I finally read *Eat to Live*, by Joel Fuhrman and *Forks over Knives*, edited by Gene Stone. Over the long rainy weekend, I watched several related documentaries including *Forks over Knives* and *Fat, Sick and Nearly Dead*. After this complete immersion in all things vegetable, I was scared of all things animal and I bought a juicer.

Plant based diets have been around literally for centuries, but the contemporary advocates for them (in my opinion) sounded like they were screaming or at least SPEAKING IN ALL CAPITAL LETTERS. The zealoussness of their beliefs generally made me shun the message. I rarely could get past the first chapters of their books. Dr. Fuhrman’s book, for example, first appeared in 2011 and remains on *The New York Times* Best Sellers’ List today. I have owned the book for over a year, but did not read it because I saw Dr. Fuhrman on PBS hawking his wares. It was one of those shows where you receive the amazing set of five DVD’s and by acting now you also receive a one-year complimentary membership to the exclusive website that automatically charges your credit card monthly, but there is no obligation, you may cancel at any time... Yuck. My bad, his book did not shriek nearly as much as I thought it might.

So why am I suddenly open to idea that I have eschewed for a decade? Sorry Dr. Fuhrman, but it was not you who influenced me. It was the work of two scientists who are quoted frequently throughout the literature: T. Colin Campbell, PhD the co-author of the largest nutrition study ever, *The China Study*, and Dr. Caldwell Esselstyn a researcher and clinician at the Cleveland Clinic and the author of *Prevent and Reverse Heart Disease*. Their research and clinical studies are irrefutable. People who eat plant based diets can avoid and reverse many conditions including cancer, obesity, diabetes, osteoporosis, migraine headaches, arthritis, high blood pressure and high cholesterol. While the science is powerful, the clinical case studies are inspirational.

Any lifestyle change is difficult. The first step in considering a change is having a compelling enough reason to do it. For some of us, a lousy lab report or stepping on the scale is enough. But for those of you who sense that your diet needs a tune up for whatever reason and you are having trouble getting motivated, check out some of the references in the Review Section. Perhaps you will find your mojo there. I certainly found mine and I wasn’t even looking. I am pretty much back to normal now, but I am eating a lot more kale and I am trying to find just the right combination of produce for the juicer. That is definitely a work in process.
REVIEW

PLANT BASED DIETS
There are numerous resources that address plant based diets. Depending on your particular motivation, some will serve you better than others.

As an introduction to the topic I recommend:

For the science behind them, I recommend the following:

To be scared straight, check out either of these documentaries:

If you are looking to make it actionable and realistic, this is the best “how to” I have found:

RESOURCES

Patricia M. Fuller has dedicated the last 15 years to designing and delivering wellness programs as a project manager and contractor for PricewaterhouseCoopers, LLP. Her training events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.