthiest Diet](#) Ernst Walter Henrich MD
 247. [Way to Reverse Coronary Artery Disease](#) Caldwell Esselstyn et. al *Journal of Family Practice*
 248. [Were We Wrong About Saturated Fat?](#) Joel Fuhrman MD
 249. [Western Diet May Cause Brain Impairment](#) Food Navigator Blog
 250. [What Else Has to Happen?](#) Saitesh Rao PhD
 251. [What Is Brewing in Your Tea](#) Jeff Novick RD
 252. [What Is Lifestyle Medicine?](#) Renae Thomas MD
 253. [What to Eat](#) Fuel Your Health
 254. [What's Wrong With Eggs?](#) Susan Levin RD
 255. [Where Do You Get Your Protein?](#) Alan Goldhamer DC
 256. [Where to Buy Tea Low in Lead](#) Michael Greger MD
 257. [Why Are Eggs Linked to Cancer Progression?](#) Michael Greger MD
 258. [Why Does Animal Protein Cause Weight Gain?](#) Garth Davis MD
 259. [Why Eggs Aren't a Health Food](#) Gabriel Cousens MD
 260. [Why It's Better to Drink Green Smoothies Through a Straw](#) Michael Greger MD
 261. [Why the Man Who Brought Us Glycemic Index Wants Us to Go Vegan](#) Leslie Beck (The Globe & Mail)
 262. [Why We Should Cut Down on Salt Independently of Blood Pressure](#) Michael Greger MD
 263. [Why You Need Iron and How to Get It](#) Risé Rafferty
 264. [Why You Should Count Colours, Not Calories](#) Tracye McQuirter
 265. [Will a Vegetarian Diet Make You Depressed?](#) Ginny Messina RD
 266. [Will the Real Paleo Diet Please Stand Up](#) Brenda Davis RD and Vesanto Melina RD

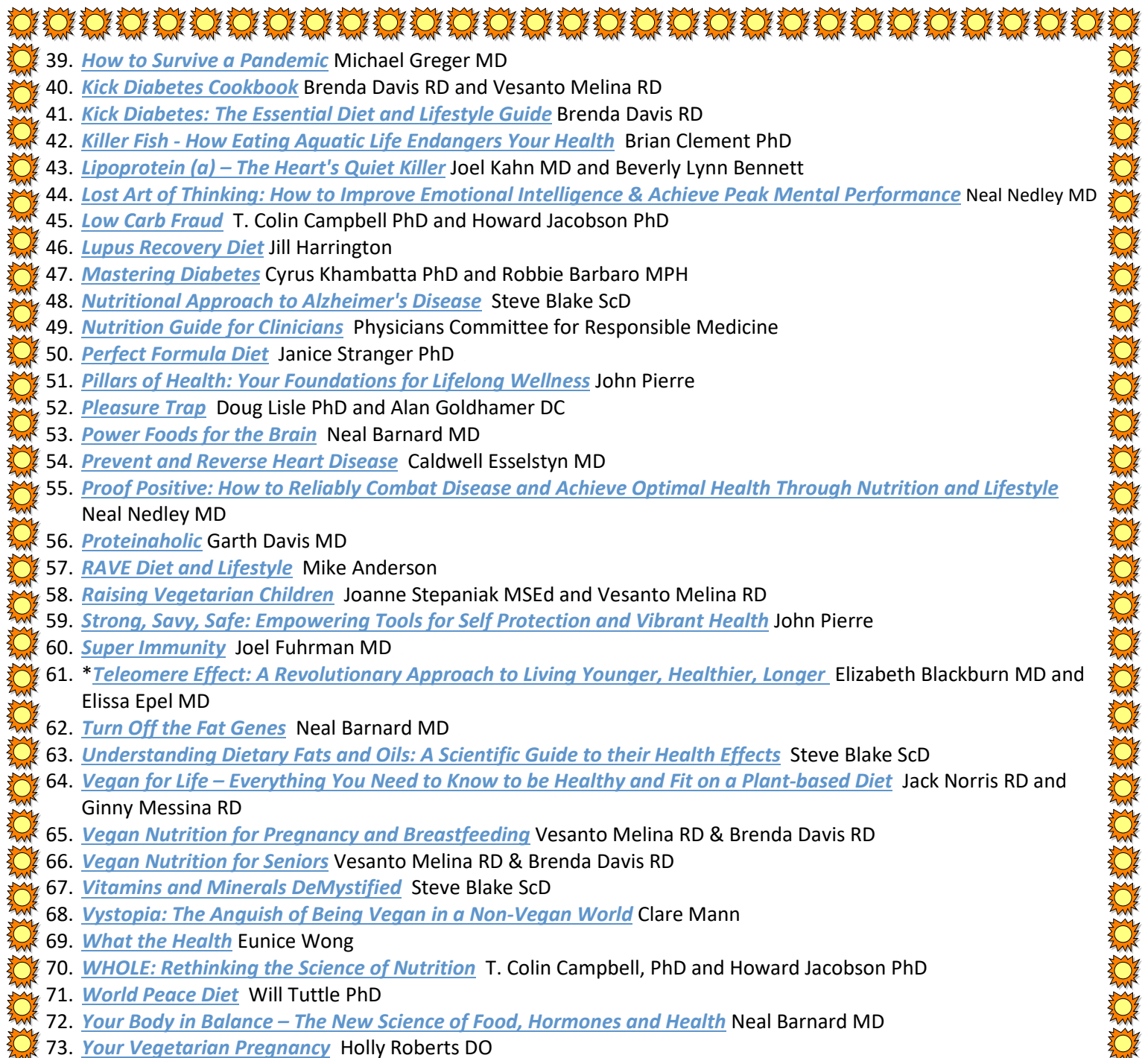
ARTICLE ARCHIVES

1. [*Alliance for Human Research Protection](#) (blog)
2. [Becoming Vegan](#)
3. [Bloom Nutritionist Blog](#) (Lucy Taylor RD)
4. [Dr. Thomas Campbell Blog](#)
5. [*Dr. Joel Fuhrman's Cancer Article Archive](#)
6. [*Dr. Joel Fuhrman's Online Nutrition and Health Articles Library](#)
7. [Dr. Joel Kahn MD Blog](#) (cardiologist)
8. [Dr. John McDougall Blog](#)
9. [Dr. Keki Sidhwa ND](#)
10. [Dr. Michael Klaper Answers](#)
11. [Dr. Michael Greger MD Selected Writings](#)
12. [Dr. Neal Barnard MD Blog](#)
13. [Dr. Neal Barnard MD](#) (Huff Post)
14. [Dr. Neal Barnard MD](#) (Naked Food Magazine)
15. [Dr. Reed Mangels Blog](#)
16. [Dr. Renae Thomas Blog](#) (Live Full)
17. [Dr. Robyn Chuter ND](#) (Empower Total Health)
18. [Dr. Stephan Esser MD](#) (Esser Health)
19. [Forks Over Knives](#)
20. [Hippocrates Health Institute](#)
21. [Immerman Files](#) (Health Research Archives 1890 – 1980 compiled by Alan Immerman DC)
22. [MangoMan Nutrition and Fitness Blog](#)
23. [Neuroplan Blog](#) (Drs. Dean and Ayesha Sherzai MDs)

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24. [NutritionFacts.Org Blog](#)
 25. [Plant Powered Physicians Blog](#) (Dr. Bandana Chawla MD and Dr. Munish Chawla MD)
 26. [True North Health Center Articles Library](#)
 27. [UC Davis Integrative Medicine Blog](#)
 28. [Vesanto Melina RD](#)
 29. [VIVA Health UK](#)

BOOKS (print)

1. [Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age](#) Dean Sherzai MD and Ayesha Sherzai MD
2. [Appetite for Profit: How the Food Industry Undermines our Health, and How to Fight Back](#) Michele Simon
3. [Becoming Raw – The Essential Guide to Raw Vegan Diets](#) Brenda Davis RD, Vesanto Melina RD, Rynn Berry
4. [Becoming Vegan – Comprehensive Edition](#) Brenda Davis RD, Vesanto Melina RD
5. [Becoming Vegan – The Everyday Guide to Plant-based Nutrition – Express Edition](#) Brenda Davis RD, Vesanto Melina RD
6. [Bird Flu](#) Michael Greger MD
7. [Breaking the Food Seduction](#) Neal Barnard, MD
8. [Campbell Plan](#) Thomas Campbell MD
9. [Cancer Survivor's Guide](#) Neal Barnard MD, Jennifer Reilly
10. [Carbophobia – The Scary Truth Behind America's Low Carb Craze](#) Michael Greger MD
11. [China Study](#) T. Colin Campbell PhD
12. [Cheese Trap](#) Neal Barnard MD
13. [Complete Idiots Guide to Juice Fasting](#) Steven Prussack and Bo Rinaldi
14. [Conscious Eating](#) Gabriel Cousens MD
15. [Depression: The Way Out](#) Neal Nedley MD
16. [Disease Proof Your Child](#) Joel Fuhrman MD
17. [*Dissolving Illusions: Disease, Vaccines, and The Forgotten History](#) Suzanne Humphries MD and Roman Bystryanik MS
18. [Don't Drink Your Milk!](#) Frank Oski MD
19. [Dr. Neal Barnard's Program for Reversing Diabetes](#) Neal Barnard MD
20. [Eat to Live](#) Joel Fuhrman MD
21. [Empty Medicine Cabinet – Pharmacists Guide to the Hidden Danger of Drugs and Healing Powers of Food](#) Dustin Rudolph PharmD
22. [Evading Ebola](#) David DeRose MD
23. [End of Diabetes](#) Joel Fuhrman MD
24. [Fasting and Eating for Health](#) Joel Fuhrman MD
25. [Food Allergy Survival Guide](#) Vesanto Melina RD, Dina Aronson RD, Jo Stepaniak
26. [Food for Life: How the New Four Food Groups Can Save Your Life](#) Neal Barnard MD
27. [Food Over Medicine](#) Pam Popper ND and Glen Merzer
28. [Food Politics](#) Marion Nestle PhD
29. [Foods that Fight Pain](#) Neal Barnard MD
30. [Forks over Knives: the Plant-based Way to Health](#) Gene Stone (Ed.)
31. [Future of Nutrition](#) T. Colin Campbell PhD and Nelson Disla
32. [Guide to Vegan Nutrition](#) George Eisman RD
33. [Healing Cancer from the Inside Out](#) Mike Anderson
34. [Healing with Whole Foods](#) Paul Pitchford also at [Amazon](#)
35. [Healthiest Diet on the Planet](#) John and Mary McDougall
36. [Healthy Eating for Life for Children](#) Amy Lanou PhD
37. [How Not to Die](#) Michael Greger MD
38. [How Not to Diet](#) Michael Greger MD

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39. [How to Survive a Pandemic](#) Michael Greger MD
 40. [Kick Diabetes Cookbook](#) Brenda Davis RD and Vesanto Melina RD
 41. [Kick Diabetes: The Essential Diet and Lifestyle Guide](#) Brenda Davis RD
 42. [Killer Fish - How Eating Aquatic Life Endangers Your Health](#) Brian Clement PhD
 43. [Lipoprotein \(a\) – The Heart's Quiet Killer](#) Joel Kahn MD and Beverly Lynn Bennett
 44. [Lost Art of Thinking: How to Improve Emotional Intelligence & Achieve Peak Mental Performance](#) Neal Nedley MD
 45. [Low Carb Fraud](#) T. Colin Campbell PhD and Howard Jacobson PhD
 46. [Lupus Recovery Diet](#) Jill Harrington
 47. [Mastering Diabetes](#) Cyrus Khambatta PhD and Robbie Barbaro MPH
 48. [Nutritional Approach to Alzheimer's Disease](#) Steve Blake ScD
 49. [Nutrition Guide for Clinicians](#) Physicians Committee for Responsible Medicine
 50. [Perfect Formula Diet](#) Janice Stranger PhD
 51. [Pillars of Health: Your Foundations for Lifelong Wellness](#) John Pierre
 52. [Pleasure Trap](#) Doug Lisle PhD and Alan Goldhamer DC
 53. [Power Foods for the Brain](#) Neal Barnard MD
 54. [Prevent and Reverse Heart Disease](#) Caldwell Esselstyn MD
 55. [Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle](#)
Neal Nedley MD
 56. [Proteinaholic](#) Garth Davis MD
 57. [RAVE Diet and Lifestyle](#) Mike Anderson
 58. [Raising Vegetarian Children](#) Joanne Stepaniak MEd and Vesanto Melina RD
 59. [Strong, Savy, Safe: Empowering Tools for Self Protection and Vibrant Health](#) John Pierre
 60. [Super Immunity](#) Joel Fuhrman MD
 61. [*Teleomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer](#) Elizabeth Blackburn MD and
Elissa Epel MD
 62. [Turn Off the Fat Genes](#) Neal Barnard MD
 63. [Understanding Dietary Fats and Oils: A Scientific Guide to their Health Effects](#) Steve Blake ScD
 64. [Vegan for Life – Everything You Need to Know to be Healthy and Fit on a Plant-based Diet](#) Jack Norris RD and
Ginny Messina RD
 65. [Vegan Nutrition for Pregnancy and Breastfeeding](#) Vesanto Melina RD & Brenda Davis RD
 66. [Vegan Nutrition for Seniors](#) Vesanto Melina RD & Brenda Davis RD
 67. [Vitamins and Minerals DeMystified](#) Steve Blake ScD
 68. [Vystopia: The Anguish of Being Vegan in a Non-Vegan World](#) Clare Mann
 69. [What the Health](#) Eunice Wong
 70. [WHOLE: Rethinking the Science of Nutrition](#) T. Colin Campbell, PhD and Howard Jacobson PhD
 71. [World Peace Diet](#) Will Tuttle PhD
 72. [Your Body in Balance – The New Science of Food, Hormones and Health](#) Neal Barnard MD
 73. [Your Vegetarian Pregnancy](#) Holly Roberts DO

BOOKS (online, free)

1. [Atkins Exposed](#) Michael Greger MD
2. [Bad Bug Book – Handbook of Foodborne Pathogenic Microorganisms and Natural Toxins](#) USA FDA
3. [Bird Flu – a Virus of our own Hatching](#) Michael Greger MD
4. [Cancer Survivor's Guide](#) Neal Barnard MD and Jennifer Reilly RD
5. [Heathy Eating for Life – Food Choices for Cancer Prevention and Survival](#) PCRM
6. [Healthy Heart Handbook](#) Neal Pinckney MD
7. [Human Animal Interfact: Emergence and Resurgence of Zoonotic Infectious Diseases](#) Michael Greger MD
8. [Scientific Basis of Vegetarianism](#) William Harris MD
9. [Vegan – The Healthiest Diet](#) Ersnt Walter Henrich Dr. med



DVDs for Purchase


1. [Digestion Made Easy](#) Michael Klaper MD
2. [Eating](#) Mike Anderson
3. [Eating Right for Cancer Survival](#) Neal Barnard MD
4. [Fasting: Safe & Effective Use of an Ancient Therapy](#) Michael Klaper MD
5. [Food for Life](#) Neal Barnard MD
6. [Forks Over Knives](#)
7. [Got the Facts on Milk](#)
8. [Healing Cancer from Inside Out](#)
9. [Heart Health](#) Neal Barnard MD
10. [Hippocrates Health DVD Series](#)
11. [Kickstart Your Health](#) Neal Barnard MD
12. [Marshall Plan](#)
13. [Nutrition Education Curriculum](#) Neal Barnard MD
14. [Osteoporosis Protection for Life](#) Joel Fuhrman MD
15. [Planeat](#)
16. [Plant Pure Nation](#)
17. [Protect Your Memory](#) Neal Barnard MD
18. [Salt, Sugar, and Oil](#) Michael Klaper MD
19. [Sense and Nonsense in Nutrition](#) Michael Klaper MD
20. *[Trace Amounts](#)
21. [Understanding Your Blood Test Results](#) Michael Klaper MD
22. *[Vaxxed](#)
23. [Weight Control](#) Neal Barnard MD
24. [What the Health](#)

GRAPHICS

1. [Anatomy of a Hot Dog](#) (PCRM)
2. [Dangers of Processed Meat](#) (PCRM)
3. [Plant-based Nutrition in Gastrointestinal Disease](#) Presentation by Michael Klaper MD

HEALTH CENTERS and HOLIDAYS (Nutrition education programs and retreats)

1. [Barnard Medical Center](#)
2. [Dr. Fuhrman's Health Getaways](#)
3. [Dr. Klaper's Health Retreats](#)
4. [Hippocrates Health Institute Life Transformation Program](#)
5. [Holistic Holiday at Sea](#)
6. [Lifestyle Medical Clinic](#)
7. [McDougall Health Programs](#) (California)
8. [Montefiore Medical Center Cardiac Wellness Program](#)
9. [Nedley Health Solutions](#) (Depression Recovery Programs, California)
10. [Newstart Lifestyle Programs](#) (Weimar, California)
11. [Oasis of Healing](#) (Alternative Cancer Treatment Center, Arizona)
12. [Plant-Based Prevention of Disease Annual Conference](#)
13. [Revive Reversal Program](#) (Victoria, BC)
14. [Total Health Immersions](#) (Florida)

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15. [Tree of Life Rejuvenation Center](#) (Arizona)
 16. [True North Health Centre](#) (California)
 17. [Uchee Pines Lifestyle Center](#) (Alabama)
 18. [Vegan Cruise](#)
 19. [Your Gut Connection](#) (Online Program – Dr. Angie Sadeghi MD)

HEALTH and DISEASE REFERENCE archives

1. [A-Z of Diseases](#) Viva Health UK
2. [Animal Transmitted Diseases](#) Washington State Department of Health
3. [Common Health Problems](#) John McDougall MD
4. [Counselling Sheets](#) Uchee Pines
5. [Health Concerns](#) Joel Fuhrman MD
6. [Health Topics](#) PCRM
7. [Jack Norris RD](#)
8. [Nutrition Facts Health Topics](#) Michael Greger MD
9. [Nutrition MD](#) for Consumers
10. [Nutrition MD](#) for Health Professionals
11. [Plant Based Pharmacist](#) Dustin Rudolph Pharm D
12. [Plant-Based Research Org](#)
13. [Resources for Health Conditions](#) PCRM

POD CASTS

1. [Alzheimer's Can Be Prevented and Reversed](#) (129 min.) Rich Roll interviews Team Sherzai MDs
2. [Chef AJ Teleclass with Dr. Alan Goldhamer](#) (64 min.)
3. [Chef AJ Teleclass with Dr. Michael Klaper MD](#) (64 min.)
4. [Drs. Arjun and Shobha Rayapudi \(Gift of Health\)](#) (27 min.) *The Health Design Podcast*
5. [Feed Kids Right](#) (57 min.) Joel Fuhrman MD
6. [Epidemic of Sleep Disorders and their Effect on Brain Health with Dr. Noah Siegel](#) (66 min.) Team Sherzai MDs
7. [Evolving Past Alzheimers](#) (65 min.) Dr. Dean and Dr. Ayesha Scherzai (MDs)
8. [Great Health Debate](#) (59 min.) Will Tuttle PhD
9. [Health and Politics](#) (30 min.) Interview with Milton Mills MD
10. [Healthy Thyroid](#) (16 min.) Michael Greger MD
11. [How to Avoid Chronic Kidney Disease Stage 3 – Sana's Story](#) (17 min.) Mastering Diabetes
12. [How to Safely Quit Medical Drugs](#) (114 min.) Richards Sacks Interviews Michael Klaper MD (*Lost Arts Radio*)
13. [Mastering Diabetes and Insulin Resistance](#) (75 min.) Cyrus Khambatta PhD and Robbie Barbaro MPH interviewed by Team Sherzai MDs
14. [Negative Calorie Effect](#) (56 min.) Neal Barnard MD
15. [Paleo Diet: Is It Healthy?](#) (57 min.) Chuck Carrol interviews Hana Kahleova MD PhD (Exam Room Podcast)
16. [Plant-Based Eating to Reverse Disease, for Healthier Living, and for the Environment](#) (85 min.) Michael Klaper MD (New Normal Project)
17. [Power Foods for the Brain](#) (27 min.) Interview with Neal Barnard MD
18. [Probiotics and Fermentation](#) (63 min.) Interview with Will Bulsiewicz MD (Plant Trainers)
19. [Rethinking Food](#) (27 min.) Interview with Milton Mills MD
20. [Rules for Healthy Eating](#) (82 min.) Michelle McMacken MD (One Green Planet)
21. [Secrets to Preventing Osteoporosis](#) (51 min.) Q&A with Michael Klaper MD (Vegetarian Health Institute)
22. [Starting a Plant-based Diet, and the Health Benefits You Can Expect](#) (82 min.) Neal Barnard MD (Interviewed by Andrew Davies MD of *The New Normal Project*)
23. [Vegan Diet and Stroke Risk](#) (62 min.) Chuck Carroll Interviews Neal Barnard MD and Robert Ostfeld MD (Exam Room Podcast)

POD CAST COLLECTIONS

1. [Brain Health and Beyond](#) Team Sherzai MDs
2. [Chef AJ Teleclasses](#)
3. [Dr. McDougall's Free Online Webinars](#)
4. [Exam Room Podcasts](#) PCRM
5. [Hippocrates Health Institute](#)
6. [Mastering Diabetes](#) Cyrus Khambatta PhD and Robby Barbaro MPH
7. [New Normal Project](#) (Dr. Andrew Davies MD)
8. [Nutrition Rounds](#) Dr. Danielle Belardo MD
9. [Nutritional Wisdom Series](#) Dr. Fuhrman Presents
10. [Plant Based DHW](#) (Dr. Rizwan Bukhari MD and Maya Acosta)
11. "Supplements Exposed" -- Interview with Brian Clements NMD
 - i. [Part One](#) of 3 (57 min.)
 - ii. [Part Two](#) of 3 (62 min.)
 - iii. [Part Three](#) of 3 (66 min.)
12. [Truth About Your Food](#) Lecture Series by Adiel Tel-Oren
13. [Wellness Forum Health](#) Interviews with Pam Popper ND

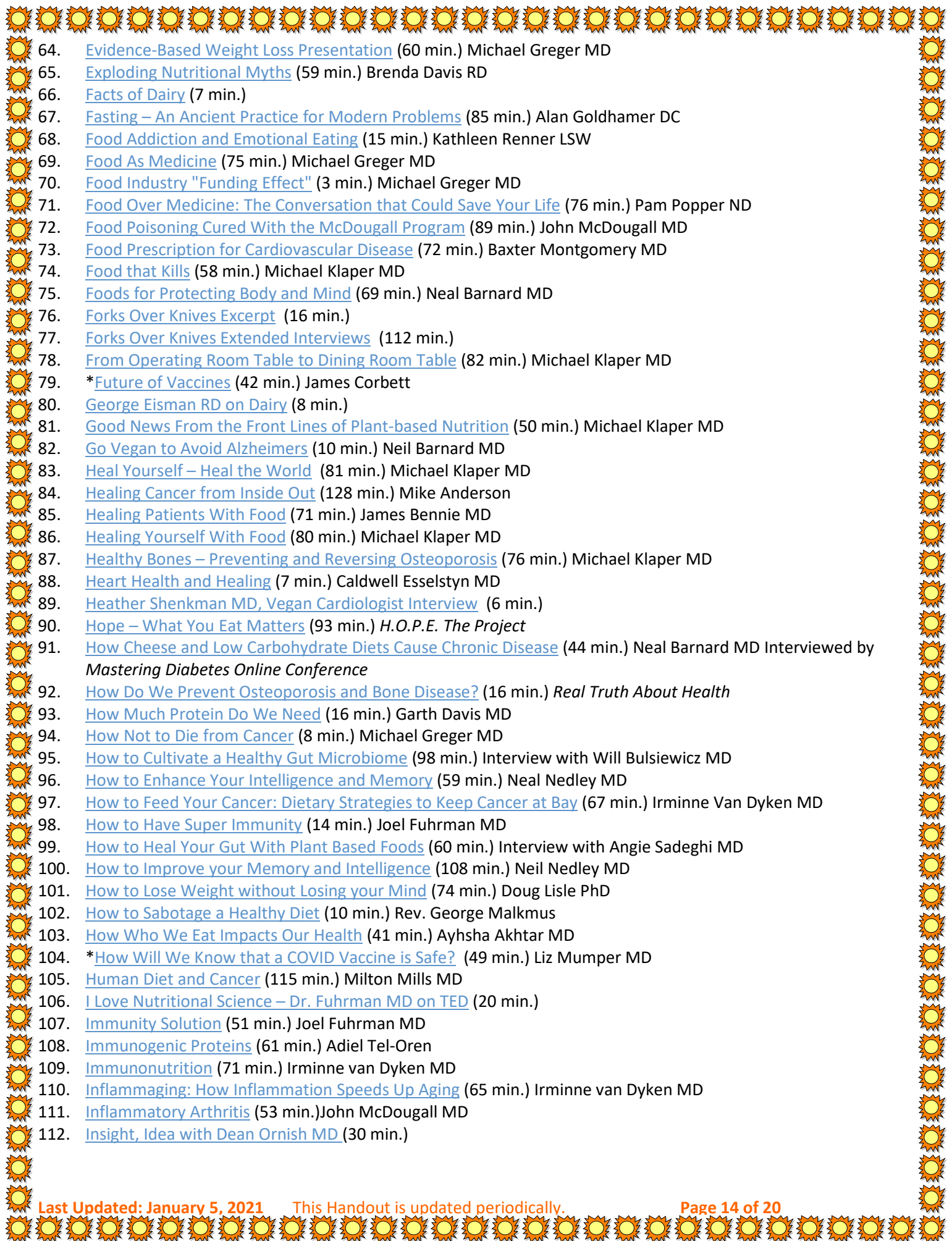
REPORTS

1. [And Now: A Word From Our Sponsors: Are America's Nutrition Professionals in the Pocket of Big Food?](#) 2013. Michele Simon JD
2. [Arsenic - Guidelines for Canadian Drinking Water Quality](#) 2006. Health Canada
3. [Chemical Residues in Food](#) Canadian Food Inspection Report
4. [Food and Pandemics](#) ProVeg International
5. [Heavy Metal Pollution of China's Rice](#) 2014. Greenpeace Research Laboratories Technical Report
6. [Incredible Vegan Health Report](#) VIVA Health UK
7. [Lead, Mercury and Cadmium Levels in Canadians](#) 2008. Statistics Canada
8. [Plant-based diets: a solution to our public health-care crisis](#) 2011. World Preservation Foundation With [References](#)
9. [*Report of the WHO/FAO/OIE Joint Consultation on Emerging Zoonotic Diseases](#) Health Council of the Netherlands
10. [Vegan from the Inside](#) 2011. Janice Stanger

VIDEO (Online - Free)

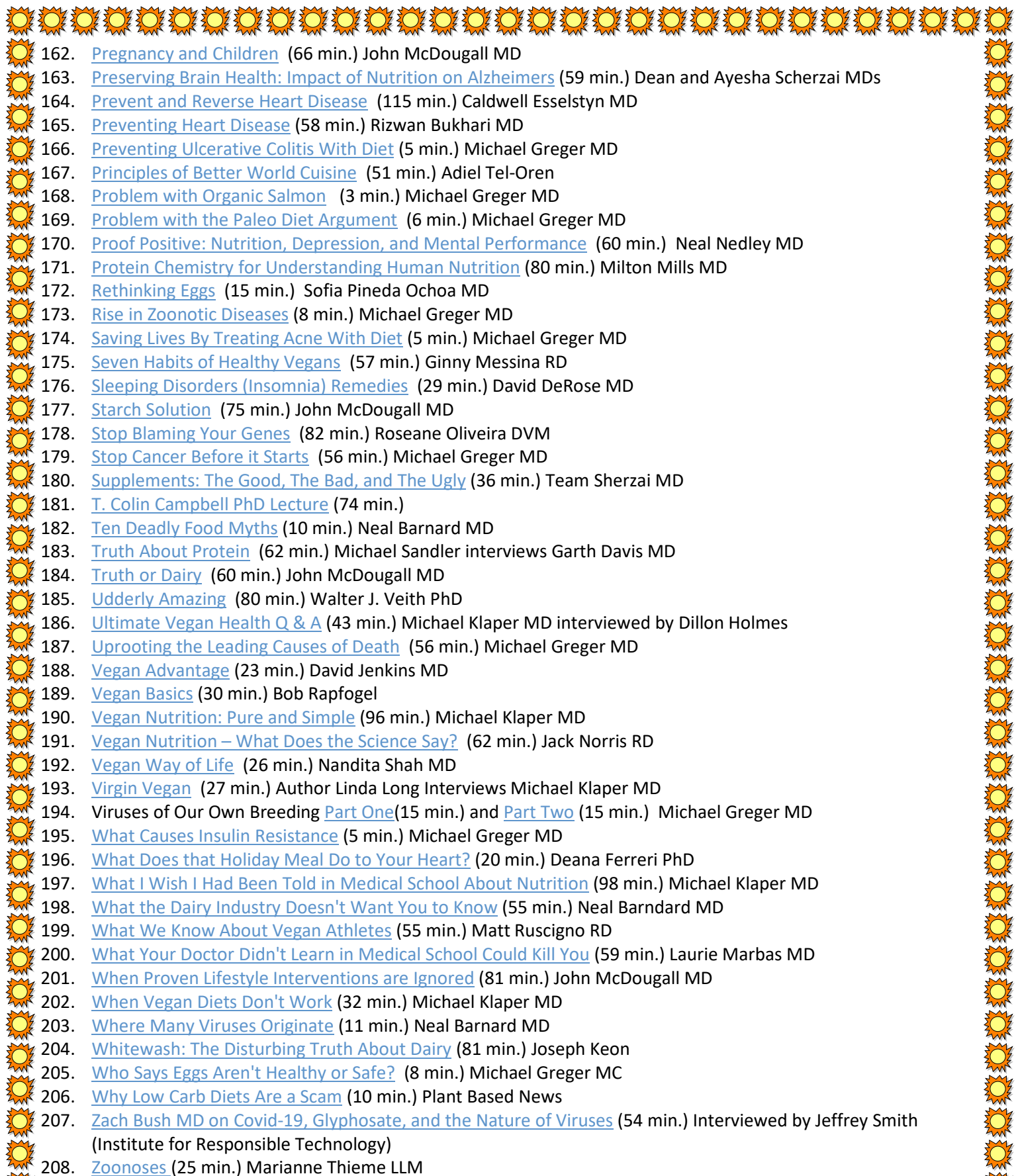
1. [100 and Healthy](#) (83 min.) Roseanne Oliveira DVM PhD
2. [Academy of Nutrition and Dietetics Conflicts of Interest](#) (4 min.) Michael Greger MD
3. [A Delicate Balance – the Truth](#) (86 min.) Aaron Scheibner
4. [Alternative Facts](#) (22 min.) Garth Davis MD
5. [Alzheimer's Disease and Atherosclerosis of the Brain](#) (6 min.) Michael Greger MD
6. [Alzheimer's Disease: Grain Brain or Meat Head?](#) (4 min.) Michael Greger MD
7. [Alzheimer's May Start Decades Before Diagnosis](#) (4 min.) Michael Greger MD
8. [Americans Have Become Obsessed with Protein](#) (8 min.) Garth Davis MD
9. [Anti-inflammatory Diet](#) (51 min.) Adiel Tel-Oren
10. [Are Dairy Products Necessary for Human Health?](#) (37 min.) Milton Mills MD
11. [Are Failed Vegans Addicts?](#) (18 min.) Michael Klaper MD
12. [Alzheimer's and Atherosclerosis of the Brain](#) (6 min.) Michael Greger MD
13. [Alzheimer's Disease – Grain Brain or Meat Head?](#) (3 min.) Michael Greger MD
14. [Are Humans Designed to Eat Meat](#) (9 min.) Milton Mills MD
15. [Are Humans Designed to Eat Meat](#) (78 min.) Milton Mills MD

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16. [Are We Designed to Eat Meat](#) (57 min.) Milton Mills MD
 17. [Arthritis: A Natural Approach](#) (60 min.) Steve Blake ScD
 18. [Avoiding Alzheimer's](#) (65 min.) Neal Barnard MD
 19. [Ayesha and Dean Sherzai MDs interviewed by Mind Gourmet](#) (51 min.)
 20. [Benefits of a Plant-based Diet for Seniors](#) (60 min.) Mona Sigal MD
 21. [Best Health Arguments to Encourage Others to Go Vegan](#) (38 min.) Michael Klaper MD
 22. [Biology of Disgust](#) (81 min.) Milton Mills MD
 23. [Bird Flu](#) (4 min.) Humane Society of the United States
 24. [Breaking the Food Seduction](#) (57 min.) Neil Barnard MD
 25. [Calorie Density](#) (80 min.) Jeff Novick RD
 26. [Can We Stop a Future Pandemic](#) (32 min.) Earthling Ed interviews Michael Greger MD
 27. [Cancer: It's What's For Dinner](#) (78 min.) T. Colin Campbell PhD
 28. [Cancer Prevention Diet](#) (55 min.) Neal Barnard MD
 29. [Changing Your Diet and Lifestyle Can Save Your Life](#) (90 min.) Garth Davis MD
 30. [Cheese Trap: Addiction, Health and Weight Problems](#) (27 min.) Neil Barnard MD
 31. [Coffee and Artery Function](#) (5 min.) Michael Greger MD
 32. [Combating Common Diseases with Plants](#) (59 min.) Michael Greger MD
 33. [Confessions of a Reformed Cardiologist](#) (73 min.) Robert Ostfeld MD
 34. *[Corona Virus and Vaccines](#) (start segment: 18:50) Ministry Now! interviews Robert F. Kennedy Jr. and Del Bigtree
 35. [Corona Virus Pandemic – How to Get Through These Challenging Times](#) (17 min.) Michael Klaper MD
 36. [Cow's Milk Casomorphin and Autism](#) (2 min.) Michael Greger MD
 37. [Cure Heart Disease Without Drugs](#) (34 min.) Caldwell B. Esselstyn
 38. [Curing Depression Using Diet](#) (11 min.) Neal Nedly MD
 39. [Curing Leaky Gut Syndrome](#) (9 min.) Michael Klaper MD
 40. [Dangerous Truth about Protein](#) (60 min.) Janice Stanger PhD
 41. [Debunking Egg Industry Myths](#) (3 min.) Michael Greger MD
 42. [Deconstructing Keto and Paleo Diets](#) (88 min.) Brenda Davis RD
 43. [Defeating Disease with Whole Food Plant-Based Diet: What to Eat](#) (90 min.) Brenda Davis RD
 44. [Defending Veganism](#) (22 min.) Garth Davis MD
 45. [Defensive Medicine](#) (59 min.) Steve Blake, ScD
 46. [Diabetes and the Dangers of Low Carbon Diets](#) (9 min.) Michael Greger MD
 47. [Diet and Multiple Sclerosis](#) (67 min.) John McDougall MD
 48. [Diet, Drugs, and Diabetes](#) (82 min.) John McDougall MD
 49. [Diet for a Liveable Future](#) (62 min.) Michael Klaper MD
 50. [Difference Between Herbivore and Carnivore](#) (6 min.) Dan Piraro *Humorous!*
 51. [Digestion Made Easy – Journey Thru Your Amazing Digestive System](#) (51 min.) Michael Klaper
 52. [Docile Herd](#) (36 min.) Plant Positive
 53. *[Doctor Explains the FLAWS with Masks, Lockdown for COVID-19](#) (15 min.) Stephen Malthouse MD (Rebel News)
 54. [Dr. Andrew Davies: Intensive Care Unit Doctor and the New Normal Project](#) (63 min.) ifeelgood Magazine interview
 55. [Dr. Ellsworth Wareham, 98 Years Old Vegan Cardio Thoracic Surgeon](#) (13 min.)
 56. *[Dr. Fishman's Method – 12 Poses Versus Osteoporosis](#) (12 min.)
 57. [Dude, Where Do You Get Your Protein?](#) (30 min.) Mike Anderson
 58. [Eating Documentary](#) (91 min.) Mike Anderson
 59. [Eating for Life: Designing an Optimal Diet](#) (86 min.) Brenda Davis RD
 60. [Eating Healthy to Achieve a Great Vital Life](#) (55 min.) Joel Fuhrman MD
 61. [End of Heart Disease](#) (80 min.) Joel Kahn MD
 62. [Escaping the Dietary Pleasure Trap](#) (66 min.) Alan Goldhamer DC
 63. [Everything in Moderation – Eat What You Want?](#) (2 min.) Michael Klaper MD



64. [Evidence-Based Weight Loss Presentation](#) (60 min.) Michael Greger MD
65. [Exploding Nutritional Myths](#) (59 min.) Brenda Davis RD
66. [Facts of Dairy](#) (7 min.)
67. [Fasting – An Ancient Practice for Modern Problems](#) (85 min.) Alan Goldhamer DC
68. [Food Addiction and Emotional Eating](#) (15 min.) Kathleen Renner LSW
69. [Food As Medicine](#) (75 min.) Michael Greger MD
70. [Food Industry "Funding Effect"](#) (3 min.) Michael Greger MD
71. [Food Over Medicine: The Conversation that Could Save Your Life](#) (76 min.) Pam Popper ND
72. [Food Poisoning Cured With the McDougall Program](#) (89 min.) John McDougall MD
73. [Food Prescription for Cardiovascular Disease](#) (72 min.) Baxter Montgomery MD
74. [Food that Kills](#) (58 min.) Michael Klaper MD
75. [Foods for Protecting Body and Mind](#) (69 min.) Neal Barnard MD
76. [Forks Over Knives Excerpt](#) (16 min.)
77. [Forks Over Knives Extended Interviews](#) (112 min.)
78. [From Operating Room Table to Dining Room Table](#) (82 min.) Michael Klaper MD
79. **Future of Vaccines* (42 min.) James Corbett
80. [George Eisman RD on Dairy](#) (8 min.)
81. [Good News From the Front Lines of Plant-based Nutrition](#) (50 min.) Michael Klaper MD
82. [Go Vegan to Avoid Alzheimers](#) (10 min.) Neil Barnard MD
83. [Heal Yourself – Heal the World](#) (81 min.) Michael Klaper MD
84. [Healing Cancer from Inside Out](#) (128 min.) Mike Anderson
85. [Healing Patients With Food](#) (71 min.) James Bennie MD
86. [Healing Yourself With Food](#) (80 min.) Michael Klaper MD
87. [Healthy Bones – Preventing and Reversing Osteoporosis](#) (76 min.) Michael Klaper MD
88. [Heart Health and Healing](#) (7 min.) Caldwell Esselstyn MD
89. [Heather Shenkman MD, Vegan Cardiologist Interview](#) (6 min.)
90. [Hope – What You Eat Matters](#) (93 min.) *H.O.P.E. The Project*
91. [How Cheese and Low Carbohydrate Diets Cause Chronic Disease](#) (44 min.) Neal Barnard MD Interviewed by *Mastering Diabetes Online Conference*
92. [How Do We Prevent Osteoporosis and Bone Disease?](#) (16 min.) *Real Truth About Health*
93. [How Much Protein Do We Need](#) (16 min.) Garth Davis MD
94. [How Not to Die from Cancer](#) (8 min.) Michael Greger MD
95. [How to Cultivate a Healthy Gut Microbiome](#) (98 min.) Interview with Will Bulsiewicz MD
96. [How to Enhance Your Intelligence and Memory](#) (59 min.) Neal Nedley MD
97. [How to Feed Your Cancer: Dietary Strategies to Keep Cancer at Bay](#) (67 min.) Irminne Van Dyken MD
98. [How to Have Super Immunity](#) (14 min.) Joel Fuhrman MD
99. [How to Heal Your Gut With Plant Based Foods](#) (60 min.) Interview with Angie Sadeghi MD
100. [How to Improve your Memory and Intelligence](#) (108 min.) Neil Nedley MD
101. [How to Lose Weight without Losing your Mind](#) (74 min.) Doug Lisle PhD
102. [How to Sabotage a Healthy Diet](#) (10 min.) Rev. George Malkmus
103. [How Who We Eat Impacts Our Health](#) (41 min.) Aysha Akhtar MD
104. **How Will We Know that a COVID Vaccine is Safe?* (49 min.) Liz Mumper MD
105. [Human Diet and Cancer](#) (115 min.) Milton Mills MD
106. [I Love Nutritional Science – Dr. Fuhrman MD on TED](#) (20 min.)
107. [Immunity Solution](#) (51 min.) Joel Fuhrman MD
108. [Immunogenic Proteins](#) (61 min.) Adiel Tel-Oren
109. [Immunonutrition](#) (71 min.) Irminne van Dyken MD
110. [Inflammaging: How Inflammation Speeds Up Aging](#) (65 min.) Irminne van Dyken MD
111. [Inflammatory Arthritis](#) (53 min.) John McDougall MD
112. [Insight, Idea with Dean Ornish MD](#) (30 min.)

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113. [Insights From Doctors Into Medicine in Australia](#) (85 min.) Robyn Chuter ND interviews Malcolm Mackay MD and Renae Thomas MD
 114. [Intestines, From the Beginning](#) (61 min.) John McDougall MD
 115. [Introduction to Plant-based Whole Food Diet](#) (77 min.) Anthony Lim MD
 116. [Is Milk, Cheese and Yogurt Healthy?](#) (61 min.) John McDougall MD
 117. [Is Veganism Really Healthy?](#) (27 min.) Michael Greger MD
 118. ["It's Sick Care, Not Health Care"](#) (15 min.) Nitu Bajekal MD
 119. [Joel Fuhrman MD interviewed by Buck Institute](#) (19 min.)
 120. [Juicing to Heal and Live Free of Cancer](#) (8 min.) An Oasis of Healing
 121. [Ketosis and the Ketogenic Diet: Debunking 7 Misleading Statements](#) (24 min.) Cyrus Khambatta PhD and Robbie Barbaro MPH (*Mastering Diabetes*)
 122. [Last Coronavirus Pandemic May Have Been Caused by Livestock](#) (10 min.) Michael Greger MD
 123. [Last Nail in the Coconut Oil Craze](#) (19 min.) Team Sherzai
 124. [Leaky Gut and You: Critical Importance of Gut Bacteria](#) (92 min.) Michael Klaper MD
 125. [Lifestyle and Healing from Prevention to Therapy](#) (29 min.) David DeRose MD
 126. [Lifestyle Medicine](#) (60 min.) John McDougall MD
 127. [Long Term Vegan Success](#) (51 min.) Ruth Heidrich PhD
 128. [Losing Weight and Lowering Blood Pressure](#) (72 min.) Alan Goldhamer DC
 129. [Low Carb/Keto Diet: Review of the Science](#) (34 min.) Team Sherzai
 130. [Make Yourself Heart Attack Proof](#) (62 min.) Caldwell Esselstyn MD
 131. [Marshall Plan](#) (61 min.) Hoffman Media
 132. [Miracles of a Plant-based Diet](#) (59 min.) Grace Chen MD
 133. [More than an Apple A Day: Combating Common Diseases](#) (62 min.) Michael Greger MD
 134. [Most Powerful Strategy for Healing People and the Planet](#) (20 min.) Michael Klaper MD
 135. [Moving Medicine Forward](#) (70 min.) Laurie Marbas MD interviews Michael Klaper MD
 136. [Moving Upstream: The Prevention Prescription](#) (70 min.) Don Forrester MD
 137. [Multiple Sclerosis and Autoimmune Diseases](#) (66 min.) John McDougall MD
 138. [Neal Nedley MD Interview](#) (104 min.) Thoughts
 139. [Neil Barnard Program for Reversing Diabetes](#) (38 min.)
 140. [Neuroscience Nutrition in Parkinson's Disease](#) (59 min.) Steve Blake ScD
 141. [New Nutritional Approach to Type 2 Diabetes](#) (45 min.) Neal Barnard MD
 142. [Nutritarian Diet as the Most Effective Way to Resolve Obesity and Diabetes](#) (105 min.) Joel Fuhrman MD
 143. [Nutrition Questions Vegans Commonly Recieve](#) (62 min.) Jack Norris RD
 144. [Nutritional Approach to Alzheimer's Disease](#) (60 min.) Steve Blake ScD
 145. [Nutritional Factors to Alzheimers Disease Prevention](#) (48 min.) Neal Barnard MD
 146. [Omega-3 Fatty Acids and Fish](#) (13 min.) David Jenkins MD
 147. [Optimal Cholesterol Level](#) (4 min.) Michael Greger MD
 148. [Paleo Diets May Negate the Benefits of Exercise](#) (6 min.) Michael Greger MD
 149. [Paleo, Gluten-free, GMO: Distractions from Real-World Food Problems](#) (50 min.) John McDougall MD
 150. [Pandemic Prevention: Bird Flu and Emerging Infectious Diseases](#) (59 min.) Michael Greger MD
 151. [Pandemic Prevention: Infection Diseases, Aids, Climate Change, Influenza](#) (58 min.) Michael Greger MD
 152. [Pandemics: History and Prevention](#) (58 min.) Michael Greger MD
 153. [Pillars of Health: Your Foundations for Lifelong Wellness](#) (59 min.) John Pierre
 154. [Plant-based Diets and Dental Health](#) (7 min.) Michael Greger MD
 155. [Plant-based Diets and Disease](#) (88 min.) Brenda Davis RD
 156. [Plant Pure Nation](#) (99 min.)
 157. [Plantify: Changing Rural Newfoundland's Diet, One Veggie at a Time](#) (44 min.) CBC Gem (Absolutely Canadian)
 158. [Poor Nutrition: A Weapon of Mass Destruction](#) (59 min.) Caldwell Esselstyn MD
 159. [Power Foods for the Brain](#) (77 min.) Neal Barnard MD
 160. [Power of Love for Health and Healing](#) (27 min.) Nick Delgado PhD Interviews Dr. Michael Klaper MD
 161. [Practical Nutritional Medicine](#) (84 min.) Dr. Michael Klaper MD

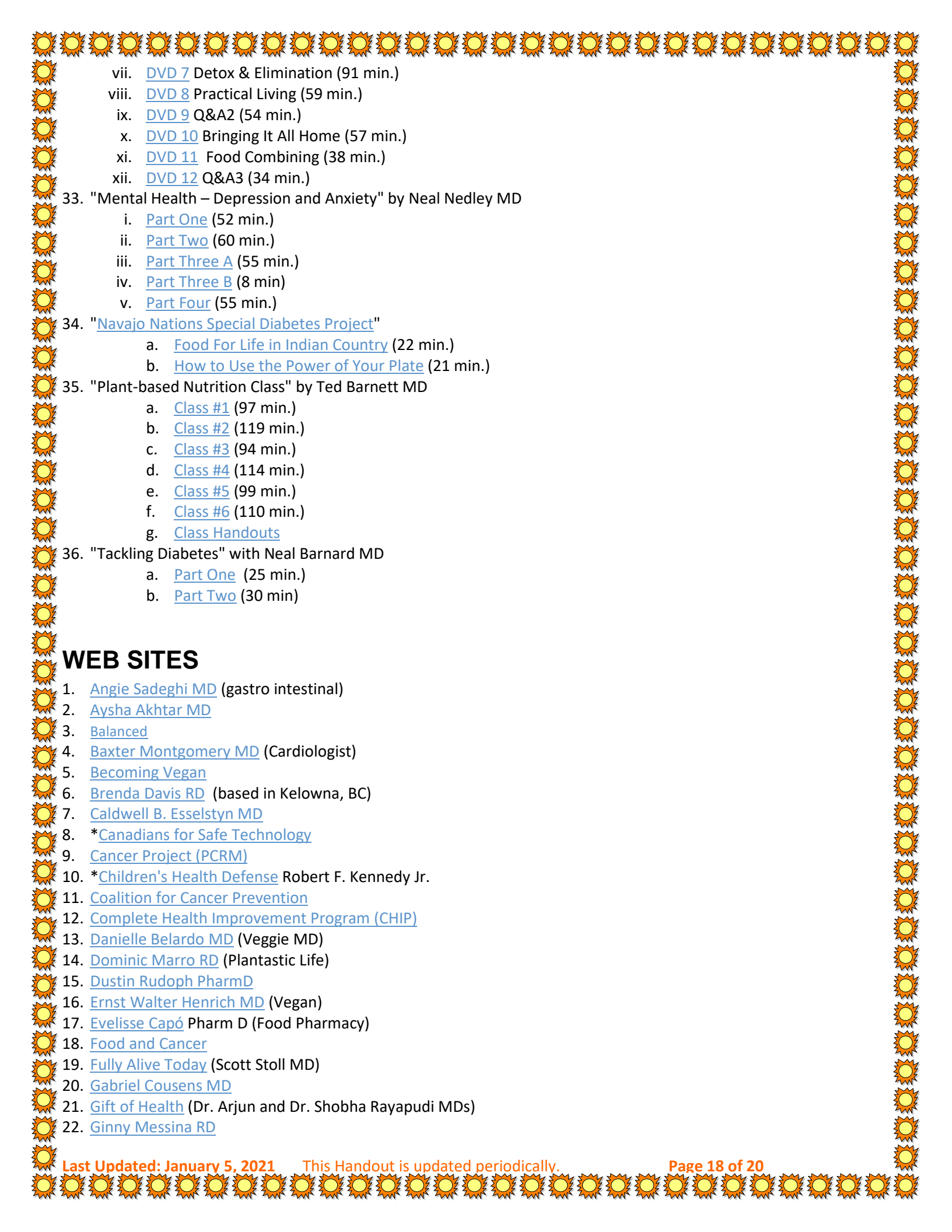
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162. [Pregnancy and Children](#) (66 min.) John McDougall MD
 163. [Preserving Brain Health: Impact of Nutrition on Alzheimers](#) (59 min.) Dean and Ayesha Scherzai MDs
 164. [Prevent and Reverse Heart Disease](#) (115 min.) Caldwell Esselstyn MD
 165. [Preventing Heart Disease](#) (58 min.) Rizwan Bukhari MD
 166. [Preventing Ulcerative Colitis With Diet](#) (5 min.) Michael Greger MD
 167. [Principles of Better World Cuisine](#) (51 min.) Adiel Tel-Oren
 168. [Problem with Organic Salmon](#) (3 min.) Michael Greger MD
 169. [Problem with the Paleo Diet Argument](#) (6 min.) Michael Greger MD
 170. [Proof Positive: Nutrition, Depression, and Mental Performance](#) (60 min.) Neal Nedley MD
 171. [Protein Chemistry for Understanding Human Nutrition](#) (80 min.) Milton Mills MD
 172. [Rethinking Eggs](#) (15 min.) Sofia Pineda Ochoa MD
 173. [Rise in Zoonotic Diseases](#) (8 min.) Michael Greger MD
 174. [Saving Lives By Treating Acne With Diet](#) (5 min.) Michael Greger MD
 175. [Seven Habits of Healthy Vegans](#) (57 min.) Ginny Messina RD
 176. [Sleeping Disorders \(Insomnia\) Remedies](#) (29 min.) David DeRose MD
 177. [Starch Solution](#) (75 min.) John McDougall MD
 178. [Stop Blaming Your Genes](#) (82 min.) Roseane Oliveira DVM
 179. [Stop Cancer Before it Starts](#) (56 min.) Michael Greger MD
 180. [Supplements: The Good, The Bad, and The Ugly](#) (36 min.) Team Sherzai MD
 181. [T. Colin Campbell PhD Lecture](#) (74 min.)
 182. [Ten Deadly Food Myths](#) (10 min.) Neal Barnard MD
 183. [Truth About Protein](#) (62 min.) Michael Sandler interviews Garth Davis MD
 184. [Truth or Dairy](#) (60 min.) John McDougall MD
 185. [Udderly Amazing](#) (80 min.) Walter J. Veith PhD
 186. [Ultimate Vegan Health Q & A](#) (43 min.) Michael Klaper MD interviewed by Dillon Holmes
 187. [Uprooting the Leading Causes of Death](#) (56 min.) Michael Greger MD
 188. [Vegan Advantage](#) (23 min.) David Jenkins MD
 189. [Vegan Basics](#) (30 min.) Bob Rapfogel
 190. [Vegan Nutrition: Pure and Simple](#) (96 min.) Michael Klaper MD
 191. [Vegan Nutrition – What Does the Science Say?](#) (62 min.) Jack Norris RD
 192. [Vegan Way of Life](#) (26 min.) Nandita Shah MD
 193. [Virgin Vegan](#) (27 min.) Author Linda Long Interviews Michael Klaper MD
 194. Viruses of Our Own Breeding [Part One](#)(15 min.) and [Part Two](#) (15 min.) Michael Greger MD
 195. [What Causes Insulin Resistance](#) (5 min.) Michael Greger MD
 196. [What Does that Holiday Meal Do to Your Heart?](#) (20 min.) Deana Ferreri PhD
 197. [What I Wish I Had Been Told in Medical School About Nutrition](#) (98 min.) Michael Klaper MD
 198. [What the Dairy Industry Doesn't Want You to Know](#) (55 min.) Neal Barndard MD
 199. [What We Know About Vegan Athletes](#) (55 min.) Matt Ruscigno RD
 200. [What Your Doctor Didn't Learn in Medical School Could Kill You](#) (59 min.) Laurie Marbas MD
 201. [When Proven Lifestyle Interventions are Ignored](#) (81 min.) John McDougall MD
 202. [When Vegan Diets Don't Work](#) (32 min.) Michael Klaper MD
 203. [Where Many Viruses Originate](#) (11 min.) Neal Barnard MD
 204. [Whitewash: The Disturbing Truth About Dairy](#) (81 min.) Joseph Keon
 205. [Who Says Eggs Aren't Healthy or Safe?](#) (8 min.) Michael Greger MC
 206. [Why Low Carb Diets Are a Scam](#) (10 min.) Plant Based News
 207. [Zach Bush MD on Covid-19, Glyphosate, and the Nature of Viruses](#) (54 min.) Interviewed by Jeffrey Smith (Institute for Responsible Technology)
 208. [Zoonoses](#) (25 min.) Marianne Thieme LLM

VIDEO COLLECTIONS (Online - Free)

1. [Animals, Climate Change, and Global Health](#) webinar series
2. [Dr. Fuhrman MD](#)
3. [Dr. McDougall's Health and Medical Center](#)
4. [Dr. Michael Klaper MD – Web Site](#)
5. [Dr. Michael Klaper MD – Youtube Channel](#)
6. [Dr. Milton Mills MD](#)
7. [Dr. Pam Popper ND – Youtube Channel](#)
8. [Dr. Van Dyken MD](#)
9. [Empower Total Health](#) (Robyn Chuter ND)
10. [Exam Room](#) PCRM
11. [Gift of Health](#) (Drs. Arjun and Shobha Rayapudi MDs)
12. [Good-bye Lupus](#) Brooke Goldner MD
13. [Health Fest Media](#)
14. [Healthy Human Revolution](#) (Dr. Laurie Marbas)
15. [King Nutrition](#)
16. [Mastering Diabetes](#)
17. [Meat Your Future](#)
18. [Mike Anderson](#)
19. [Oasis of Healing](#) (Nathan Goodyear MD)
20. [Plant Based Science London](#)
21. [Plant Positive](#)
22. [Rena M. Thomas MD](#)
23. [Rich Roll](#)
24. [Robyn Chuter ND](#) (Empower Total Health)
25. [Team Sherzai MDs](#)
26. [True North Health Center](#)
27. *[Truth About Vaccines](#)
28. [Vegetarian Society of Hawaii Monthly Speakers](#)
29. [VegMed](#) Scientific Congress
30. "Diet/Autism Connection" by John McDougall MD
 - a. [Part One](#) (8 min.)
 - b. [Part Two](#) (8 min.)
 - c. [Part Three](#) (7 min.)
31. "Eating Right for Cancer Survival" by Dr. Neal Barnard MD
 - i. [Part One](#) (16 min.)
 - ii. [Part Two](#) (16 min.)
 - iii. [Part Three](#) (16 min.)
 - iv. [Part Four](#) (15 min.)
 - v. [Part Five](#) (14 min.)
 - vi. [Part Six](#) (18 min.)
 - vii. [Part Seven](#) (20 min.)
 - viii. [Part Eight](#) (17 min.)
32. Hippocrates Health DVDS with Dr. Brian Clement NMD

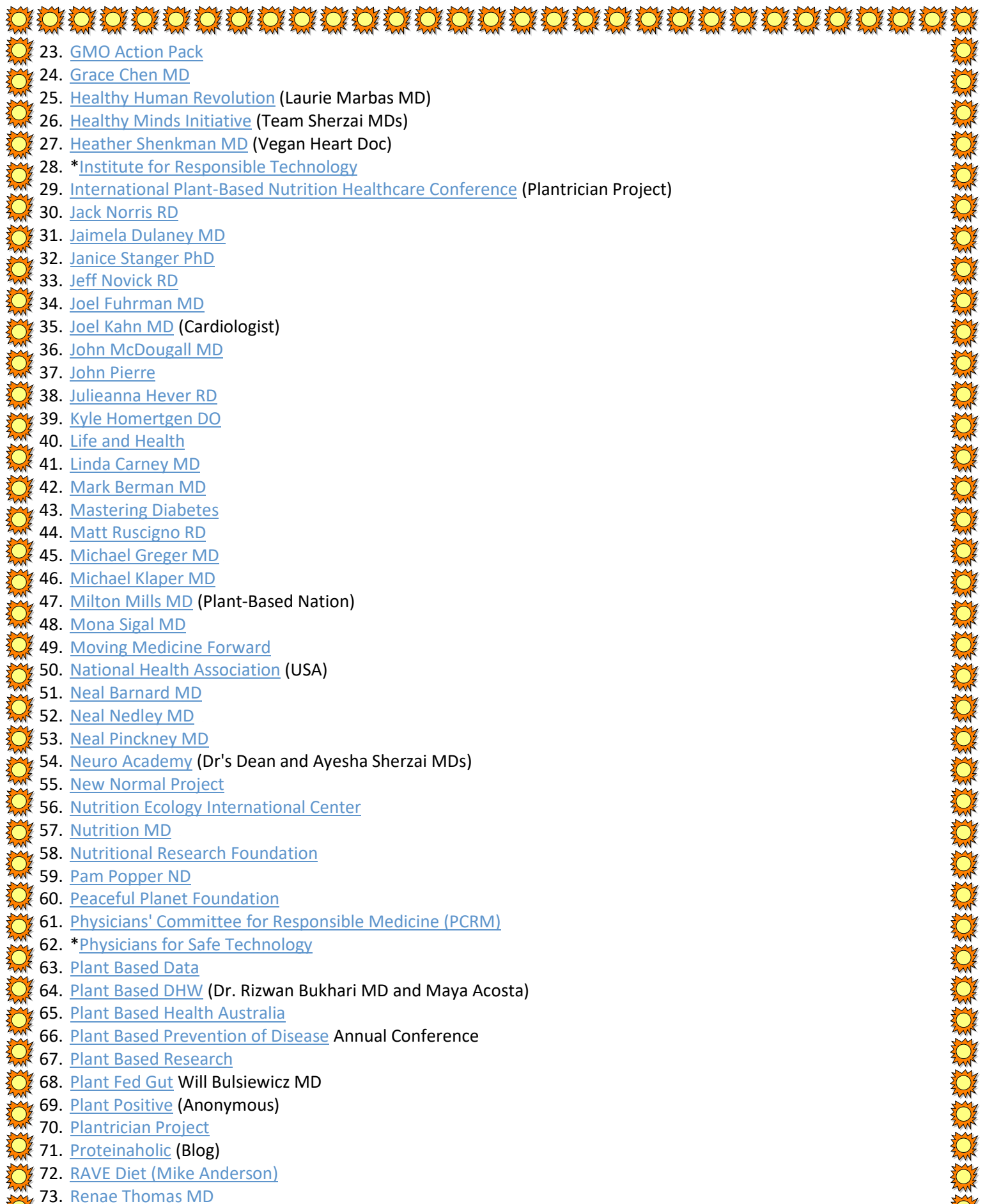
Series is available for [Purchase](#)

 - i. [DVD 1](#) Principles of Health (48 min.)
 - ii. [DVD 2](#) Internal Awareness (39 min.)
 - iii. [DVD 3](#) Supplements (43 min.)
 - iv. [DVD 4](#) Self-Help Techniques (55 min.)
 - v. [DVD 5](#) Fasting (60 min.)
 - vi. [DVD 6](#) Q&A1 (56 min.)

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- vii. [DVD 7](#) Detox & Elimination (91 min.)
 - viii. [DVD 8](#) Practical Living (59 min.)
 - ix. [DVD 9](#) Q&A2 (54 min.)
 - x. [DVD 10](#) Bringing It All Home (57 min.)
 - xi. [DVD 11](#) Food Combining (38 min.)
 - xii. [DVD 12](#) Q&A3 (34 min.)
33. "Mental Health – Depression and Anxiety" by Neal Nedley MD
- i. [Part One](#) (52 min.)
 - ii. [Part Two](#) (60 min.)
 - iii. [Part Three A](#) (55 min.)
 - iv. [Part Three B](#) (8 min)
 - v. [Part Four](#) (55 min.)
34. "[Navajo Nations Special Diabetes Project](#)"
- a. [Food For Life in Indian Country](#) (22 min.)
 - b. [How to Use the Power of Your Plate](#) (21 min.)
35. "Plant-based Nutrition Class" by Ted Barnett MD
- a. [Class #1](#) (97 min.)
 - b. [Class #2](#) (119 min.)
 - c. [Class #3](#) (94 min.)
 - d. [Class #4](#) (114 min.)
 - e. [Class #5](#) (99 min.)
 - f. [Class #6](#) (110 min.)
 - g. [Class Handouts](#)
36. "Tackling Diabetes" with Neal Barnard MD
- a. [Part One](#) (25 min.)
 - b. [Part Two](#) (30 min)

WEB SITES

- 1. [Angie Sadeghi MD](#) (gastro intestinal)
- 2. [Aysha Akhtar MD](#)
- 3. [Balanced](#)
- 4. [Baxter Montgomery MD](#) (Cardiologist)
- 5. [Becoming Vegan](#)
- 6. [Brenda Davis RD](#) (based in Kelowna, BC)
- 7. [Caldwell B. Esselstyn MD](#)
- 8. [*Canadians for Safe Technology](#)
- 9. [Cancer Project \(PCRM\)](#)
- 10. [*Children's Health Defense](#) Robert F. Kennedy Jr.
- 11. [Coalition for Cancer Prevention](#)
- 12. [Complete Health Improvement Program \(CHIP\)](#)
- 13. [Danielle Belardo MD](#) (Veggie MD)
- 14. [Dominic Marro RD](#) (Plantastic Life)
- 15. [Dustin Rudolph PharmD](#)
- 16. [Ernst Walter Henrich MD](#) (Vegan)
- 17. [Evelisse Capó](#) Pharm D (Food Pharmacy)
- 18. [Food and Cancer](#)
- 19. [Fully Alive Today](#) (Scott Stoll MD)
- 20. [Gabriel Cousens MD](#)
- 21. [Gift of Health](#) (Dr. Arjun and Dr. Shobha Rayapudi MDs)
- 22. [Ginny Messina RD](#)

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23. [GMO Action Pack](#)
 24. [Grace Chen MD](#)
 25. [Healthy Human Revolution](#) (Laurie Marbas MD)
 26. [Healthy Minds Initiative](#) (Team Sherzai MDs)
 27. [Heather Shenkman MD](#) (Vegan Heart Doc)
 28. [*Institute for Responsible Technology](#)
 29. [International Plant-Based Nutrition Healthcare Conference](#) (Plantrician Project)
 30. [Jack Norris RD](#)
 31. [Jaimela Dulaney MD](#)
 32. [Janice Stanger PhD](#)
 33. [Jeff Novick RD](#)
 34. [Joel Fuhrman MD](#)
 35. [Joel Kahn MD](#) (Cardiologist)
 36. [John McDougall MD](#)
 37. [John Pierre](#)
 38. [Julieanna Hever RD](#)
 39. [Kyle Homertgen DO](#)
 40. [Life and Health](#)
 41. [Linda Carney MD](#)
 42. [Mark Berman MD](#)
 43. [Mastering Diabetes](#)
 44. [Matt Ruscigno RD](#)
 45. [Michael Greger MD](#)
 46. [Michael Klaper MD](#)
 47. [Milton Mills MD](#) (Plant-Based Nation)
 48. [Mona Sigal MD](#)
 49. [Moving Medicine Forward](#)
 50. [National Health Association](#) (USA)
 51. [Neal Barnard MD](#)
 52. [Neal Nedley MD](#)
 53. [Neal Pinckney MD](#)
 54. [Neuro Academy](#) (Dr's Dean and Ayesha Sherzai MDs)
 55. [New Normal Project](#)
 56. [Nutrition Ecology International Center](#)
 57. [Nutrition MD](#)
 58. [Nutritional Research Foundation](#)
 59. [Pam Popper ND](#)
 60. [Peaceful Planet Foundation](#)
 61. [Physicians' Committee for Responsible Medicine \(PCRM\)](#)
 62. [*Physicians for Safe Technology](#)
 63. [Plant Based Data](#)
 64. [Plant Based DHW](#) (Dr. Rizwan Bukhari MD and Maya Acosta)
 65. [Plant Based Health Australia](#)
 66. [Plant Based Prevention of Disease](#) Annual Conference
 67. [Plant Based Research](#)
 68. [Plant Fed Gut](#) Will Bulsiewicz MD
 69. [Plant Positive](#) (Anonymous)
 70. [Plantrician Project](#)
 71. [Proteinaholic](#) (Blog)
 72. [RAVE Diet](#) (Mike Anderson)
 73. [Renae Thomas MD](#)

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74. [Scott Stoll MD](#)
 75. [Shane Williams MD](#) (Williams Cardiology and Wellness Center)
 76. [Smoothie Shred](#) (Brooke Goldner MD)
 77. [Sofia Pineda Ochoa MD](#) (Meat Your Future)
 78. [Steve Blake PhD](#)
 79. [Strongest Hearts](#) (Matt Ruscigno RD)
 80. [T Colin Campbell Center for Nutrition Studies](#)
 81. [Team Sherzai](#) (Dean and Ayesha Sherzai MDs)
 82. [True North Health Foundation](#)
 83. [*Vaccine Choice Canada](#)
 84. [Vesanto Melina RD](#) (based in Langley, BC)
 85. [Veg Health Institute](#)
 86. [VegMed](#) Annual Health Conference
 87. [Vegan Health](#) (Jack Norris RD)
 88. [Victoria Healthy People](#)
 89. [VIVA Health UK](#)
 90. [Wellness Forum Health](#) (Pam Popper ND)
 91. [William Harris MD](#)

NOISE POLLUTION RESOURCES

1. [VegEd NOISE Resources Page](#) VegEd **Compilation of information on noise pollution hazard*

WOOD SMOKE POLLUTION RESOURCES

1. [*VegEd SMOKE Resources Page](#) VegEd **Compilation of information on wood smoke pollution hazard*