

## Resources for the Health Benefits of a Whole Foods Plant-Based Diet (WFPB) 2022

- 1) Dr. Michael Greger studies & reports on his website nutritionfacts from all the current nutritional peer-reviewed research on a wide range of health issues influenced by diet. His presentations are user-friendly, often entertaining & clinically relevant.

<http://nutritionfacts.org/>

- 2) The Physicians Committee for Responsible Medicine was founded by Dr. Neal Barnard in 1985, and combines the expertise of over 12,000 physicians in an international group of over 150,000 members. The website provides a comprehensive range of free resources on eating a low-fat WFPB diet for optimal health, at all ages & stages of life; and access to many WFPB books by Dr. Barnard et al.

<http://www.pcrm.org/>

- 3) Dr. John McDougall has been promoting oil-free diet of whole plant foods (WFPB) diet as a foundation for good health since the early 1980's. He founded the internationally renowned live-in McDougall Program in Santa Rosa, CA, and is the author of many evidence-based books. His website offers a wealth of free resources, including recipes & success stories, for beginning & following a health promoting WFPB program.

<https://www.drmcDougall.com/>

- 4) Dr. Caldwell Esselstyn, physician & surgeon, directs the cardiovascular prevention & reversal program at The Cleveland Clinic Wellness Institute. He is the author of the life-saving Prevent & Reverse Health Disease and exemplary peer-reviewed research papers with low-fat WFPB diet, for all ages, for optimal cardiovascular health.

<http://www.dresselstyn.com/site/>

- 5) Jack Norris RD is a registered dietitian & coauthor of Vegan for Life with Ginny Messina, MS RD. His website offers the important & comprehensive guide: "Vitamin B12: Are You Getting It?"

<https://veganhealth.org/vitamin-b12/>

- 6) Jeff Novick RD is a registered dietitian with over 35 years of experience thriving on & teaching a low-fat diet of whole plant foods. His extensive education & professional experience lends depth to his interpretation of research papers & clear explanations about complex human dietary issues in a user-friendly style.

<http://www.jeffnovick.com/RD/Home.html>

- 7) Our facebook group "Whole foods vegan Sunshine Coast BC Canada"  
<https://www.facebook.com/groups/1852083758352943/>

- 8) To contact Deborah & Gerry Pageau [dpageau@dccnet.com](mailto:dpageau@dccnet.com)