

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.

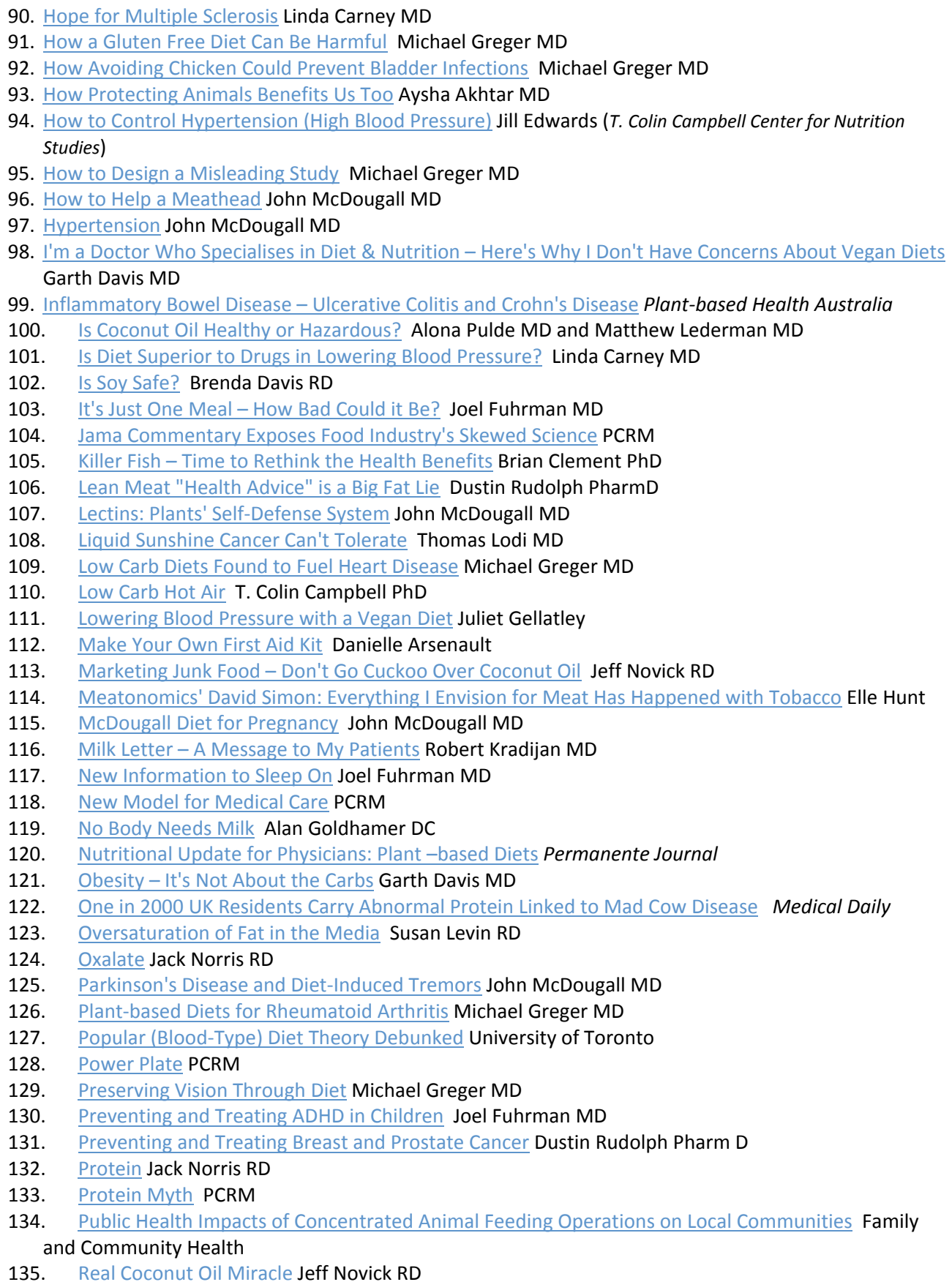
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ARTICLES

1. [7 Serious Problems With Animal Protein](#) Sofia Pineda Ochoa MD
2. [10 Ways Plant-based Eating Keeps You Safe From Colds](#) Lindsay Oberst
3. [Alcohol and Cancer Risk Fact Sheet](#) National Cancer Institute
4. [Alcohol and Health](#) Dustin Rudolph Pharm D
5. [Aluminum](#) Milton Teske MD
6. [Anatomy of a Hot Dog](#) PCRM
7. [Anatomy of a Vegan](#) VeganPalooza2012 interviews Milton Mills MD
8. [Anemia](#) John McDougall MD
9. [Anti-Cancer Diet](#) Joel Fuhrman MD
10. [Applying the Precautionary Principle to Nutrition and Cancer](#) PCRM
11. [Arsenic in Food](#) Food Safety Network (University of Guelph)
12. [Arsenic in Rice](#) John McDougall MD
13. [Arsenic in Your Food](#) Consumer Reports Magazine
14. [Arsenic, Rice, and Whole Grains](#) Joel Fuhrman MD
15. [Autism and Diet – Ian's Story](#) Dreena Burton
16. [Autism Linked to Industrial Food or Environment](#) Petra Rattue
17. [Autoimmune Disease – You Don't Have to Live With It](#) Robyn Chuter ND
18. [*Benefits and Risks of Consuming Brewed Tea: Beware of Toxic Element Contamination](#) *Journal of Toxicology*
19. [Brain Health Boosts](#) Team Sherzai
20. [Can the Hallelujah Diet Help with Autism?](#)
21. [Cancer and Diet: Foods That Cause Cancer](#) Thomas Lodi MD
22. [CardioBuzz – Vegan Diet, Healthy Heart?](#) Kim Williams MD
23. [Casein – A Friend or Foe? Part One](#) Thomas Lodi MD
24. [Coconut Oil – For Health and Vitality](#) John McDougall MD
25. [Coconut Oil – Menace or Miracle?](#) Brenda Davis RD
26. [Coconut Oil – To Eat or Not to Eat?](#) Plant Based Cooking
27. [Crohn's Disease, Ulcerative Colitis and Inflammatory Bowel Disease](#) Renae Thomas MD
28. [Curing Migraine Headaches with Diet](#) Dustin Rudolph Pharm D
29. [Eating Our Way to Disease](#) Chris Hedges (Truth Dig)
30. [Dangers of Early Puberty](#) Joel Fuhrman MD
31. [Dairy Fact Sheet](#) PCRM
32. [Deadly Dietary Myths](#) Joel Fuhrman MD
33. [Debunking Anti-Soy Myths](#) Joel Fuhrman MD
34. [Deer Plague Might Infect Humans](#) Andrew Nikiforuk (The Tyee)
35. [Dementia and Diabetes News](#) Thomas Campbell MD
36. [Diabetes Myths Busted: Fruit, Starchy Vegetables, and Blood Glucose](#) Cyrus Khambatta PhD
37. [Die Sooner With Good Looking Numbers](#) Linda Carney MD
38. [Diet and Alzheimer's Disease](#) PCRM
39. [Diet and Autism – An Interview with Brian Udell MD](#)
40. [Diet, Arthritis, and Autoimmune Diseases](#) Michael Klaper MD
41. [Diet – Only Hope for Arthritis](#) John McDougall MD
42. [Dietary Guidelines for Alzheimers Prevention](#) PCRM
43. [Dietary Guidelines – Scientific Evidence for Nina Teicholz](#) Neal Barnard MD
44. [Disease and Transport – a Costly Ticket Around the World](#) Michael Greger MD et al.
45. [Diverticular Disease and Diet](#) Dustin Rudolph Pharm D

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46. [Do Some People Need to Eat Meat?](#) Ginny Messina RD
 47. [Does Coconut Oil Lower Cholesterol?](#) Linda Carney MD
 48. [Does Sugar Cause Diabetes?](#) Neal Barnard MD
 49. [Don't Let Their Divide and Conquer Strategy Work](#) Michael Greger MD
 50. [Don't Think Twice About Going Vegan](#) Ginny Messina RD
 51. [Dopamine: Why Just One Bite Doesn't Work](#) Joel Fuhrman MD
 52. [Dr. Joseph Mercola Ordered to Stop Illegal Claims](#) Stephen Barrett MD (*Quackwatch*)
 53. [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
 54. [Dramatic Response of Parkinsonism to a Vegan Diet: Case Study](#) Roger Kurlan et al. (*Journal of Parkinson's Disease and Alzheimer's Disease*)
 55. [Drop the \(Hot\) Dog](#) PCRM
 56. [E. Coli, Salmonella, and Other Deadly Pathogens in Food – Factory Farms Are the Reason](#) Kathy Freston interviews Michael Greger MD
 57. [Eating for Beautiful, Healthy Skin](#) Joel Fuhrman MD
 58. [Eat Plants to Save our Healthcare System](#) Vancouver Sun
 59. [Eggs](#) PCRM
 60. [Eliminating Heart Disease](#) Caldwell Esselstyn MD
 61. [Essential Facts about Fats](#) Alan Goldhamer DC
 62. [Evening With Dr. Klaper – For Health Professionals](#) Renae Thomas MD
 63. [Exploring Gut Microbiota](#) Marian Glick-Bauer and Ming-Chin Yeh
 64. [Fat is the Cause of Type Two Diabetes](#) Michael Greger MD
 65. [Fish Are Not Health Food](#) Janice Stanger PhD
 66. [Five Dangers of Eating Poultry](#) Janice Stanger PhD
 67. [Five Foods That Promote Liver Detoxification](#) Thomas Lodi MD
 68. [Flu Season – Factory Farming Could Cause a Catastrophic Pandemic](#) Kathy Freston interviews Michael Greger MD
 69. [Food As Medicine – The Truth About What Causes Chronic Illness](#) Baxter Montgomery MD
 70. [Foods and Arthritis](#) PCRM
 71. [Foods for Macular Degeneration](#) Michael Greger MD
 72. [Food Sensitivities – What's a Vegan Supposed to Do?](#) Dina Aronson RD
 73. [For the Love of Grains](#) John McDougall MD
 74. [From Suffering With Lupus to Food Promoting Doctor](#) Brooke Goldner MD
 75. [Get Omega 3's from Plants, Not Fish Oil](#) PCRM
 76. [Good-bye Lupus, Hello Plants!](#) Brooke Goldner MD
 77. [Got Autism? Learn About the Link Between Dairy Products and the Disease](#) PETA
 78. [Growing Old Wrinkle-Free](#) Dustin Rudolph Pharm D
 79. [Gut Health](#) *Plant-based Australia*
 80. [Hard to Swallow – How Meat Advocates Skewer Science](#) PCRM
 81. [Headaches & Migraines](#) Joel Fuhrman MD
 82. [Healing Autoimmune Disease With Supermarket Foods](#) Brooke Goldner MD
 83. [Health Concerns About Dairy](#) PCRM
 84. [Health Effects of Heavy Metal Music](#) Michael Greger MD
 85. [Health Professionals' Roles in Animal Agriculture, Climate Change, and Human Health](#) American Journal of Preventive Medicine
 86. [Heart Attack Proof Yourself in Three Weeks](#) Linda Carney MD
 87. [Heart Disease is Reversible](#) Joel Fuhrman MD
 88. [Heart Disease – Treatment Using Vegetables over Drugs](#) Clea Machold. CBC News
 89. [High Blood Pressure](#) Alan Goldhamer DC

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90. [Hope for Multiple Sclerosis](#) Linda Carney MD
 91. [How a Gluten Free Diet Can Be Harmful](#) Michael Greger MD
 92. [How Avoiding Chicken Could Prevent Bladder Infections](#) Michael Greger MD
 93. [How Protecting Animals Benefits Us Too](#) Aysha Akhtar MD
 94. [How to Control Hypertension \(High Blood Pressure\)](#) Jill Edwards (*T. Colin Campbell Center for Nutrition Studies*)
 95. [How to Design a Misleading Study](#) Michael Greger MD
 96. [How to Help a Meathead](#) John McDougall MD
 97. [Hypertension](#) John McDougall MD
 98. [I'm a Doctor Who Specialises in Diet & Nutrition – Here's Why I Don't Have Concerns About Vegan Diets](#) Garth Davis MD
 99. [Inflammatory Bowel Disease – Ulcerative Colitis and Crohn's Disease](#) *Plant-based Health Australia*
 100. [Is Coconut Oil Healthy or Hazardous?](#) Alona Pulde MD and Matthew Lederman MD
 101. [Is Diet Superior to Drugs in Lowering Blood Pressure?](#) Linda Carney MD
 102. [Is Soy Safe?](#) Brenda Davis RD
 103. [It's Just One Meal – How Bad Could it Be?](#) Joel Fuhrman MD
 104. [Jama Commentary Exposes Food Industry's Skewed Science](#) PCRM
 105. [Killer Fish – Time to Rethink the Health Benefits](#) Brian Clement PhD
 106. [Lean Meat "Health Advice" is a Big Fat Lie](#) Dustin Rudolph PharmD
 107. [Lectins: Plants' Self-Defense System](#) John McDougall MD
 108. [Liquid Sunshine Cancer Can't Tolerate](#) Thomas Lodi MD
 109. [Low Carb Diets Found to Fuel Heart Disease](#) Michael Greger MD
 110. [Low Carb Hot Air](#) T. Colin Campbell PhD
 111. [Lowering Blood Pressure with a Vegan Diet](#) Juliet Gellatley
 112. [Make Your Own First Aid Kit](#) Danielle Arsenault
 113. [Marketing Junk Food – Don't Go Cuckoo Over Coconut Oil](#) Jeff Novick RD
 114. [Meatonomics' David Simon: Everything I Envision for Meat Has Happened with Tobacco](#) Elle Hunt
 115. [McDougall Diet for Pregnancy](#) John McDougall MD
 116. [Milk Letter – A Message to My Patients](#) Robert Kradijan MD
 117. [New Information to Sleep On](#) Joel Fuhrman MD
 118. [New Model for Medical Care](#) PCRM
 119. [No Body Needs Milk](#) Alan Goldhamer DC
 120. [Nutritional Update for Physicians: Plant –based Diets](#) *Permanente Journal*
 121. [Obesity – It's Not About the Carbs](#) Garth Davis MD
 122. [One in 2000 UK Residents Carry Abnormal Protein Linked to Mad Cow Disease](#) *Medical Daily*
 123. [Oversaturation of Fat in the Media](#) Susan Levin RD
 124. [Oxalate](#) Jack Norris RD
 125. [Parkinson's Disease and Diet-Induced Tremors](#) John McDougall MD
 126. [Plant-based Diets for Rheumatoid Arthritis](#) Michael Greger MD
 127. [Popular \(Blood-Type\) Diet Theory Debunked](#) University of Toronto
 128. [Power Plate](#) PCRM
 129. [Preserving Vision Through Diet](#) Michael Greger MD
 130. [Preventing and Treating ADHD in Children](#) Joel Fuhrman MD
 131. [Preventing and Treating Breast and Prostate Cancer](#) Dustin Rudolph Pharm D
 132. [Protein](#) Jack Norris RD
 133. [Protein Myth](#) PCRM
 134. [Public Health Impacts of Concentrated Animal Feeding Operations on Local Communities](#) Family and Community Health
 135. [Real Coconut Oil Miracle](#) Jeff Novick RD

136. [Real Story on Lectins](#) Joel Fuhrman MD
137. [Recent Reports about Contaminants in Rice](#) PCRM
138. [Recovery from Autism](#) Maia Dowe
139. [Reduce Cataract Risk With Dietary Antioxidants](#) Linda Carney MD
140. [Reverse and Prevent Arthritis](#) Joel Fuhrman MD
141. [Rheumatoid Arthritis – What it is, and How to Treat It](#) Dustin Rudolph PharmD
142. [Rinse Your Mouth After Sour Food and Drinks](#) Michael Greger MD
143. [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
144. [Salmonella stays with chickens from birth to kitchen](#) *Washington Post*
145. **[Sauna Health Benefits: Are Saunas Healthy or Harmful?](#) Harvard Health*
146. [Seeing Red](#) Christie Mitchell Beck MD
147. [Seven Dietary Guidelines For a Healthy Microbiota](#) PCRM
148. [Seven Ways Milk and Dairy Products Are Making You Sick](#) Sofia Pineda Ochoa MD
149. [Shifting from Vegan to Paleo is a Step in the Wrong Direction](#) Ginny Messina RD
150. [Smoke and Mirrors Behind *Wheat Belly* and *Grain Brain*](#) John McDougall MD
151. [Special Issue on Plant-based Nutrition in the Journal of Geriatric Cardiology](#) Plant-based Research
152. [Taking the "Fast" Track to Improved Immunity](#) Joel Fuhrman MD
153. [There Really is No Debate](#) Thomas Lodi MD
154. [There's Arsenic in your Food – Ten Ways to Get It Out](#) Environmental Working Group
155. [This Doctor's Take on Dairy](#) Michael Klaper MD
156. [Three Ways to Fight Cheese Addiction](#) PCRM
157. [Tick Bites, Meat Allergies & Chronic Urticaria](#) Michael Greger MD
158. [Treating Multiple Sclerosis with Diet](#) John McDougall MD
159. [Treating Parkinsons Disease with Diet](#) Michael Greger MD
160. [Trouble With Eggs](#) Robyn Chuter ND
161. [Truth About Eggs](#) PCRM
162. [Uncovering the Early Silent Stages of Alzheimers Disease](#) Michael Greger MD
163. [Veg Diet Versus Ebola and other Zoonotic Diseases](#) Hakeem Jimo
164. [Vegan Diet](#) Health Link BC (Province of British Columbia)
165. [Vegan Doctor Addresses the Protein Question](#) Holly Wilson MD
166. [Vegan Plate *Becoming Vegan*](#)
167. [Vegan – The Healthiest Diet](#) Ernst Walter Henrich MD
168. [Way to Reverse Coronary Artery Disease](#) Caldwell Esselstyn et. al *Journal of Family Practice*
169. [Were We Wrong About Saturated Fat?](#) Joel Fuhrman MD
170. [Western Diet May Cause Brain Impairment](#) Food Navigator Blog
171. [What Is Brewing in Your Tea](#) Jeff Novick RD
172. [What to Eat](#) Fuel Your Health
173. [What's Wrong With Eggs?](#) Susan Levin RD
174. [Where Do You Get Your Protein?](#) Alan Goldhamer DC
175. [Where to Buy Tea Low in Lead](#) Michael Greger MD
176. [Why Are Eggs Linked to Cancer Progression?](#) Michael Greger MD
177. [Why Does Animal Protein Cause Weight Gain?](#) Garth Davis MD
178. [Why Eggs Aren't a Health Food](#) Gabriel Cousens MD
179. [Why It's Better to Drink Green Smoothies Through a Straw](#) Michael Greger MD
180. [Why the Man Who Brought Us Glycemic Index Wants Us to Go Vegan](#) Leslie Beck (The Globe & Mail)
181. [Why You Need Iron and How to Get It](#) Risë Rafferty
182. [Will the Real Paleo Diet Please Stand Up](#) Brenda Davis RD and Vesanto Melina RD

ARTICLE ARCHIVES

1. [Becoming Vegan](#)
2. [Bloom Nutritionist Blog](#) (Lucy Taylor RD)
3. [Dr. Thomas Campbell Blog](#)
4. [Dr. Joel Fuhrman's Cancer Article Archive](#)
5. [Dr. Joel Fuhrman's Online Nutrition and Health Articles Library](#)
6. [Dr. John McDougall Blog](#)
7. [Dr. Michael Klaper Answers](#)
8. [Dr. Michael Greger MD Selected Writings](#)
9. [Dr. Neal Barnard Blog](#)
10. [Dr. Reed Mangels Blog](#)
11. [Dr. Renae Thomas Blog](#) (Live Full)
12. [Dr. Robyn Chuter ND](#) (Empower Total Health)
13. [Forks Over Knives](#)
14. [Immerman Files](#) (Health Research Archives 1890 – 1980 compiled by Alan Immerman DC)
15. [InforMed](#) (Pam Popper ND)
16. [MangoMan Nutrition and Fitness Blog](#)
17. [NutritionFacts.Org Blog](#)
18. [Plant Powered Physicians Blog](#) (Dr. Bandana Chawla MD and Dr. Munish Chawla MD)
19. [True North Health Center Articles Library](#)
20. [UC Davis Integrative Medicine Blog](#)
21. [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*](#) Brenda Davis RD, Vesanto Melina RD, Rynn Berry
4. [*Becoming Vegan*](#) Brenda Davis RD, Vesanto Melina RD
5. [*Bird Flu*](#) Michael Greger MD
6. [*Breaking the Food Seduction*](#) Neal Barnard, MD
7. [*Campbell Plan*](#) Thomas Campbell MD
8. [*Cancer Survivor's Guide*](#) Neal Barnard MD, Jennifer Reilly
9. [*Carbophobia – The Scary Truth Behind America's Low Carb Craze*](#) Michael Greger MD
10. [*China Study*](#) T. Colin Campbell PhD
11. [*Cheese Trap*](#) Neal Barnard MD
12. [*Complete Idiots Guide to Juice Fasting*](#) Steven Prussack and Bo Rinaldi
13. [*Conscious Eating*](#) Gabriel Cousens MD
14. [*Depression: The Way Out*](#) Neal Nedley MD
15. [*Disease Proof Your Child*](#) Joel Fuhrman MD
16. [*Don't Drink Your Milk!*](#) Frank Oski MD
17. [*Dr. Neal Barnard's Program for Reversing Diabetes*](#) Neal Barnard MD
18. [*Eat to Live*](#) Joel Fuhrman MD

19. [Empty Medicine Cabinet – Pharmacists Guide to the Hidden Danger of Drugs and Healing Powers of Food](#) Dustin Rudolph PharmD
20. [Evading Ebola](#) David DeRose MD
21. [End of Diabetes](#) Joel Fuhrman MD
22. [Fasting and Eating for Health](#) Joel Fuhrman MD
23. [Food Allergy Survival Guide](#) Vesanto Melina RD, Dina Aronson RD, Jo Stepaniak
24. [Food for Life: How the New Four Food Groups Can Save Your Life](#) Neal Barnard MD
25. [Food Politics](#) Marion Nestle PhD
26. [Foods that Fight Pain](#) Neal Barnard MD
27. [Forks over Knives: the Plant-based Way to Health](#) Gene Stone (Ed.)
28. [Good Bye Lupus](#) Brooke Goldner MD
29. [Good Carbohydrate Revolution](#) Terry Shintani MD
30. [Guide to Vegan Nutrition](#) George Eisman RD
31. [Healing Cancer from the Inside Out](#) Mike Anderson
32. [Healing with Whole Foods](#) Paul Pitchford also at [Amazon](#)
33. [Healthiest Diet on the Planet](#) John and Mary McDougall
34. [Healthy Eating for Life for Children](#) Amy Lanou PhD
35. [How Not to Die](#) Michael Greger MD
36. [Killer Fish - How Eating Aquatic Life Endangers Your Health](#) Brian Clement PhD
37. [Lost Art of Thinking: How to Improve Emotional Intelligence and Achieve Peak Mental Performance](#)
Neal Nedley MD
38. [Low Carb Fraud](#) T. Colin Campbell PhD and Howard Jacobson PhD
39. [Lupus Recovery Diet](#) Jill Harrington
40. [Nutritional Approach to Alzheimer's Disease](#) Steve Blake ScD
41. [Nutrition Guide for Clinicians](#) Physicians Committee for Responsible Medicine
42. [Perfect Formula Diet](#) Janice Stranger PhD
43. [Pleasure Trap](#) Doug Lisle PhD and Alan Goldhamer DC
44. [Power Foods for the Brain](#) Neal Barnard MD
45. [Prevent and Reverse Heart Disease](#) Caldwell Esselstyn MD
46. [Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle](#) Neal Nedley MD
47. [Proteinaholic](#) Garth Davis MD
48. [RAVE Diet and Lifestyle](#) Mike Anderson
49. [Raising Vegetarian Children](#) Joanne Stepaniak MEd and Vesanto Melina RD
50. [Super Immunity](#) Joel Fuhrman MD
51. [*Teleomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer](#) Elizabeth Blackburn MD and Elissa Epel MD
52. [Turn Off the Fat Genes](#) Neal Barnard MD
53. [Understanding Dietary Fats and Oils: A Scientific Guide to their Health Effects](#) Steve Blake ScD
54. [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
55. [Vitamins and Minerals DeMystified](#) Steve Blake ScD
56. [What the Health](#) Eunice Wong
57. [WHOLE: Rethinking the Science of Nutrition](#) T. Colin Campbell, PhD and Howard Jacobson PhD
58. [World Peace Diet](#) Will Tuttle PhD
59. [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 Right for Cancer Survival](#) Neal Barnard MD
3. [Fasting: Safe & Effective Use of an Ancient Therapy](#) Michael Klaper MD
4. [Food for Life](#) Neal Barnard MD
5. [Forks Over Knives](#)
6. [Got the Facts on Milk](#)
7. [Healing Cancer from Inside Out](#)
8. [Heart Health](#) Neal Barnard MD
9. [Hippocrates Health DVD Series](#)
10. [Kickstart Your Health](#) Neal Barnard MD
11. [Marshall Plan](#)
12. [Nutrition Education Curriculum](#) Neal Barnard MD
13. [Osteoporosis Protection for Life](#) Joel Fuhrman MD
14. [Planeat](#)
15. [Plant Pure Nation](#)
16. [Protect Your Memory](#) Neal Barnard MD
17. [Salt, Sugar, and Oil](#) Michael Klaper MD
18. [Sense and Nonsense in Nutrition](#) Michael Klaper MD
19. [Understanding Your Blood Test Results](#) Michael Klaper MD
20. [Weight Control](#) Neal Barnard MD
21. [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. [Eco-Healing Stay](#) (Minnesota)
5. [Hartford Holidays Vegan Cruise](#)
6. [Hippocrates Health Institute Life Transformation Program](#)
7. [Holistic Holiday at Sea](#)
8. [Lifestyle Medical Clinic](#)
9. [McDougall Health Programs](#) (California)
10. [McDougall Travel Adventures](#)
11. [Montefiore Medical Center Cardiac Wellness Program](#)
12. [Nedley Health Solutions](#) (Depression Recovery Programs, California)
13. [Newstart Lifestyle Programs](#) (Weimar, California)
14. [Oasis of Healing](#) (Alternative Cancer Treatment Center, Arizona)
15. [Plant-Based Prevention of Disease Annual Conference](#)
16. [Revive Reversal Program](#) (Victoria, BC)
17. [Total Health Immersions](#) (Florida)
18. [Tree of Life Rejuvenation Center](#) (Arizona)
19. [True North Health Centre](#) (California)
20. [Uchee Pines Lifestyle Center](#) (Alabama)
21. [Vegan Cruise](#)

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. [Chef AJ Teleclass with Dr. Alan Goldhamer](#) (64 min.)
2. [Chef AJ Teleclass with Dr. Michael Klaper MD](#) (64 min.)
3. [Feed Kids Right](#) (57 min.) Joel Fuhrman MD
4. [Great Health Debate](#) (59 min.) Will Tuttle PhD
5. [Negative Calorie Effect](#) (56 min.) Neal Barnard MD
6. [Power Foods for the Brain](#) (27 min.) Interview with Neal Barnard MD
7. [Rules for Healthy Eating](#) (82 min.) Michelle McMacken MD (One Green Planet)

POD CAST COLLECTIONS

1. [Chef AJ Teleclasses](#)
2. [Dr. McDougall's Free Online Webinars](#)
3. [Exam Room Podcasts](#) PCRM
4. [Nutritional Wisdom Series](#) Dr. Fuhrman Presents
5. "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.)
6. [Truth About Your Food](#) Lecture Series by Adiel Tel-Oren
7. [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. [Heavy Metal Pollution of China's Rice](#) 2014. Greenpeace Research Laboratories Technical Report
5. [Incredible Vegan Health Report](#) VIVA Health UK
6. [Lead, Mercury and Cadmium Levels in Canadians](#) 2008. Statistics Canada
7. [Plant-based diets: a solution to our public health-care crisis](#) 2011. World Preservation Foundation
With [References](#)
8. [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. [Alzheimer's Disease and Atherosclerosis of the Brain](#) (6 min.) Michael Greger MD
5. [Alzheimer's Disease: Grain Brain or Meat Head?](#) (4 min.) Michael Greger MD
6. [Alzheimer's May Start Decades Before Diagnosis](#) (4 min.) Michael Greger MD
7. [Anti-inflammatory Diet](#) (51 min.) Adiel Tel-Oren
8. [Are Failed Vegans Addicts?](#) (18 min.) Michael Klaper MD
9. [Alzheimer's Disease – Grain Brain or Meat Head?](#) (3 min.) Michael Greger MD (3 min.)
10. [Are Humans Designed to Eat Meat](#) (9 min.) Milton Mills MD
11. [Are Humans Designed to Eat Meat](#) (78 min.) Milton Mills MD
12. [Are We Designed to Eat Meat](#) (57 min.) Milton Mills MD
13. [Arthritis: A Natural Approach](#) (60 min.) Steve Blake ScD
14. [Avoiding Alzheimer's](#) (65 min.) Neal Barnard MD
15. [Benefits of a Plant-based Diet for Seniors](#) (60 min.) Mona Sigal MD
16. [Best Health Arguments to Encourage Others to Go Vegan](#) (38 min.) Michael Klaper MD
17. [Biology of Disgust](#) (81 min.) Milton Mills MD
18. [Bird Flu](#) (4 min.) Humane Society of the United States

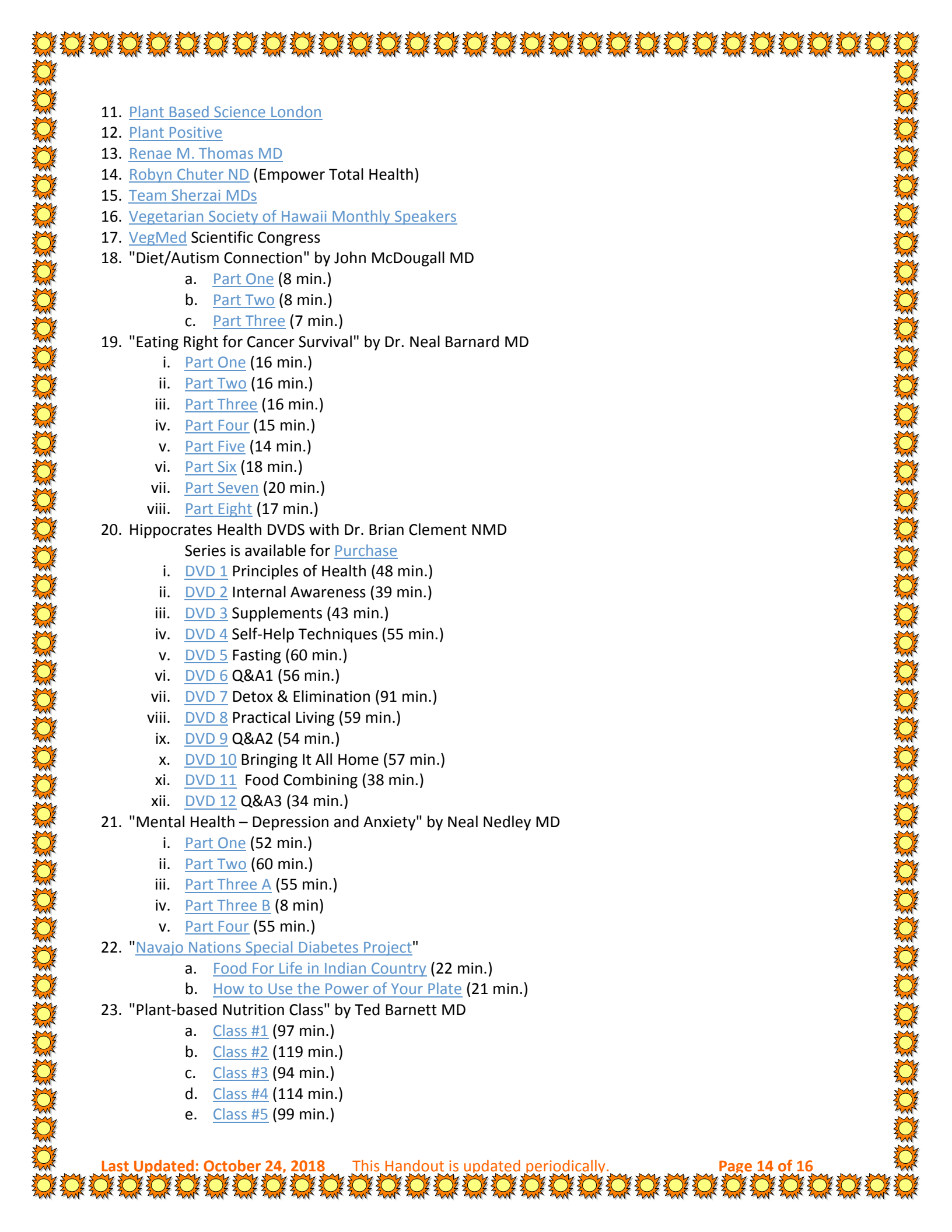
19. [Breaking the Food Seduction](#) (57 min.) Neil Barnard MD
20. [Calorie Density](#) (80 min.) Jeff Novick RD
21. [Changing Your Diet and Lifestyle Can Save Your Life](#) (90 min.) Garth Davis MD
22. [Cheese Trap: Addiction, Health and Weight Problems](#) (27 min.) Neil Barnard MD
23. [Combating Common Diseases with Plants](#) (59 min.) Michael Greger MD
24. [Confessions of a Reformed Cardiologist](#) (73 min.) Robert Ostfeld MD
25. [Cow's Milk Casomorphin and Autism](#) (2 min.) Michael Greger MD
26. [Cure Heart Disease Without Drugs](#) (34 min.) Caldwell B. Esselstyn
27. [Curing Depression Using Diet](#) (11 min.) Neal Nedley MD
28. [Curing Leaky Gut Syndrome](#) (9 min.) Michael Klaper MD
29. [Dangerous Truth about Protein](#) (60 min.) Janice Stanger PhD
30. [Debunking Egg Industry Myths](#) (3 min.) Michael Greger MD
31. [Defending Veganism](#) (22 min.) Garth Davis MD
32. [Defensive Medicine](#) (59 min.) Steve Blake, ScD
33. [Diabetes and the Dangers of Low Carbon Diets](#) (9 min.) Michael Greger MD
34. [Diet and Multiple Sclerosis](#) (67 min.) John McDougall MD
35. [Diet, Drugs, and Diabetes](#) (82 min.) John McDougall MD
36. [Difference Between Herbivore and Carnivore](#) (6 min.) Dan Piraro *Humorous!*
37. [Digestion Made Easy – Journey Thru Your Amazing Digestive System](#) (51 min.) Michael Klaper
38. [Docile Herd](#) (36 min.) Plant Positive
39. [Dr. Ellsworth Wareham, 98 Years Old Vegan Cardio Thoracic Surgeon](#) (13 min.)
40. [Eating for Life: Designing an Optimal Diet](#) Brenda Davis RD (86 min.)
41. [Eating Healthy to Achieve a Great Vital Life](#) Joel Fuhrman MD (55 min.)
42. [Escaping the Dietary Pleasure Trap](#) Alan Goldhamer DC (66 min.)
43. [Exploding Nutritional Myths](#) Brenda Davis RD (59 min.)
44. [Facts of Dairy](#) (7 min.)
45. [Fasting – An Ancient Practice for Modern Problems](#) Alan Goldhamer DC (85 min.)
46. [Food Addiction and Emotional Eating](#) Kathleen Renner LSW (15 min.)
47. [Food As Medicine](#) Michael Greger MD (75 min.)
48. [Food Industry "Funding Effect"](#) Michael Greger MD (3 min.)
49. [Food Prescription for Cardiovascular Disease](#) Baxter Montgomery MD (72 min.)
50. [Food that Kills](#) Michael Klaper MD (58 min.)
51. [Foods for Protecting Body and Mind](#) Neal Barnard MD (69 min.)
52. [Forks Over Knives Excerpt](#) (16 min.)
53. [Forks Over Knives Extended Interviews](#) (112 min.)
54. [From Operating Room Table to Dining Room Table](#) (82 min.) Michael Klaper MD
55. [George Eisman RD on Dairy](#) (8 min.)
56. [Good News From the Front Lines of Plant-based Nutrition](#) (50 min.) Michael Klaper MD
57. [Go Vegan to Avoid Alzheimers](#) (10 min.) Neil Barnard MD
58. http://www.youtube.com/watch?v=bbGb04BpO_o [Heal Yourself – Heal the World](#) (81 min.) Michael Klaper MD
59. [Healthy Bones – Preventing and Reversing Osteoporosis](#) (76 min.) Michael Klaper MD
60. [Heart Health and Healing](#) (7 min.) Caldwell Esselstyn MD
61. [Heather Shenkman MD, Vegan Cardiologist Interview](#) (6 min.)
62. [Hope – What You Eat Matters](#) (93 min.) *H.O.P.E. The Project*
63. [How to Enhance Your Intelligence](#) (59 min.) Neal Nedley MD
64. [How to Have Super Immunity](#) (14 min.) Joel Fuhrman MD
65. [How to Improve your Memory and Intelligence](#) (108 min.) Neal Nedley MD
66. [How to Lose Weight without Losing your Mind](#) (74 min.) Doug Lisle PhD

67. [How to Sabotage a Healthy Diet](#) (10 min.) Rev. George Malkmus
68. [How Who We Eat Impacts Our Health](#) (41 min.) Ayhsha Akhtar MD
69. [I Love Nutritional Science – Dr. Fuhrman MD on TED](#) (20 min.)
70. [Immunity Solution](#) (51 min.) Joel Fuhrman MD
71. [Immunogenic Proteins](#) (61 min.) Adiel Tel-Oren
72. [Immunonutrition](#) (71 min.) Irminne van Dyken MD
73. [Inflammaging: How Inflammation Speeds Up Aging](#) (65 min.) Irminne van Dyken MD
74. [Inflammatory Arthritis](#) (53 min.) John McDougall MD
75. [Insight, Idea with Dean Ornish MD](#) (30 min.)
76. [Insights From Doctors Into Medicine in Australia](#) (85 min.) Robyn Chuter ND interviews Malcolm Mackay MD and Renae Thomas MD
77. [Introduction to Plant-based Whole Food Diet](#) (77 min.) Anthony Lim MD
78. [Is Milk, Cheese and Yogurt Healthy?](#) (61 min.) John McDougall MD
79. [Is Veganism Really Healthy?](#) (27 min.) Michael Greger MD
80. [Joel Fuhrman MD interviewed by Buck Institute](#) (19 min.)
81. [Last Nail in the Coconut Oil Craze](#) (19 min.) Team Sherzai
82. [Lifestyle and Healing from Prevention to Therapy](#) (29 min.) David DeRose MD
83. [Lifestyle Medicine](#) (60 min.) John McDougall MD
84. [Long Term Vegan Success](#) (51 min.) Ruth Heidrich PhD
85. [Losing Weight and Lowering Blood Pressure](#) (72 min.) Alan Goldhamer DC
86. [Low Carb/Keto Diet: Review of the Science](#) (34 min.) Team Sherzai
87. [Make Yourself Heart Attack Proof](#) (62 min.) Caldwell Esselstyn MD
88. [Marshall Plan](#) (61 min.) Hoffman Media
89. [Miracles of a Plant-based Diet](#) (59 min.) Grace Chen MD
90. [More than an Apple A Day: Combating Common Diseases](#) (62 min.) Dr. Michael Greger MD
91. [Multiple Sclerosis and Autoimmune Diseases](#) (66 min.) John McDougall MD
92. [Neal Nedley MD Interview](#) (104 min.) Thoughts
93. [Neil Barnard Program for Reversing Diabetes](#) (38 min.)
94. [Neuroscience Nutrition in Parkinson's Disease](#) (59 min.) Steve Blake ScD
95. [New Nutritional Approach to Type 2 Diabetes](#) (45 min.) Neal Barnard MD
96. [Nutrition Questions Vegans Commonly Recieve](#) (62 min.) Jack Norris RD
97. [Nutritional Approach to Alzheimer's Disease](#) (60 min.) Steve Blake ScD
98. [Nutritional Factors to Alzheimers Disease Prevention](#) (48 min.) Neal Barnard MD
99. [Omega-3 Fatty Acids and Fish](#) (13 min.) David Jenkins MD
100. [Paleo, Gluten-free, GMO: Distractions from Real-World Food Problems](#) (50 min.) John McDougall MD
101. [Pandemic Prevention: Bird Flu and Emerging Infectious Diseases](#) (59 min.) Michael Greger MD
102. [Pandemic Prevention: Infection Diseases, Aids, Climate Change, Influenza](#) (58 min.) Michael Greger MD
103. [Plant-based Diets and Dental Health](#) (7 min.) Michael Greger MD
104. [Plant-based Diets and Disease](#) (88 min.) Brenda Davis RD
105. [Plant Pure Nation](#) (99 min.)
106. [Poor Nutrition: A Weapon of Mass Destruction](#) (59 min.) Caldwell Esselstyn MD
107. [Power Foods for the Brain](#) (77 min.) Neal Barnard MD
108. [Power of Love for Health and Healing](#) (27 min.) Dr. Nick Delgado PhD Interviews Dr. Michael Klaper MD
109. [Practical Nutritional Medicine](#) (84 min.) Dr. Michael Klaper MD
110. [Pregnancy and Children](#) (66 min.) John McDougall MD
111. [Prevent and Reverse Heart Disease](#) (115 min.) Caldwell Esselstyn MD

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112. [Preventing Ulcerative Colitis With Diet](#) (5 min.) Michael Greger MD
 113. [Principles of Better World Cuisine](#) (51 min.) Adiel Tel-Oren
 114. [Problem with Organic Salmon](#) (3 min.) Michael Greger MD
 115. [Problem with the Paleo Diet Argument](#) (6 min.) Michael Greger MD
 116. [Proof Positive: Nutrition, Depression, and Mental Performance](#) (60 min.) Neal Nedley MD
 117. [Rethinking Eggs](#) (15 min.) Sofia Pineda Ochoa MD
 118. [Rise in Zoonotic Diseases](#) (8 min.) Michael Greger MD
 119. [Saving Lives By Treating Acne With Diet](#) (5 min.) Michael Greger MD
 120. [Seven Habits of Healthy Vegans](#) (57 min.) Ginny Messina RD
 121. [Seven-step Health Makeover](#) (59 min.) Terry Shintani MD
 122. [Sleeping Disorders \(Insomnia\) Remedies](#) (29 min.) David DeRose MD
 123. [Starch Solution](#) (75 min.) John McDougall MD
 124. [Stop Blaming Your Genes](#) (82 min.) Roseane Oliveira DVM
 125. [Stop Cancer Before it Starts](#) (56 min.) Michael Greger MD
 126. [T. Colin Campbell PhD Lecture](#) (74 min.)
 127. [Ten Deadly Food Myths](#) (10 min.) Neal Barnard MD
 128. [Truth About Protein](#) (62 min.) Michael Sandler interviews Garth Davis MD
 129. [Truth or Dairy](#) (60 min.) John McDougall MD
 130. [Udderly Amazing](#) (80 min.) Walter J. Veith PhD
 131. [Uprooting the Leading Causes of Death](#) (56 min.) Michael Greger MD
 132. [Vegan Advantage](#) (23 min.) David Jenkins MD
 133. [Vegan Basics](#) (30 min.) Bob Rapfogel
 134. [Vegan Nutrition – What Does the Science Say?](#) (62 min.) Jack Norris RD
 135. [Vegan Way of Life](#) (26 min.) Nandita Shah MD
 136. [Virgin Vegan](#) (27 min.) Author Linda Long Interviews Michael Klaper MD
 137. [What Causes Insulin Resistance](#) (5 min.) Michael Greger MD
 138. [What Does that Holiday Meal Do to Your Heart?](#) (20 min.) Deana Ferreri PhD
 139. [What I Wish I Had Been Told in Medical School About Nutrition](#) (98 min.) Michael Klaper MD
 140. [What the Dairy Industry Doesn't Want You to Know](#) (55 min.) Neal Barndard MD
 141. [What We Know About Vegan Athletes](#) (55 min.) Matt Ruscigno RD
 142. [When Proven Lifestyle Interventions are Ignored](#) (81 min.) John McDougall MD
 143. [Whitewash: The Disturbing Truth About Dairy](#) (81 min.) Joseph Keon
 144. [Who Says Eggs Aren't Healthy or Safe?](#) (8 min.) Michael Greger MC
 145. [Why Low Carb Diets Are a Scam](#) (10 min.) Plant Based News
 146. [Zoonoses](#) (25 min.) Marianne Thieme LLM

VIDEO COLLECTIONS (Online - Free)

1. [Dr. Fuhrman MD](#)
2. [Dr. McDougall's Health and Medical Center](#)
3. [Dr. Michael Klaper MD](#)
4. [Dr. Milton Mills MD](#)
5. [Dr. Van Dyken MD](#)
6. [Empower Total Health](#) (Robyn Chuter ND)
7. [Exam Room](#) PCRM
8. [Good-bye Lupus](#) Brooke Goldner MD
9. [Mastering Diabetes](#)
10. [Meat Your Future](#)

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11. [Plant Based Science London](#)
 12. [Plant Positive](#)
 13. [Renae M. Thomas MD](#)
 14. [Robyn Chuter ND](#) (Empower Total Health)
 15. [Team Sherzai MDs](#)
 16. [Vegetarian Society of Hawaii Monthly Speakers](#)
 17. [VegMed Scientific Congress](#)
 18. "Diet/Autism Connection" by John McDougall MD
 - a. [Part One](#) (8 min.)
 - b. [Part Two](#) (8 min.)
 - c. [Part Three](#) (7 min.)
 19. "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.)
 20. 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.)
 - 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.)
 21. "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.)
 22. "[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.)
 23. "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](#)
24. "Tackling Diabetes" with Neal Barnard MD
- a. [Part One](#) (25 min.)
 - b. [Part Two](#) (30 min)

WEB SITES

1. [Aysha Akhtar MD](#)
2. [Balanced](#)
3. [Baxter Montgomery MD](#) (Cardiologist)
4. [Becoming Vegan](#)
5. [Brenda Davis RD](#) (based in Kelowna, BC)
6. [Brooke Goldner MD](#)
7. [Caldwell B. Esselstyn MD](#)
8. [Cancer Project \(PCRM\)](#)
9. [Coalition for Cancer Prevention](#)
10. [Complete Health Improvement Program \(CHIP\)](#)
11. [Dustin Rudolph PharmD](#)
12. [Ernst Walter Henrich MD](#) (Vegan)
13. [Evelisse Capó](#) Pharm D (Food Pharmacy)
14. [Food and Cancer](#)
15. [Gabriel Cousens MD](#)
16. [Ginny Messina RD](#)
17. [GMO Action Pack](#)
18. [Grace Chen MD](#)
19. [Heather Shenkman MD](#) (Vegan Heart Doc)
20. [Jack Norris RD](#)
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24. [Joel Fuhrman MD](#)
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26. [John McDougall MD](#)
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29. [Life and Health](#)
30. [Linda Carney MD](#)
31. [Mark Berman MD](#)
32. [Mastering Diabetes](#)
33. [Matt Ruscigno RD](#)
34. [Michael Greger MD](#)
35. [Michael Klaper MD](#)
36. [Mona Sigal MD](#)
37. [National Health Association](#) (USA)
38. [Neal Barnard MD](#)
39. [Neal Nedley MD](#)
40. [Neal Pinckney MD](#)

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41. [Nutrition Ecology International Center](#)
 42. [Nutrition MD](#)
 43. [Nutritional Research Foundation](#)
 44. [Pam Popper ND](#) (Wellness Forum Health)
 45. [Peaceful Planet Foundation](#)
 46. [Physicians' Committee for Responsible Medicine \(PCRM\)](#)
 47. [Plant Based Health Australia](#)
 48. [Plant Based Prevention of Disease](#) Annual Conference
 49. [Plant Based Research](#)
 50. [Plant Positive](#) (Anonymous)
 51. [Plantrician Project](#)
 52. [Proteinaholic](#) (Blog)
 53. [RAVE Diet \(Mike Anderson\)](#)
 54. [Scott Stoll MD](#)
 55. [Smoothie Shred](#) (Brooke Goldner MD)
 56. [Sofia Pineda Ochoa MD](#) (Meat Your Future)
 57. [Steve Blake PhD](#)
 58. [Strongest Hearts](#) (Matt Ruscigno RD)
 59. [Team Sherzai](#) (Dean and Ayesha Sherzai MDs)
 60. [Vesanto Melina RD](#) (based in Langley, BC)
 61. [Veg Health Institute](#)
 62. [Vegan Health](#) (Jack Norris RD)
 63. [Victoria Healthy People](#)
 64. [VIVA Health UK](#)
 65. [William Harris MD](#)

WOOD SMOKE RESOURCES

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