

Whole Food Plant-Based Diet Information

Books:

The Plant-Based Solution: America's Healthy Heart Doc's Plan to Power Your Health. by Joel K. Kahn MD. Are you ready to feel better, look better, and heal the planet at the same time? Then it's time to revolutionize your health from the inside out. With *The Plant-Based Solution*, leading cardiologist Dr. Joel Kahn shows how everyone can cultivate optimal well-being with a whole-foods, plant-based diet.

The China Study by T. Colin Campbell, PhD and Thomas M. Campbell II. Dr. Colin Campbell has been at the forefront of scientific, particularly nutrition, research for more than 40 years. This book helps you understand his research and compelling findings of how nutrition affects chronic disease and plays the lead role in our health.

Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It by Garth Davis, MD. Combining cutting-edge research, with his hands-on patient experience as a weight loss surgeon and his years dedicated to analyzing studies of the world's longest-lived populations, this explosive, groundbreaking book reveals the truth about the dangers of high protein diets and shares a proven approach to weight loss, health, and longevity.

How Not to Die by Michael Greger, MD. Dr. Greger is a physician, author and speaker on nutrition, food safety, and public health issues. His website, NutritionFacts.org is a non-profit, science-based public service providing free videos and articles on the latest in nutrition research. This book explains the science and evidence of the "only diet that can prevent and reverse many of the causes of disease-related death".

The Starch Solution by John A McDougall, MD and Mary McDougall (Authors of the *Healthiest Diet on the Planet*) Dr. McDougall and his wife "prove that a starch-rich diet can actually help you lose weight, prevent a variety of ills, and even cure common diseases. By fueling your body primarily with carbohydrates rather than proteins and fats, you'll feel satisfied, boost energy and look and feel your best." Recipes included in book.

Meatonomics by David Robinson Simon, an attorney and advocate for sustainable consumption. This book looks at how the animal foods industry is rigged to keep meat prices artificially low. He chronicles the tremendous cost to our health, the environment, and the welfare of animals.

Fast Food Genocide: How Processed Food is Killing Us and What We Can Do About It by Joel Fuhrman M.D. Revered nutrition and health expert, PBS personality, and bestselling author of *Eat to Live*, *Super Immunity*, and *The End of Diabetes*, Dr. Joel Fuhrman, delivers a hard-hitting, culture-shifting examination of the role fast and processed food plays in our nation's health crisis and offers a program to help us discover a lasting solution.

Go to MeridianEyecare.com for web links to informative, whole-food plant-based websites.

Movies/Documentaries (most on Netflix):

Forks Over Knives

"According to the research of two food scientists, the popularity of processed foods has led to epidemic rates of obesity, diabetes and other diseases." This introduces the science behind the benefits of a whole food, plant-based diet.

Food Choices

"This documentary examines the world's diet and points to food choices as the culprits for declining health..."

What the Health

"This film examines the link between diet and disease, and the billions of dollars at stake in the health care, pharmaceutical and food industries."

Hungry for Change

"This documentary exposes the shocking secrets the diet, weight loss and food industries use to keep consumers coming back for more."

Fed Up

"This eye-opening documentary examines the underlying causes of childhood obesity, which has become an increasingly serious medical issue in America."

Fat, Sick and Nearly Dead I and II

Obesity and illness have taken a toll. Two repentant men go on a crash course with vegetable to save their lives. With the help of experts, Joe Cross details the eating and lifestyle changes that can help others match his weight loss and health achievements.

In Defense of Food

"Journalist Michael Pollin examines the industrially driven Western diet to show how it has ruined our health, then offers solutions for the future."

Food Inc.

"...looks at the food industry's harmful effects on human health and the environment."

Eating You Alive

Featuring leading medical experts and researchers, Eating You Alive takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use whole-food, plant-based nutrition to take control of our health—one bite at a time.

The Game Changers

Directed by Louie Psihoyos and executive produced by James Cameron, The Game Changers tells the story of James Wilks — elite special forces trainer and winner of The Ultimate Fighter — as he travels the world on a quest for the truth behind the world's most dangerous myth: that meat is necessary for protein, strength and optimal health.