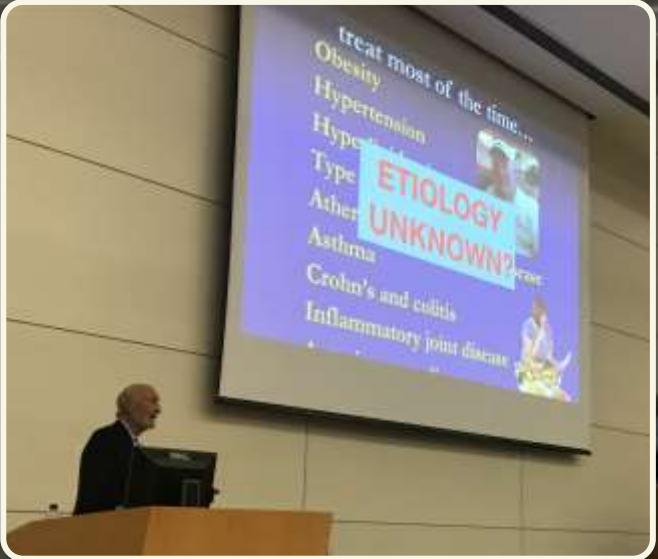


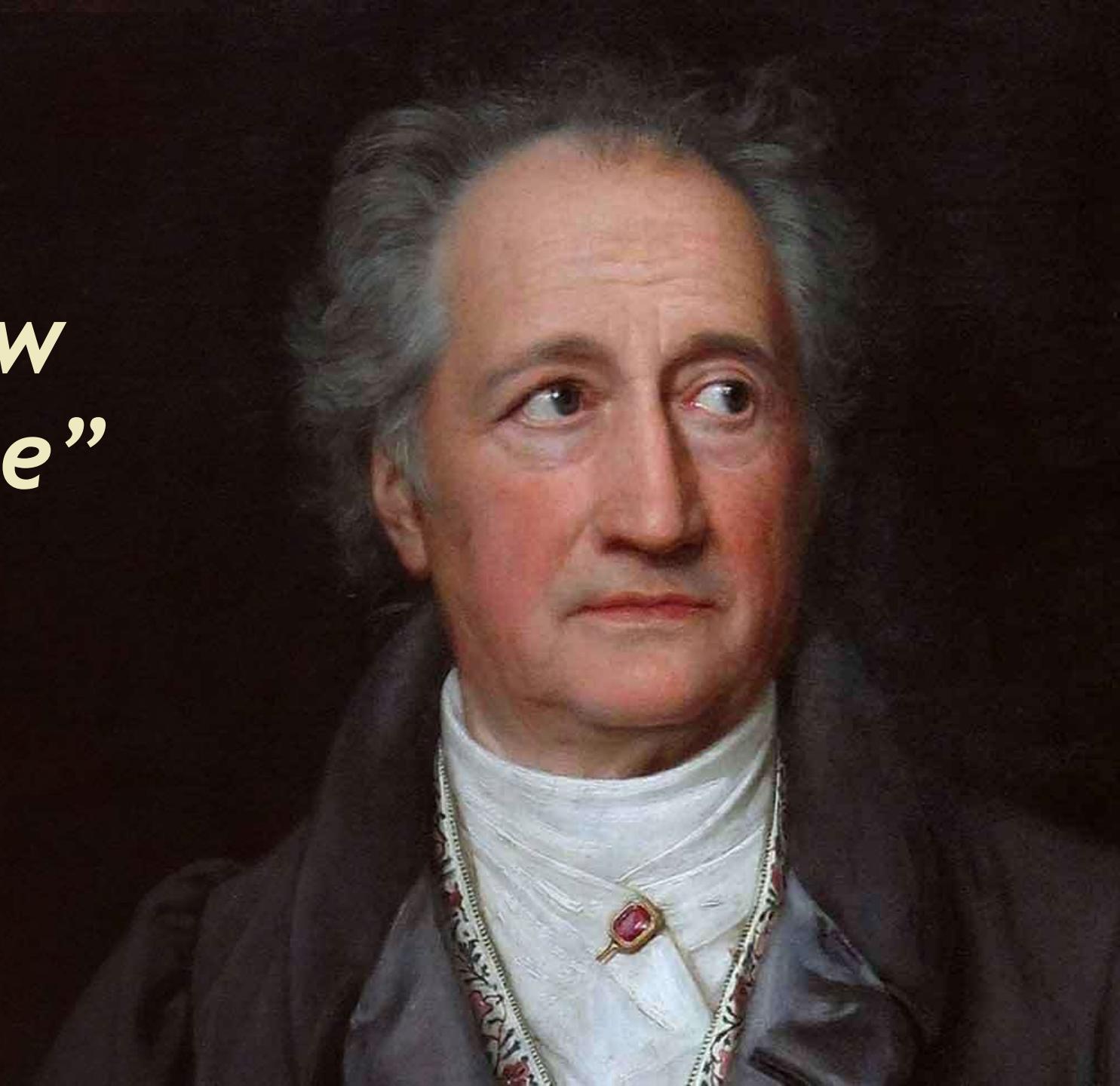
# *The Most Powerful Healing Tool That Most Doctors Ignore.*





*“What you know  
about, you see”*

*– Johann Wolfgang von Goethe*





**“You may be learning how to diagnose diseases from smallpox to leprosy, but that is not what you are going to be seeing in practice...”**

# *Diseases most Western doctors treat most of the time...*

Obesity  
Atherosclerotic Vascular Disease  
Hyperlipidemia  
Hypertension  
Type 2 diabetes  
Asthma  
Crohn's and colitis  
Inflammatory joint disease  
Auto-immune diseases

*Diseases most Western doctors  
treat most of the time...*

Obesity

Atherosclerotic Vascular Disease

# ETIOLOGY UNKNOWN?

Asthma

Crohn's and colitis

Inflammatory joint disease

Auto-immune diseases

*Instead of “curing” diseases,  
we “manage”*

Obesity  
Atherosclerotic Vascular Disease  
Hyperlipidemia  
Hypertension  
Type 2 diabetes  
Asthma  
Crohn’s and colitis  
Inflammatory joint disease  
Auto-immune diseases

*Instead of “curing” diseases,  
we “manage”*

Obesity

Atherosclerotic Vascular Disease

**“You will be sick the rest of your life.”**  
**“You will never get better.”**

Asthma

Crohn’s and colitis

Inflammatory joint disease

Auto-immune diseases

# ***REVERSIBLE DISEASES!***

Obesity  
Atherosclerotic Vascular Disease  
Hyperlipidemia  
Hypertension  
Type 2 diabetes  
Asthma  
Crohn's and colitis  
Inflammatory joint disease  
Auto-immune diseases

*Diseases most Western doctors  
treat most of the time...*

Obesity

Atherosclerotic Vascular Disease

# ETIOLOGY UNKNOWN?

Asthma

Crohn's and colitis

Inflammatory joint disease

Auto-immune diseases



**LOOK AT WHAT  
YOUR PATIENTS  
ARE EATING!**

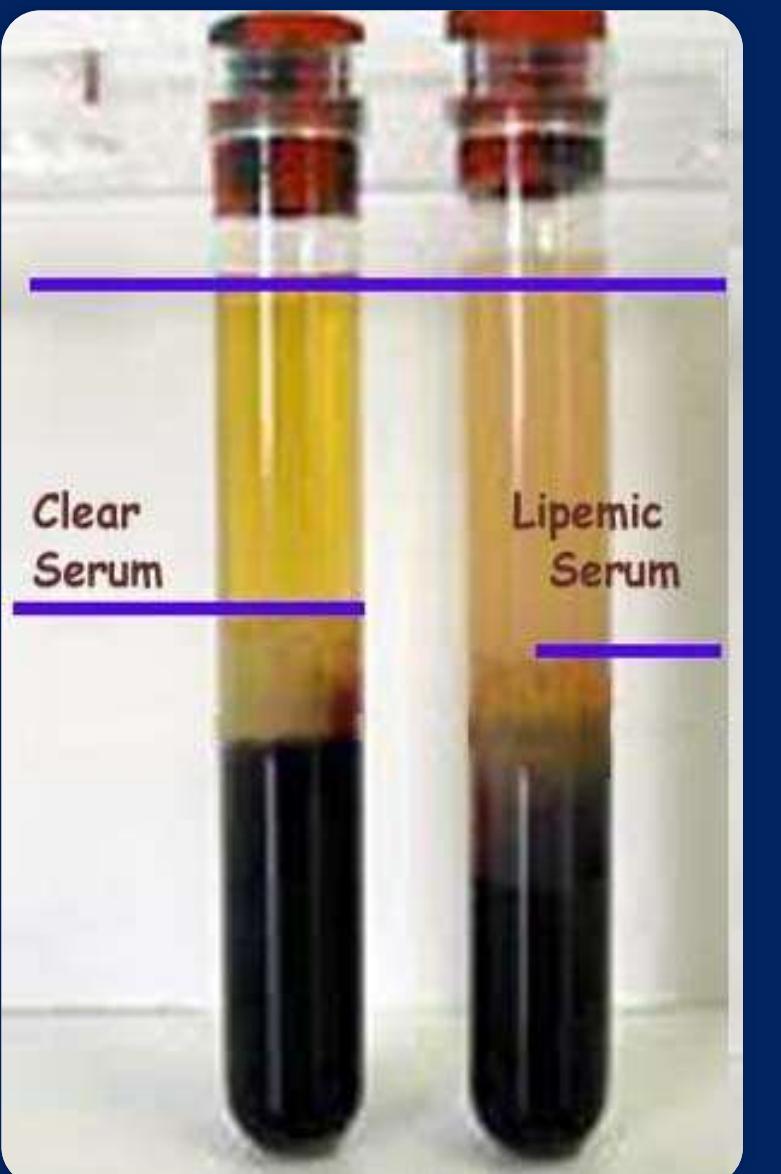


**NUTRITIONAL  
REALITY CHECK  
AHEAD**

**I WISH I HAD  
LEARNED ABOUT  
THE EFFECT OF  
THE DAILY DIET  
UPON THE BODY**

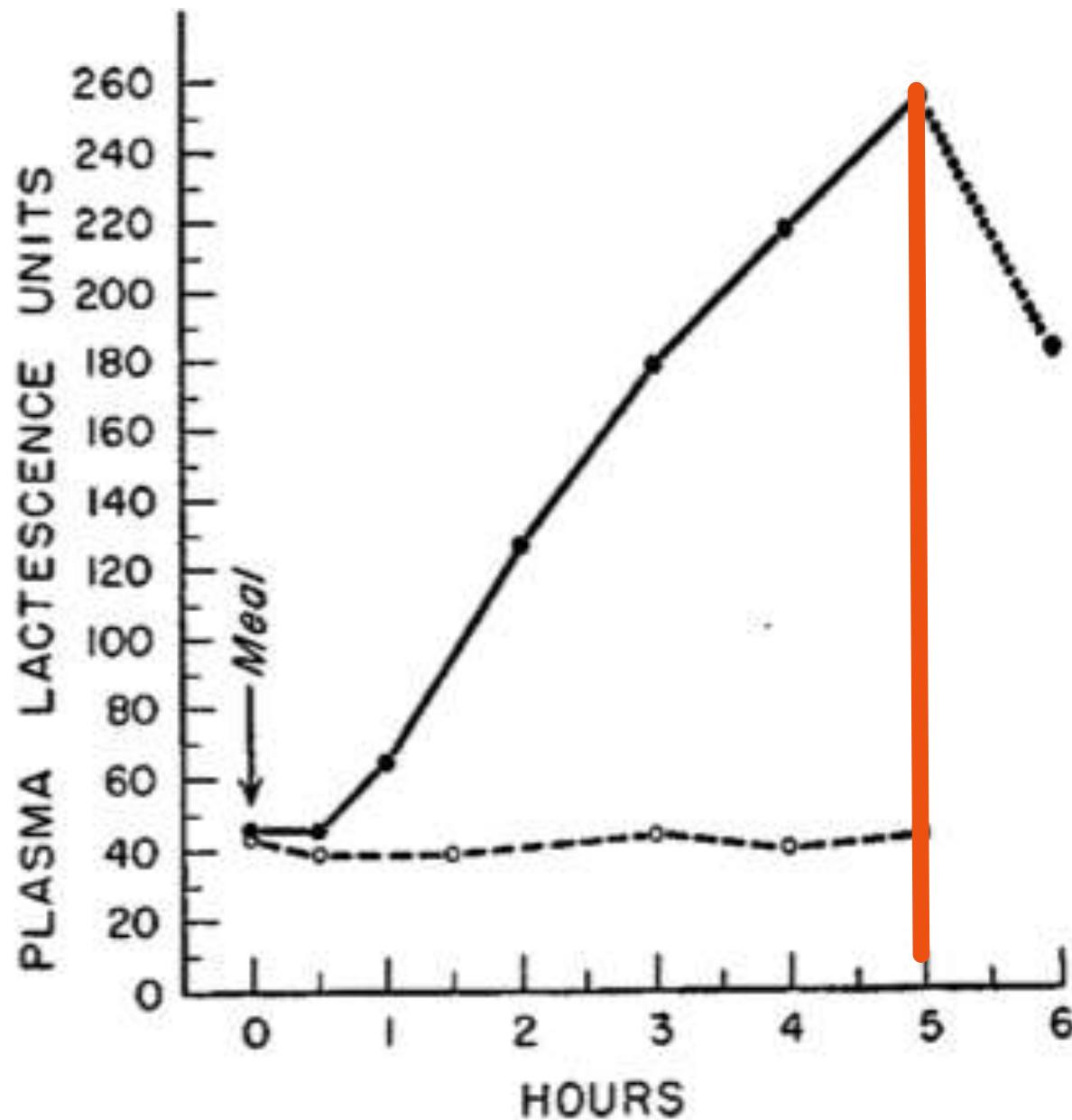






## ***POST-PRANDIAL LIPEMIA***

Not everyone shows the fat as optically dense as this, but everyone has a wave of fat flow through their arteries after a fatty meal.



Angina Pectoris Induced by Fat Ingestion with Coronary Artery Disease"  
P. Kuo, M.D. et.al; J.A.M.A., July 23, 1955, No. 12, 1008-1011

# **A TYPICAL DAY OF THE STANDARD WESTERN DIET**



## **WHILE BLOOD IS LIPEMIC:**

- ✓ Artery walls are injured
- ✓ Obesity increases
- ✓ Insulin resistance increases
- ✓ Inflammatory reactions promoted

# *A TYPICAL DAY OF THE STANDARD WESTERN DIET*

# A TYPICAL DAY OF THE STANDARD WESTERN DIET



Moving Medicine Forward

 MICHAEL KLAPER, M.D.  
Nutrition-Based Medicine

# A TYPICAL DAY OF THE STANDARD WESTERN DIET



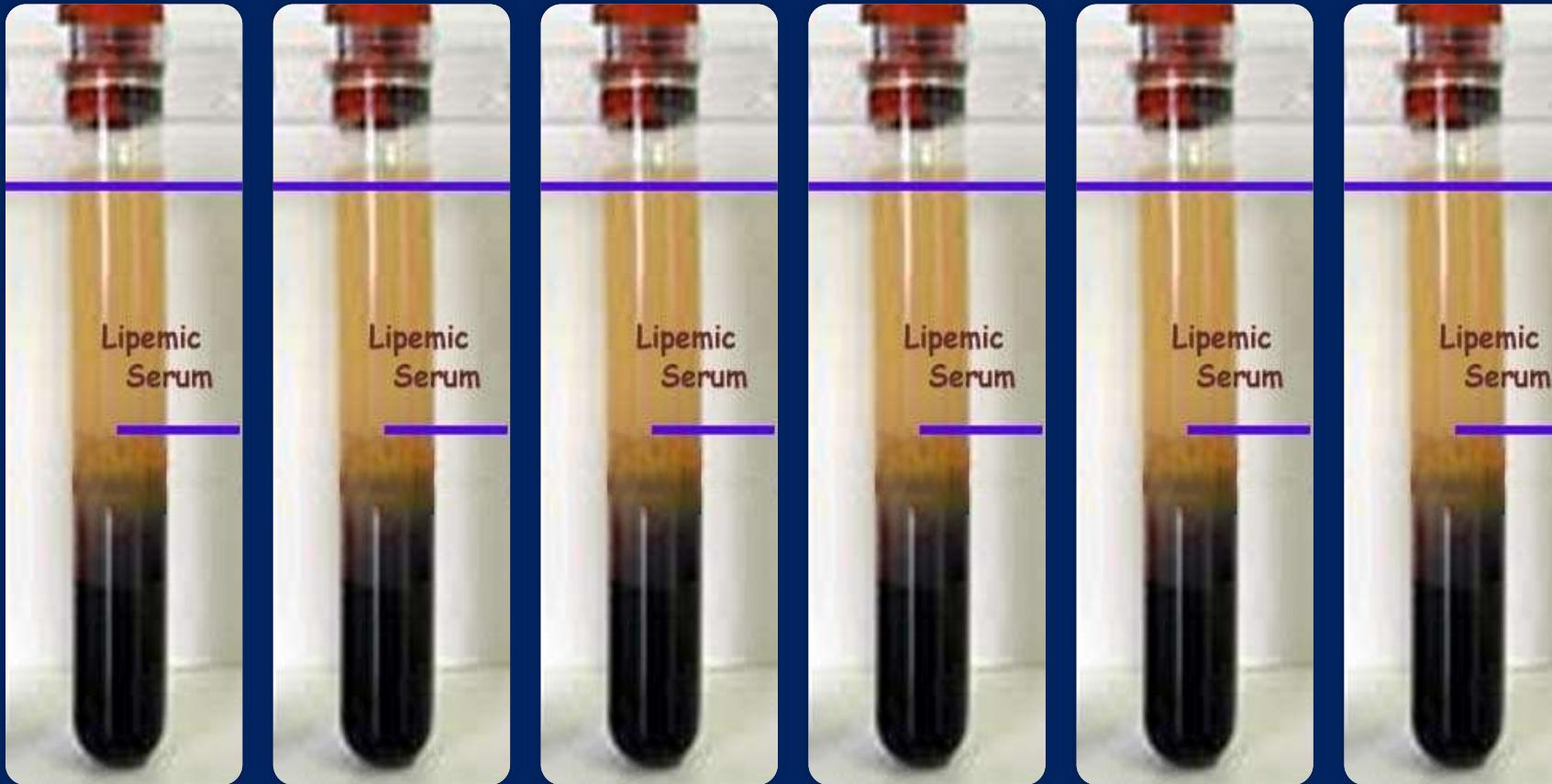
# A TYPICAL DAY OF THE STANDARD WESTERN DIET



# A TYPICAL DAY OF THE STANDARD WESTERN DIET



# **MOST WESTERNERS KEEP THEIR BLOODSTREAM FILLED WITH FAT AND SUGAR - ALL DAY!**





There's much  
more than fat in  
that blood!



# *A HIGH SALT DIET HAS... Excess Sodium*

- Retain fluid ► High BP
- Stiffen artery walls ► High BP
- Can trigger auto-immune diseases through stimulation of Th17 helper cells (CD4+ cells)

Autoimmune Rev.2018 Nov;17(11):1069-1073. The role of dietary sodium in autoimmune diseases: The salty truth. Sharif K1, Amital H1, Shoenfeld Y2.

# Eating **SUGAR** as a food



*Sugars + protein + heat*

## MAILLARD REACTION



Advanced  
Glycation  
End Products  
(AGEs)

WITH EVERY SOFT DRINK,  
CANDY BAR & MUFFIN,  
A TIDE OF SIMPLE SUGARS  
GLYCOSYLATES PROTEINS  
THROUGHOUT THE BODY

*Sugars + protein + heat*

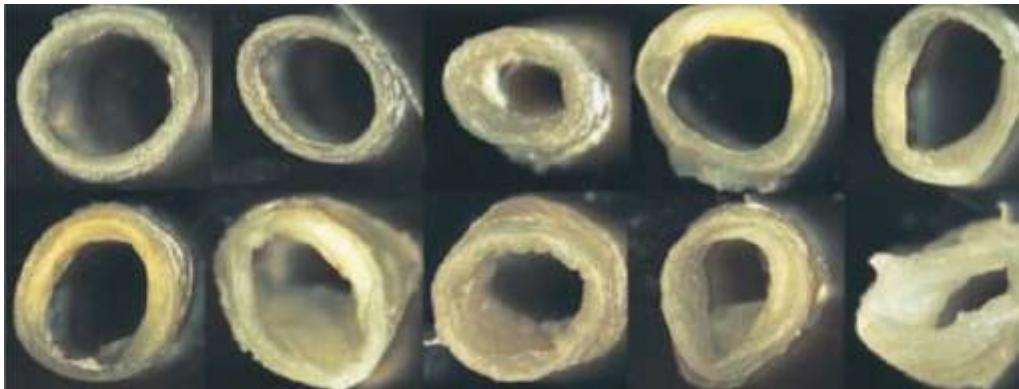
## MAILLARD REACTION



Advanced  
Glycation  
End Products  
(AGEs)



ALZHEIMER'S/DEMENTIA



# Alzheimer's Disease

Lathe et al. *BMC Geriatrics* 2014, **14**:36  
<http://www.biomedcentral.com/1471-2318/14/36>



DEBATE

Open Access

## Atherosclerosis and Alzheimer - diseases with a common cause? Inflammation, oxysterols, vasculature

Richard Lathe<sup>1,2,3\*</sup>, Alexandra Sapronova<sup>1,2,4</sup> and Yuri Kotelevtsev<sup>1,2,5,6</sup>

Grant WB. Trends in diet and Alzheimer's disease during the nutrition transition in Japan and developing countries. *J Alzheimers Dis.* 2014;38(3):611-620.

Grant WB. Using multicountry ecological and observational studies to determine dietary risk factors for Alzheimer's Disease. *J Am Coll Nutr.* 2016;35(5):476-489.

Freeman LR, Haley-Zitlin V, Rosenberger DS, Granholm AC. Damaging effects of a high-fat diet to the brain and cognition: a review of proposed mechanisms. *Nutr Neurosci.* 2014;17(6):241-251.

Zhu J, Wang Y, Li J, Deng J, Zhou H. Intracranial artery stenosis and progression from mild cognitive impairment to Alzheimer disease. *Neurology.* 2014;82(10):842-849.

Lathe R, Sapronova A, Kotelevtsev Y. Atherosclerosis and Alzheimer--diseases with a common cause? Inflammation, oxysterols, vasculature. *BMC Geriatr.* 2014;14:36.

Pallebage-Gamarallage M, Takechi R, Lam V, Elahy M, Mamo J. Pharmacological modulation of dietary lipid-induced cerebral capillary dysfunction: Considerations for reducing risk for Alzheimer's disease. *Crit Rev Clin Lab Sci.* 2016;53(3):166-183.

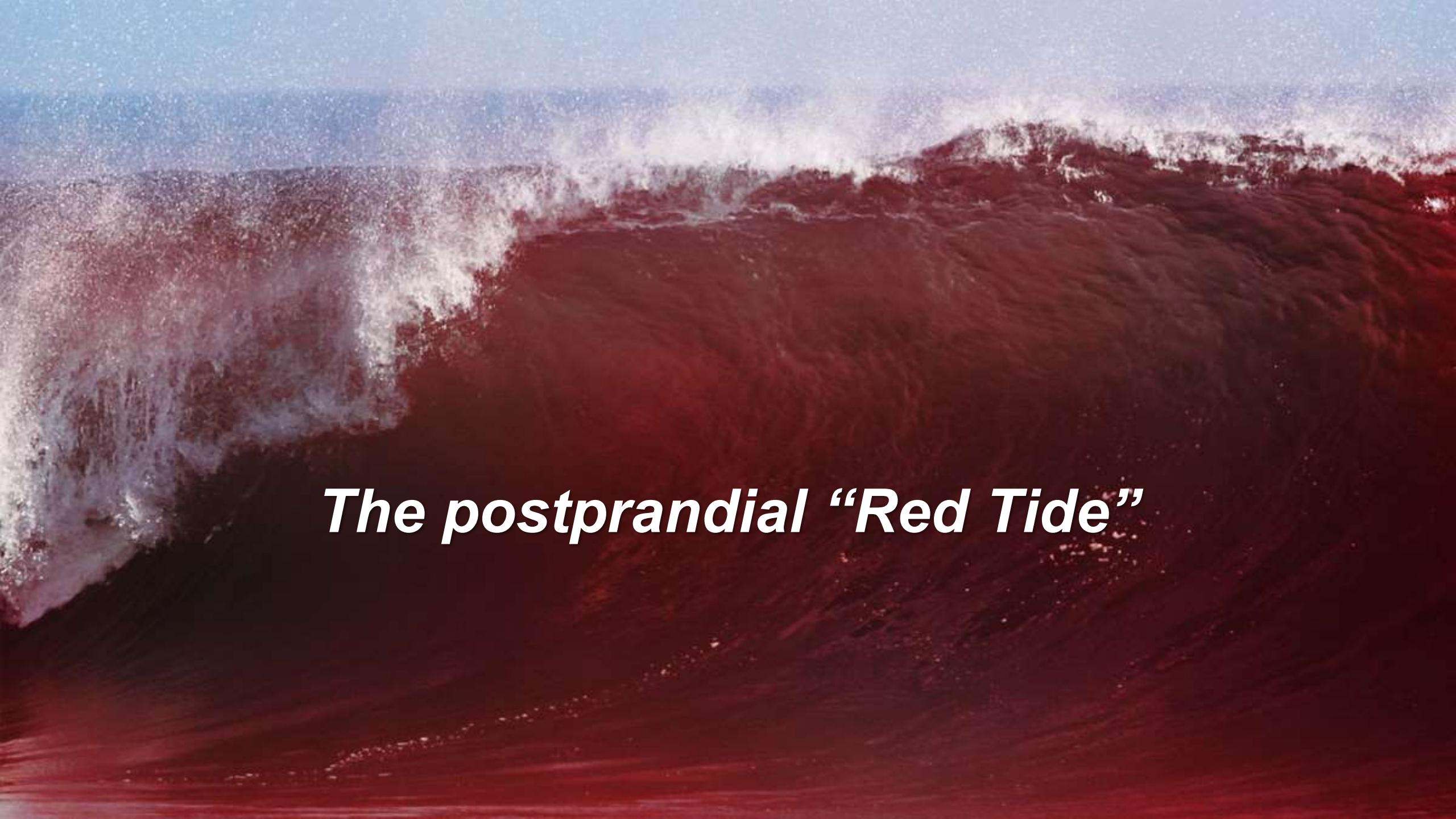
Raider K, Ma D, Harris JL, et al. A high fat diet alters metabolic and bioenergetic function in the brain: A magnetic resonance spectroscopy study. *Neurochem Int.* 2016;97:172-180.

*When one adds meat into the diet, they add an additional mix of toxic molecules to the blood stream:*



## MEAT-SPECIFIC TOXINS

1. Oxidized cholesterol (atherogenic) + proteins & fats →
2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
3. Neu5Gc - pro -inflammatory sialic acid
4. Endotoxins from animal guts - **HEAT STABLE!**
5. TMAO from carnitine metabolism
6. Carcinogenic heterocyclic amines
7. IGF-1 elevated from animal protein
8. Heme iron - ↑ strokes, cancers
9. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics

A dramatic photograph of a massive ocean wave crashing. The water is a deep, reddish-brown color, likely from a red tide. The wave's spray is white and billowing, with droplets flying into the air. The background is a bright, overexposed sky.

*The postprandial “Red Tide”*

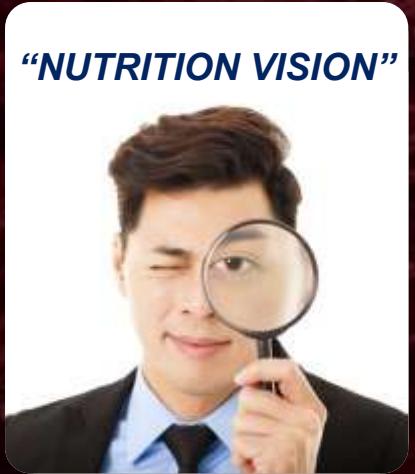
**“NUTRITION VISION”**



## ***The post-prandial “red tide” carries:***

- Saturated fat
- Reactive sugars
- Animal tissue peptides
- Excessive sodium
- Free radicals
- AGE's
- Emulsifiers
- Oxidized cholesterol (atherogenic) + proteins & fats →
- Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
- Neu5Gc - pro -inflammatory sialic acid
- Endotoxins - HEAT STABLE!
- TMAO from carnitine metabolism
- IGF-1 elevated from animal protein
- Carcinogenic heterocyclic amines
- Heme iron - ↑ strokes, cancers
- Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics

**“NUTRITION VISION”**



***The post-prandial  
“red tide” flowing  
through the blood  
and tissues is:***

- Fatty
- Salty
- Sugary
- Antigenic
- Acid forming
- Mutagenic
- Carcinogenic
- Atherogenic
- Pro-inflammatory
- Disruptive to most bodily structure and functions



**WHEN THE FLOOD-TIDE IS RUNNING THROUGH YOUR HOUSE**





**THE TIDE OF DIRTY WATER LEAVES BEHIND A STAIN,  
DEEP INTO THE “TISSUES” OF THE HOUSE...**





FOOD EFFECTS X TIME = HEALTH EFFECTS

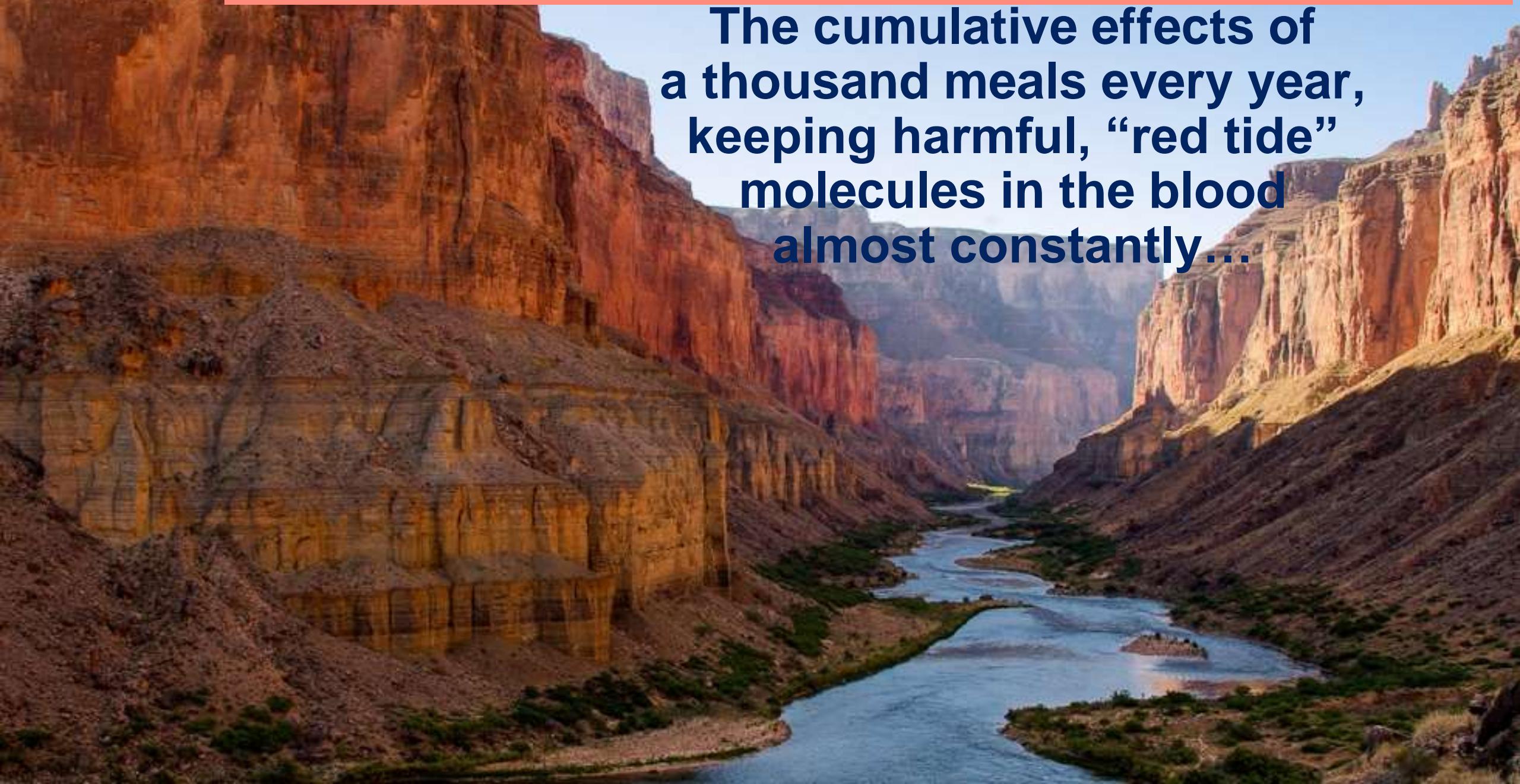
*Repeated “Red Tides” OVER TIME  
leaves its own kind of stain  
of disease and dysfunction*

*“The Postprandial Red Tide”*



3 meals per day x 365 days/year = 1,095 meals every year

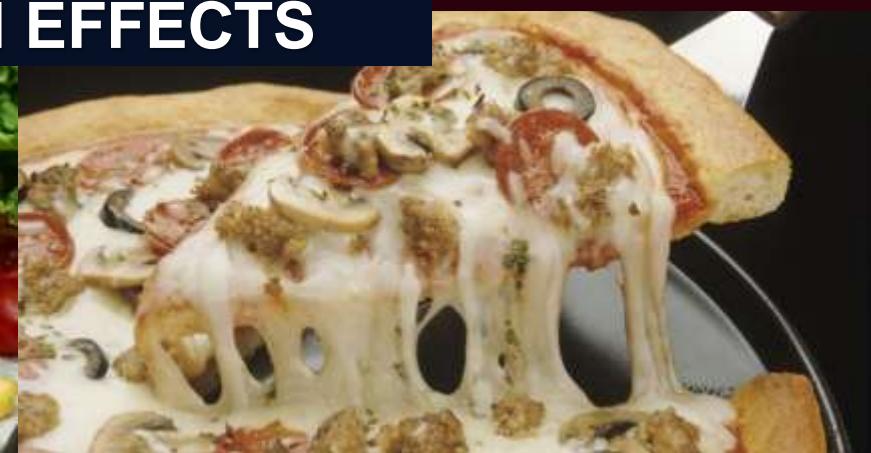
**The cumulative effects of  
a thousand meals every year,  
keeping harmful, “red tide”  
molecules in the blood  
almost constantly...**



**WHEN YOU SEE PEOPLE WITH CHRONIC DISEASE,  
YOU ARE MOSTLY LOOKING AT THE EFFECTS OF  
REPEATED “RED TIDES” OVER TIME...  
OVER TIME...**



*“The Postprandial Red Tide”*



**FOOD EFFECTS X TIME =  
HEALTH EFFECTS**

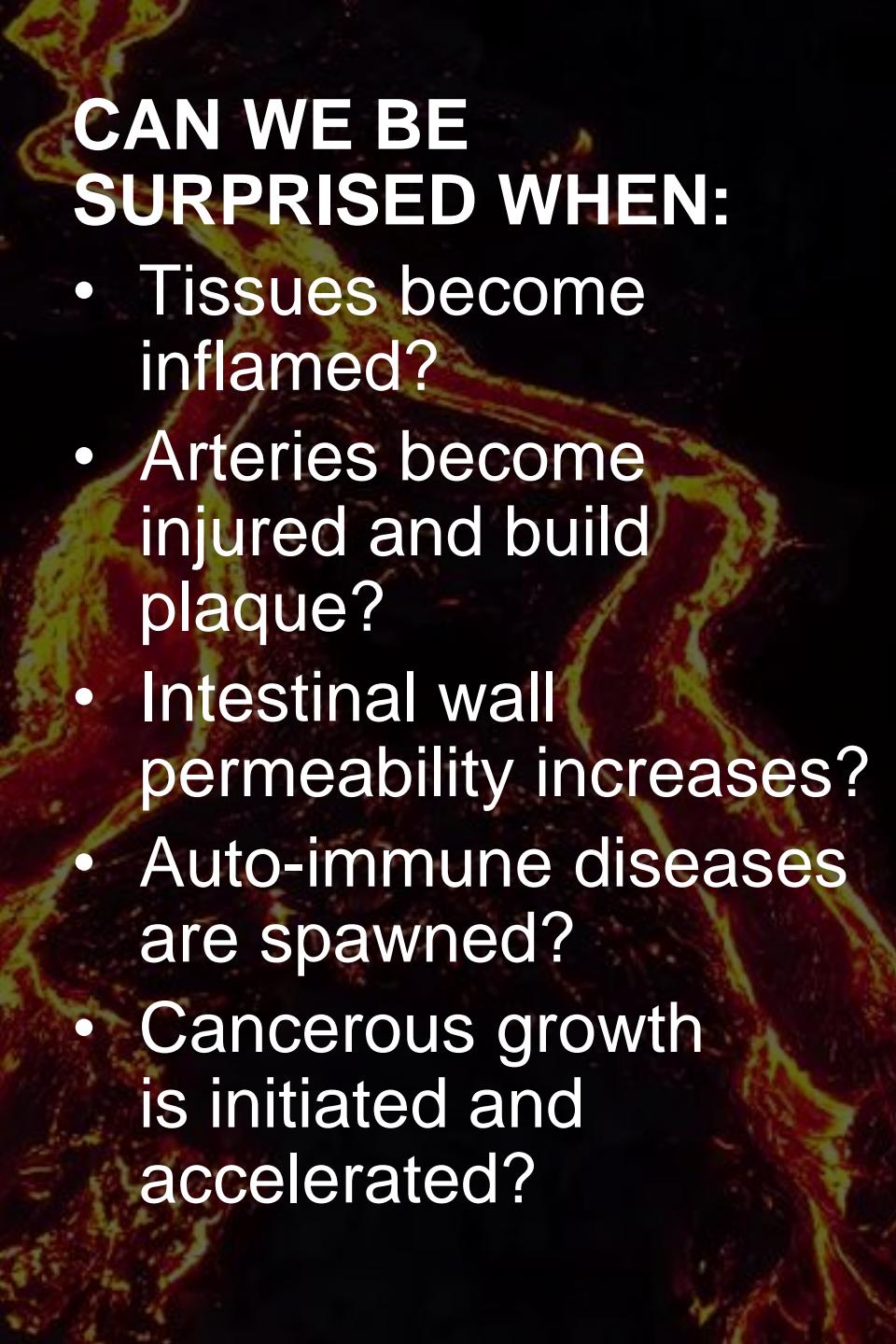


## A QUESTION FOR CLINICIANS: DOES YOUR PATIENT'S BLOOD CARRY THESE MOLECULES, DAY AFTER DAY - OR DOESN'T IT?

1. Oxidized cholesterol (atherogenic)  
+ proteins & fats →
2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
3. Neu5Gc - pro -inflammatory sialic acid
4. Endotoxins - **HEAT STABLE!**
5. TMAO from carnitine metabolism
6. Carcinogenic heterocyclic amines
7. Heme iron - ↑ **strokes, cancers**
8. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics



MICHAEL KLAPER, M.D.  
Nutrition-Based Medicine



## CAN WE BE SURPRISED WHEN:

- Tissues become inflamed?
- Arteries become injured and build plaque?
- Intestinal wall permeability increases?
- Auto-immune diseases are spawned?
- Cancerous growth is initiated and accelerated?

## A QUESTION FOR CLINICIANS: DOES YOUR PATIENT'S BLOOD CARRY THESE MOLECULES, DAY AFTER DAY - OR DOESN'T IT?

1. Oxidized cholesterol (atherogenic)  
+ proteins & fats →
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# PALEO PITFALLS...

## THE PALEO DIET:

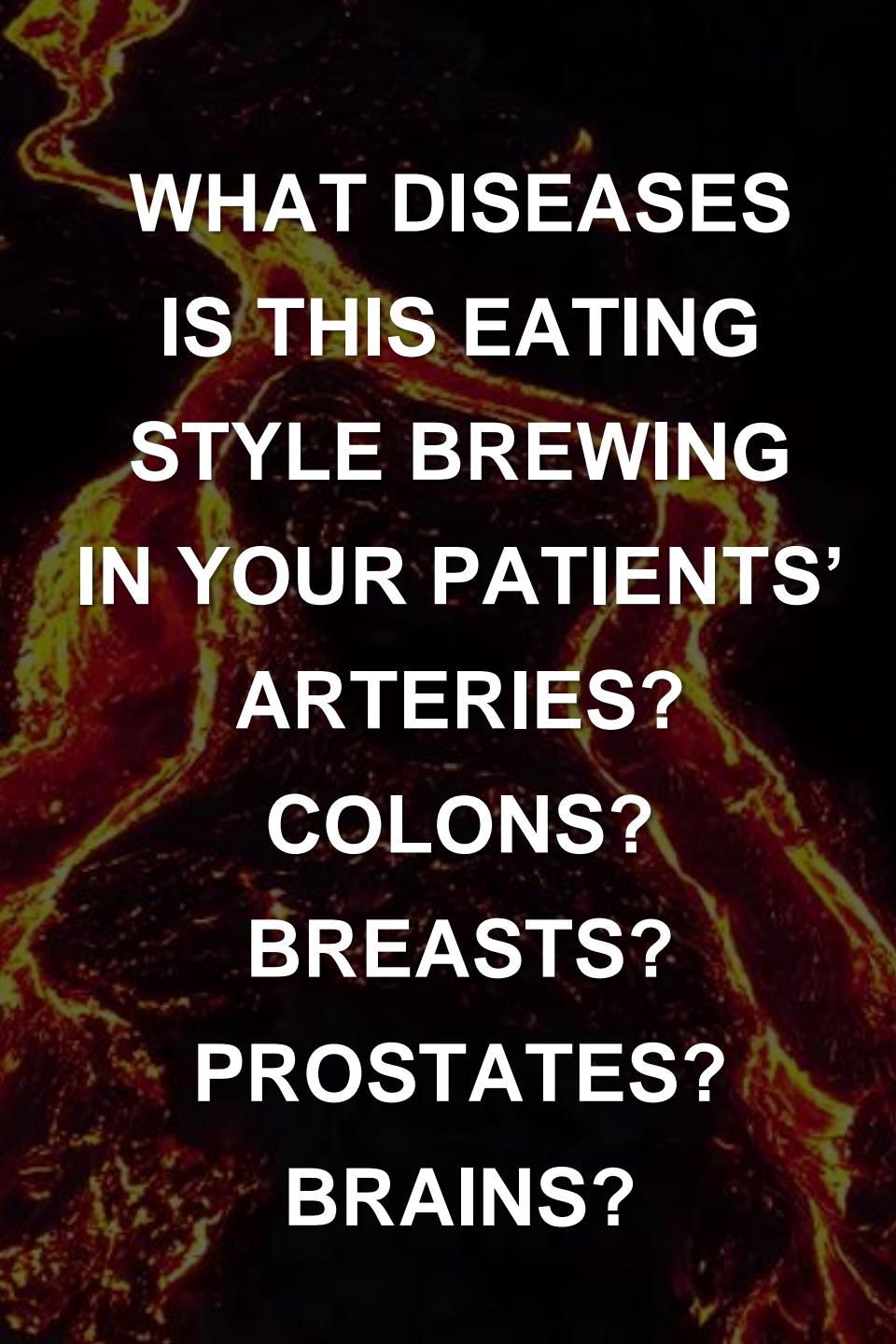
- People often improve initially
- Excludes **DAIRY**
- Excludes **OILS**
- Excludes **FLOUR**



“PALEO” EATERS MAY WELL BE  
SETTING THEMSELVES UP FOR:

- Colon Cancer
- Heart Attacks
- Strokes
- Autoimmune Diseases
- Diabetes
- Inflammatory Bowel Disease
- Dementia

Do practitioners know what  
they're doing when they  
recommend this style of eating?

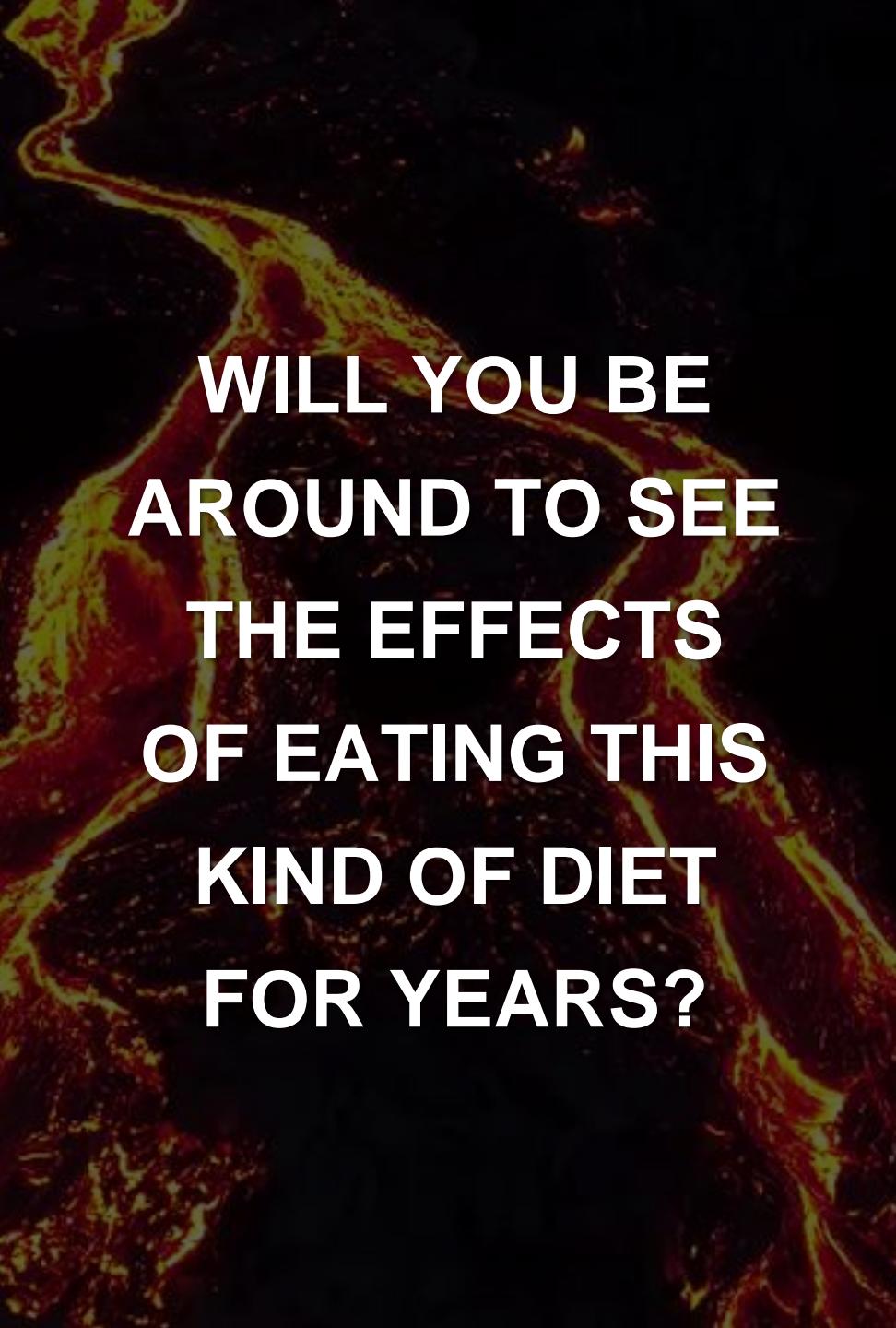


# WHAT DISEASES IS THIS EATING STYLE BREWING IN YOUR PATIENTS' ARTERIES? COLONS? BREASTS? PROSTATES? BRAINS?

**A QUESTION FOR CLINICIANS:**  
**“DO NO HARM” applies to dietary advice, as well.**

1. Oxidized cholesterol (atherogenic) + proteins & fats →
2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
3. Neu5Gc - pro -inflammatory sialic acid
4. Endotoxins - **HEAT STABLE!**
5. TMAO from carnitine metabolism
6. Carcinogenic heterocyclic amines
7. Heme iron - ↑ **strokes, cancers**
8. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics





WILL YOU BE  
AROUND TO SEE  
THE EFFECTS  
OF EATING THIS  
KIND OF DIET  
FOR YEARS?

**A QUESTION FOR CLINICIANS:  
“DO NO HARM” applies to dietary  
advice, as well.**

1. Oxidized cholesterol (atherogenic)  
+ proteins & fats →
2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
3. Neu5Gc - pro -inflammatory sialic acid
4. Endotoxins - **HEAT STABLE!**
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6. Carcinogenic heterocyclic amines
7. Heme iron - ↑ **strokes, cancers**
8. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics





NO ONE HAS  
EATEN A “PALEO”  
or “KETOGENIC”  
DIET FOR DECADES

**A QUESTION FOR CLINICIANS:**  
**“DO NO HARM” applies to dietary advice, as well.**

1. Oxidized cholesterol (atherogenic) + proteins & fats →
2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
3. Neu5Gc - pro -inflammatory sialic acid
4. Endotoxins - **HEAT STABLE!**
5. TMAO from carnitine metabolism
6. Carcinogenic heterocyclic amines
7. Heme iron - ↑ **strokes, cancers**
8. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics



# *BLUE ZONES of Longevity*

## Plant-based diets can promote longevity



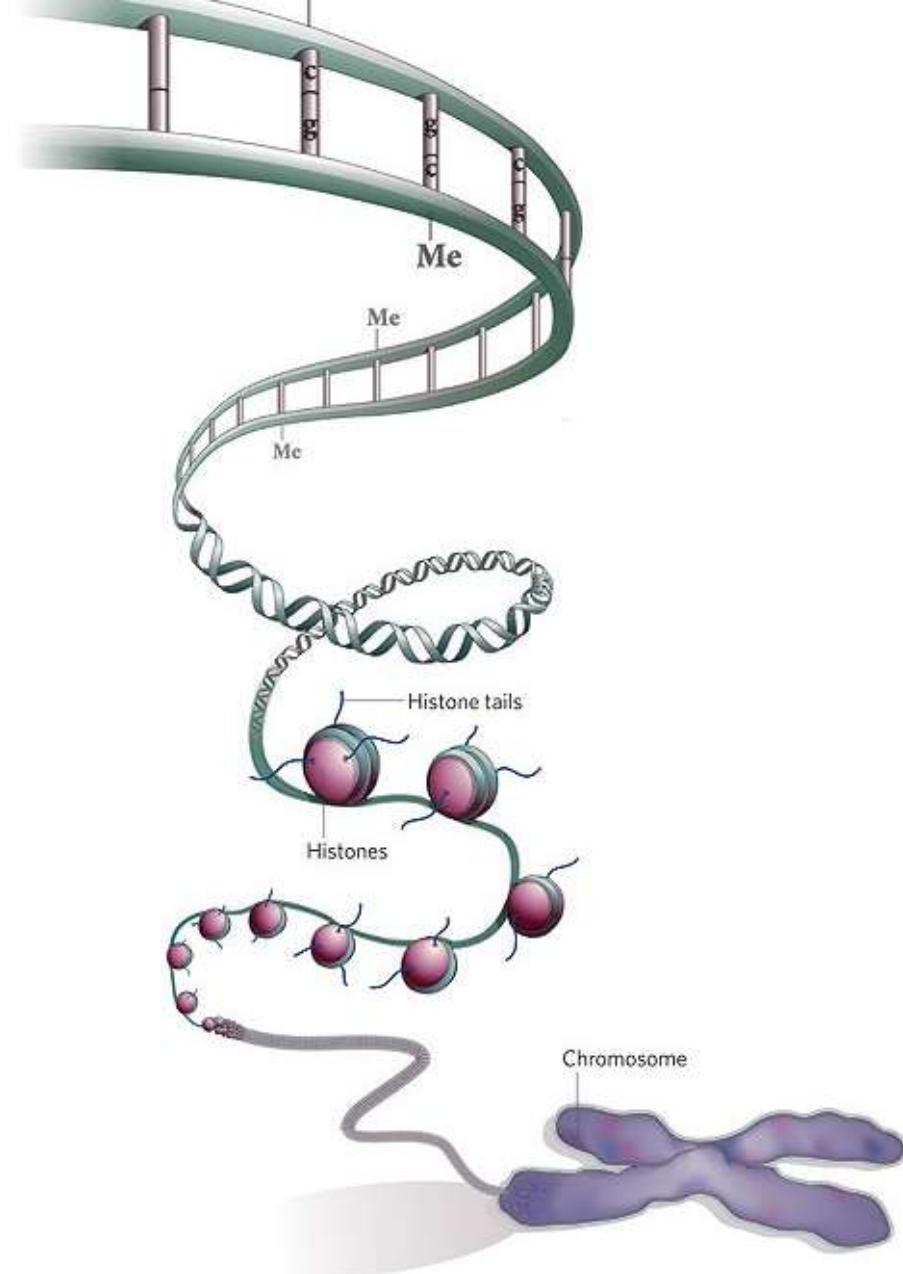
**Health professionals do a disservice to our patients if we practice as if what they are eating has no bearing on the diseases they bring to us to treat!**

**What our patients are eating is the main cause of most of the diseases they bring to us to treat!**

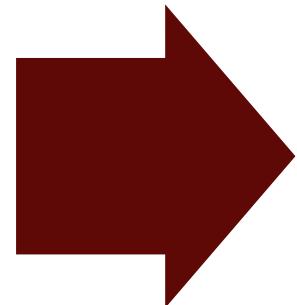


WITHIN MINUTES OF ANYTHING,  
MOLECULES OF THAT FOOD  
ARE FLOWING THROUGH  
EVERY CELL IN OUR BODY...

*...and it plays our DNA like a piano.*



*You don't need to be a geneticist to understand that the genes that will be turned on by this food...*



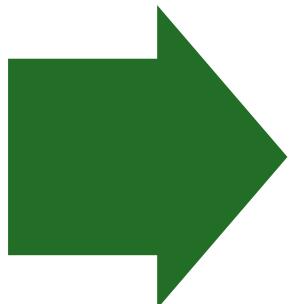
AGING  
INFLAMMATION  
AUTO-IMMUNITY  
CANCER initiation

### MEAT-SPECIFIC TOXINS

- Oxidized fats & proteins → reactive aldehydes
- Neu5Gc - pro-inflammatory sialic acid
- Endotoxins - HEAT STABLE!
- TMAO from carnitine metabolism
- Carcinogenic heterocyclic amines
- Advanced Glycation Endproducts
- Bioconcentrated pesticides, herbicides, heavy metals, hormones and antibiotics



*will be very different than the genes that will be turned on by this food...*

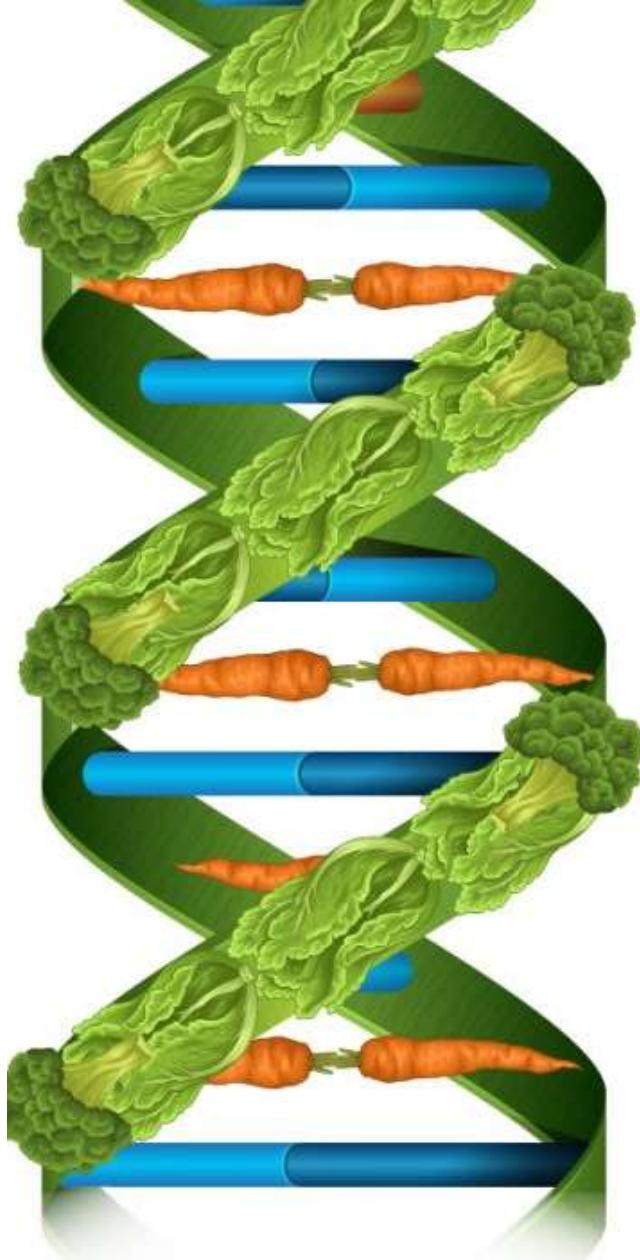


ANTI-OXIDANT  
ACTIVITY  
TISSUE REPAIR  
IMMUNITY

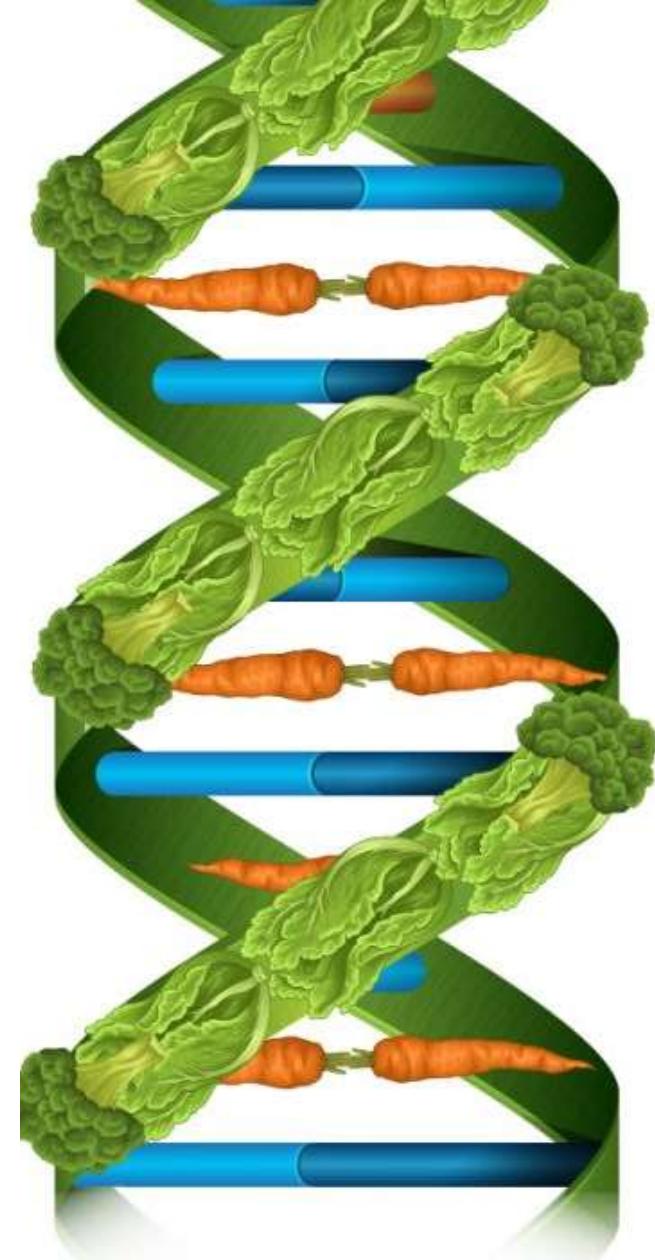
### PHYTO-CHEMICALS:

- Polyphenols
- Genistein
- Curcumin
- Resveratrol
- Silymarin
- Diallyl sulfide
- Lycopene
- Sulforaphane isothiocyanates
- Rosmarinic acid
- Apigenin
- Gingerol





*“Your genes may load the gun, but your diet and your lifestyle pulls the trigger...”*

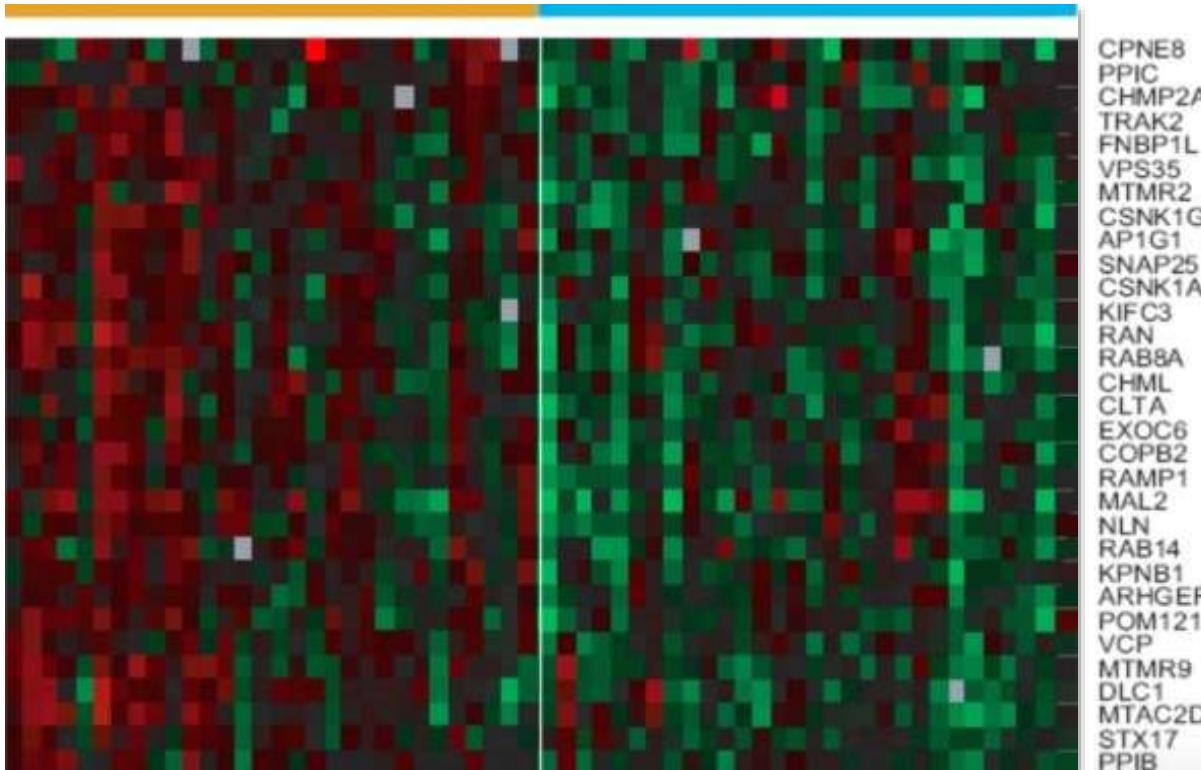


# Food affects our genes

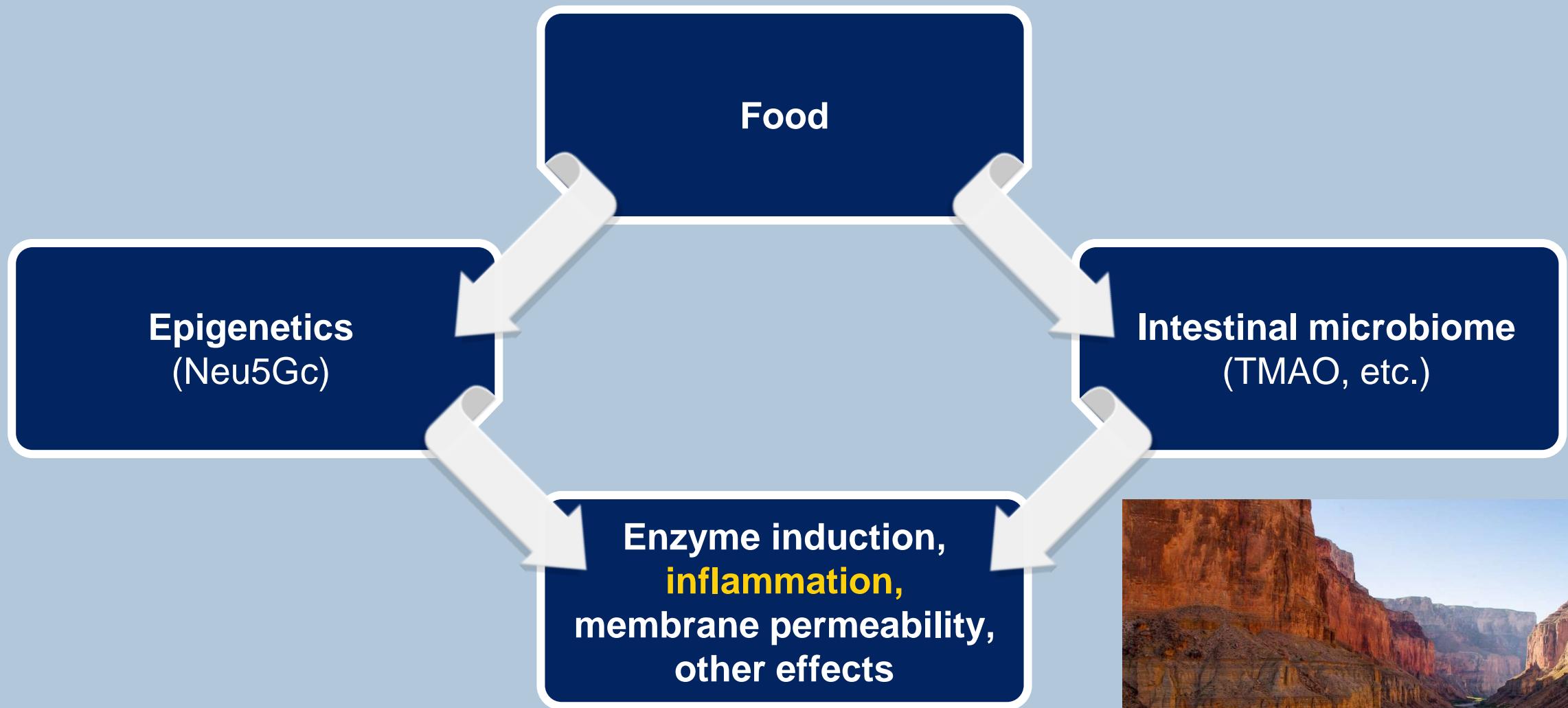
“Turning Off” Cancer-Causing  
Genes by Intensive Lifestyle Changes  
(red = turned on; green = turned off)

Pre-Intervention

Post-Intervention



# *EACH MEAL CHANGES US...*



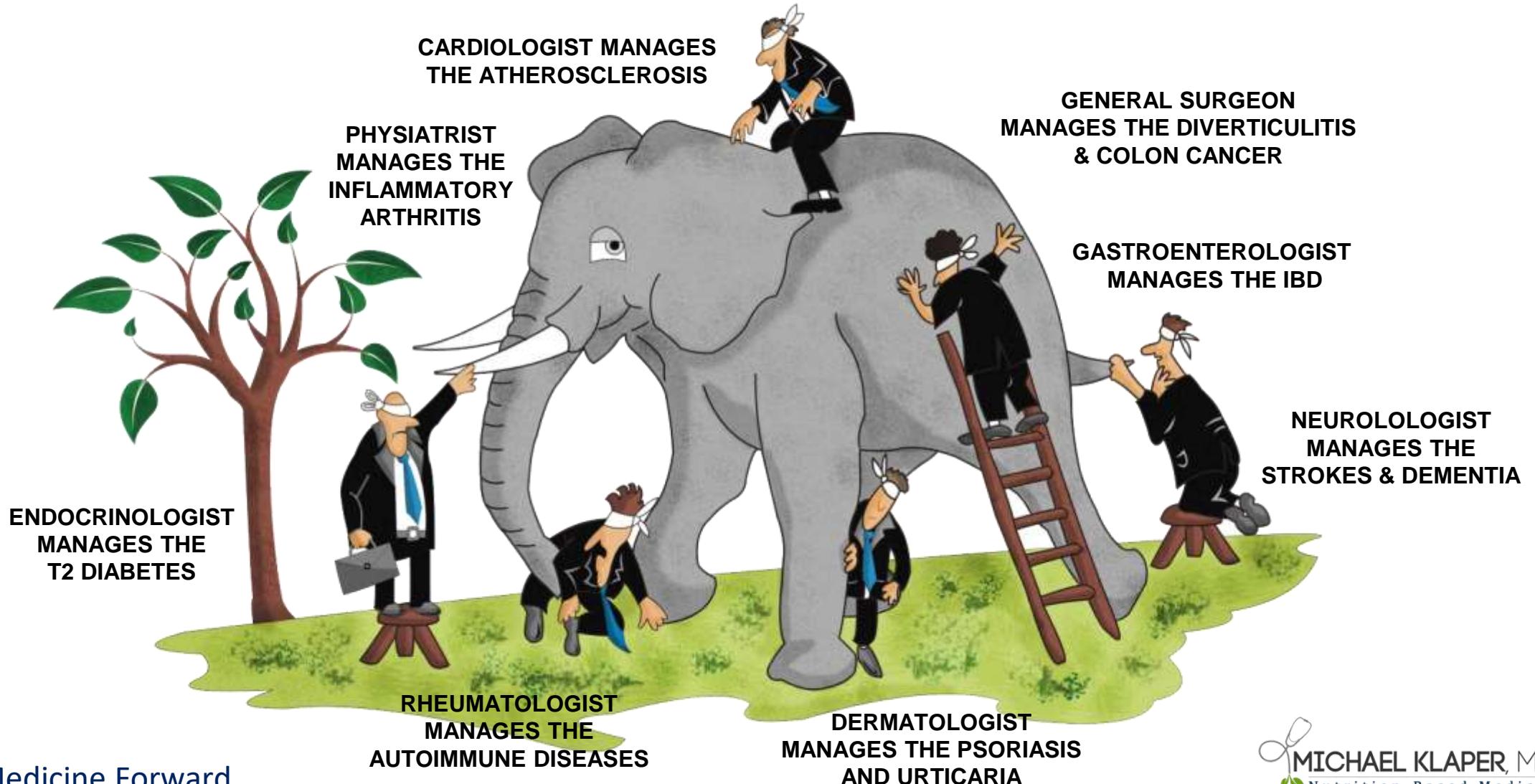
*effects seen over time*



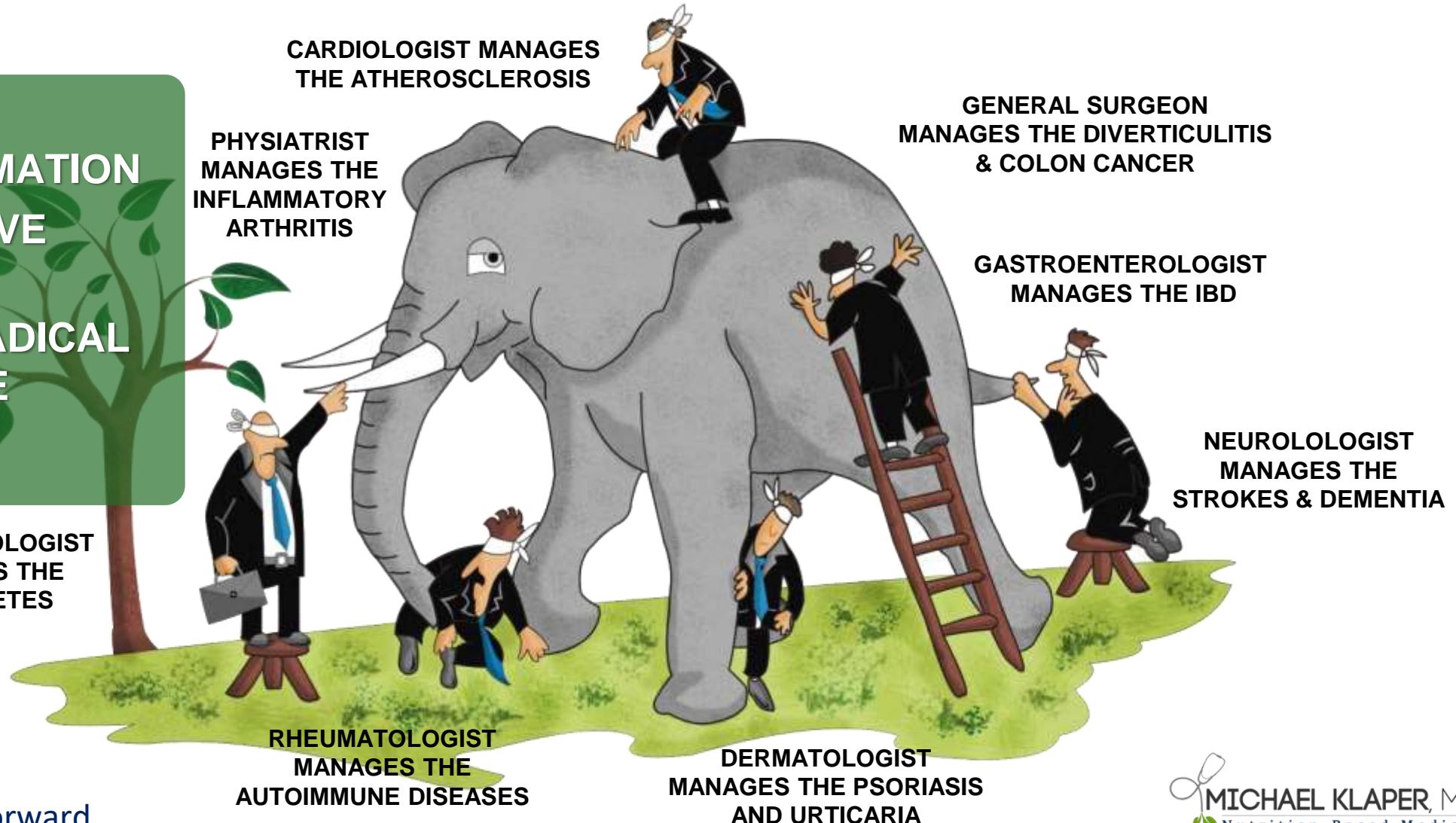
# *The blind men and the elephant*



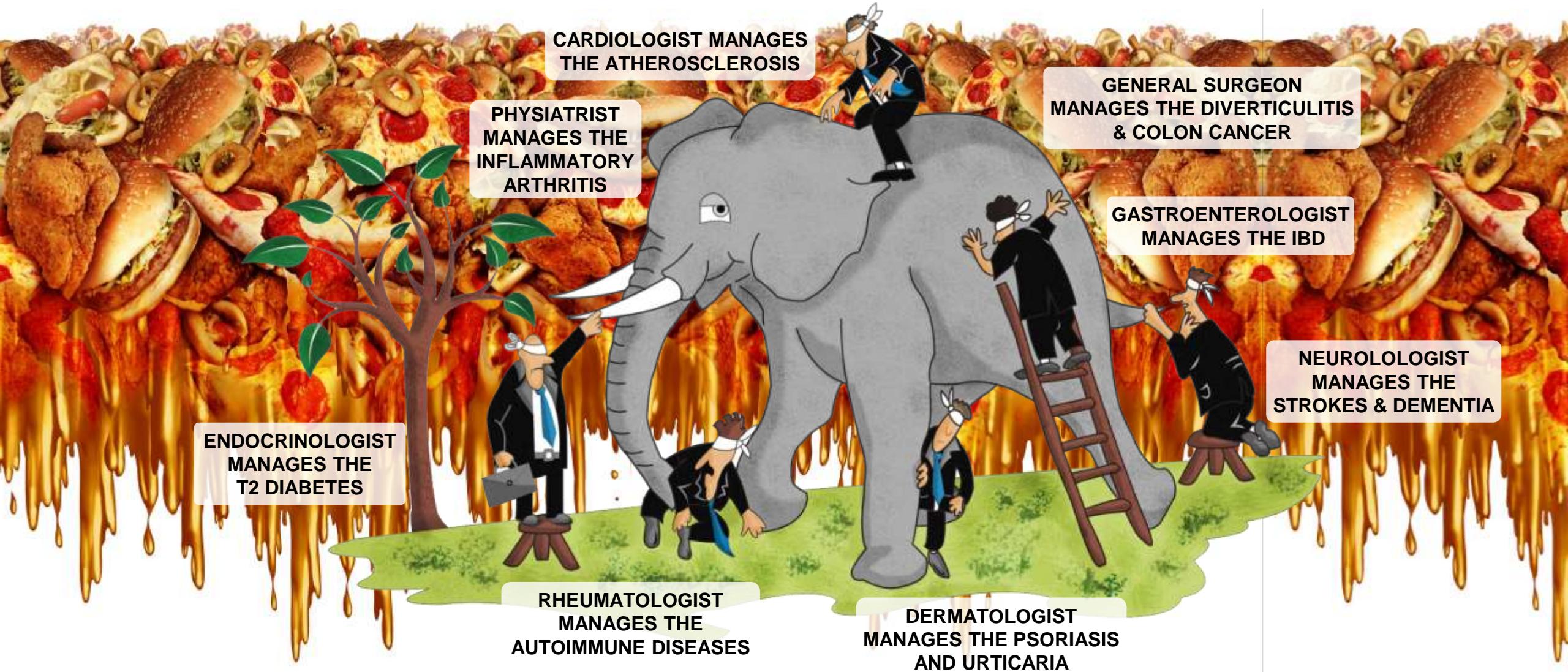
# *The “nutritionally-blind” doctors and their understanding of diseases...*



# *The “nutritionally-blind” doctors and their understanding of diseases...*



# *The “nutritionally-blind” doctors and their understanding of diseases...*



**“NUTRITION VISION”**



**REPEATED “RED TIDES”  
OVER TIME...**

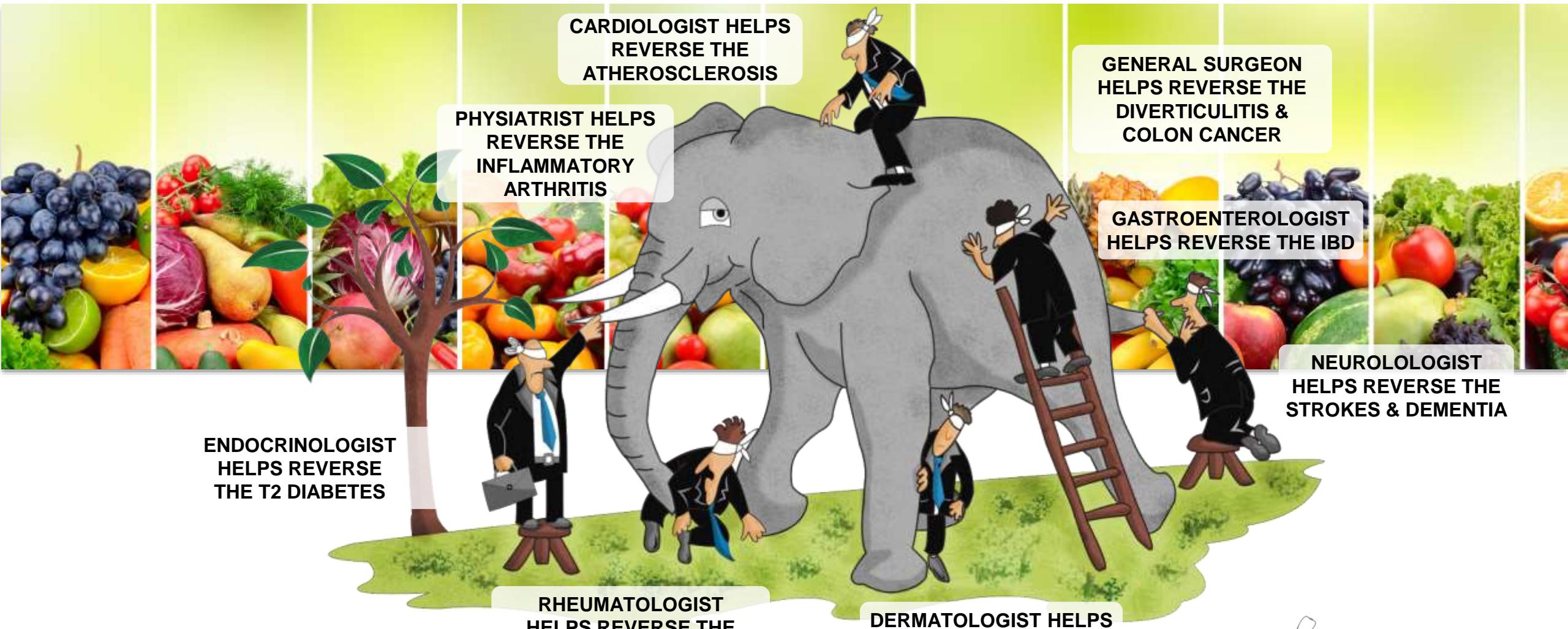
**FOOD EFFECTS X TIME =  
HEALTH EFFECTS**

**IT IS ALWAYS  
YOU,  
THE PATIENT,  
and the**

**PATIENT’S DAILY DIET –  
*The “Invisible Sculptor”***



# *A whole food, plant-based diet can arrest and reverse these diseases...*



*An essential, hopeful concept:*

## DISEASE REVERSAL\*

\* Remission of clinical symptoms and normalization of relevant laboratory values

Know that  
this is possible!  
This is where  
healing begins...





# A WHOLE FOOD PLANT-BASED DAY

**Breakfast** - Oatmeal, berries, almond milk, ground flax seeds

**Lunch** - salad, tomato vegetable bean soup, veggie burger and baked sweet potato

**Dinner** - Salad, vegetable soup, bean burrito, whole grain brown rice, sliced carrots and beets, steamed kale

**Dessert** - Raspberries and oat milk

Energy	2421 kcal / 2164 kcal (111%)
Protein	84.0 g / 56.0 g (149%)
Net Carbs	351.4 g
Fat	47.4 g / 65.0 g (72%)
Fiber	77.8 g
	259%

## A DISEASE-REVERSING DIET!



WHY?

HOW?

## ***CHANGING TO WHOLE-FOOD, PLANT-BASED NUTRITION CHANGES EVERYTHING***

**These are removed:**

**MEAT-SPECIFIC TOXINS**

1. Oxidized cholesterol (atherogenic)
2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
3. Neu5Gc - pro -inflammatory
4. Endotoxins - **HEAT STABLE!**
5. TMAO from carnitine metabolism
6. Carcinogenic heterocyclic amines
7. Heme iron - strokes, cancers
8. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics
9. Meat-elevated IGF-1 levels
10. Reactive sugars
11. Excessive sodium
12. Pro-inflammatory arachidonic acid



# **(PLANT-BASED) NUTRITION CHANGES EVERYTHING**

High water content + anti-oxidant phytonutrients bathe tissues *with every meal...*

Carotenoids, cryptoxanthins, flavanoids, glucosinolates, etc.



**These are modified:**

- ▲ Nitric Oxide from greens ▲ vasodilation ▼ BP
- Blood viscosity ▼ O<sub>2</sub>/nutrient delivery ▲
- Arachidonic acid/ inflammatory prostaglandins ▼
- Omega-3s ▲ INFLAMMATION ▼
- Anti-oxidant surge...ROS quenched , Oxidative stress ▼
- Microbiota - Prevotella ▲ Pathogenic Bacteroidetes ▼
- Mood often improves - GI microbes?
- Blood lipids - less atherogenic
- Skin oils - change with dietary protein/fat
- Hormone levels - estrogens, IGF-1, TNF- a, etc.
- Renal function ▲ (hyperfiltration) ▼
  
- Respiratory secretions - less viscous
- Immune - WBC's ▼ but no ▲ infections



**"NUTRITION VISION"**



## WHOLE-FOOD, PLANT-BASED DIET:

REMOVES MEAT &  
PROCESSING CHEMICALS

HIGH WATER CONTENT

NUTRIENT-RICH

IMPROVES LIPIDS

HEALS MICROBIOME

QUELLS INFLAMMATION

REDUCES OXIDATIVE STRESS

### ORGAN SYSTEMS BENEFIT

BRAIN

EYE - RETINA

NOSE & THROAT

ARTERIES & HEART

GI SYSTEM + MICROBIOME

KIDNEYS

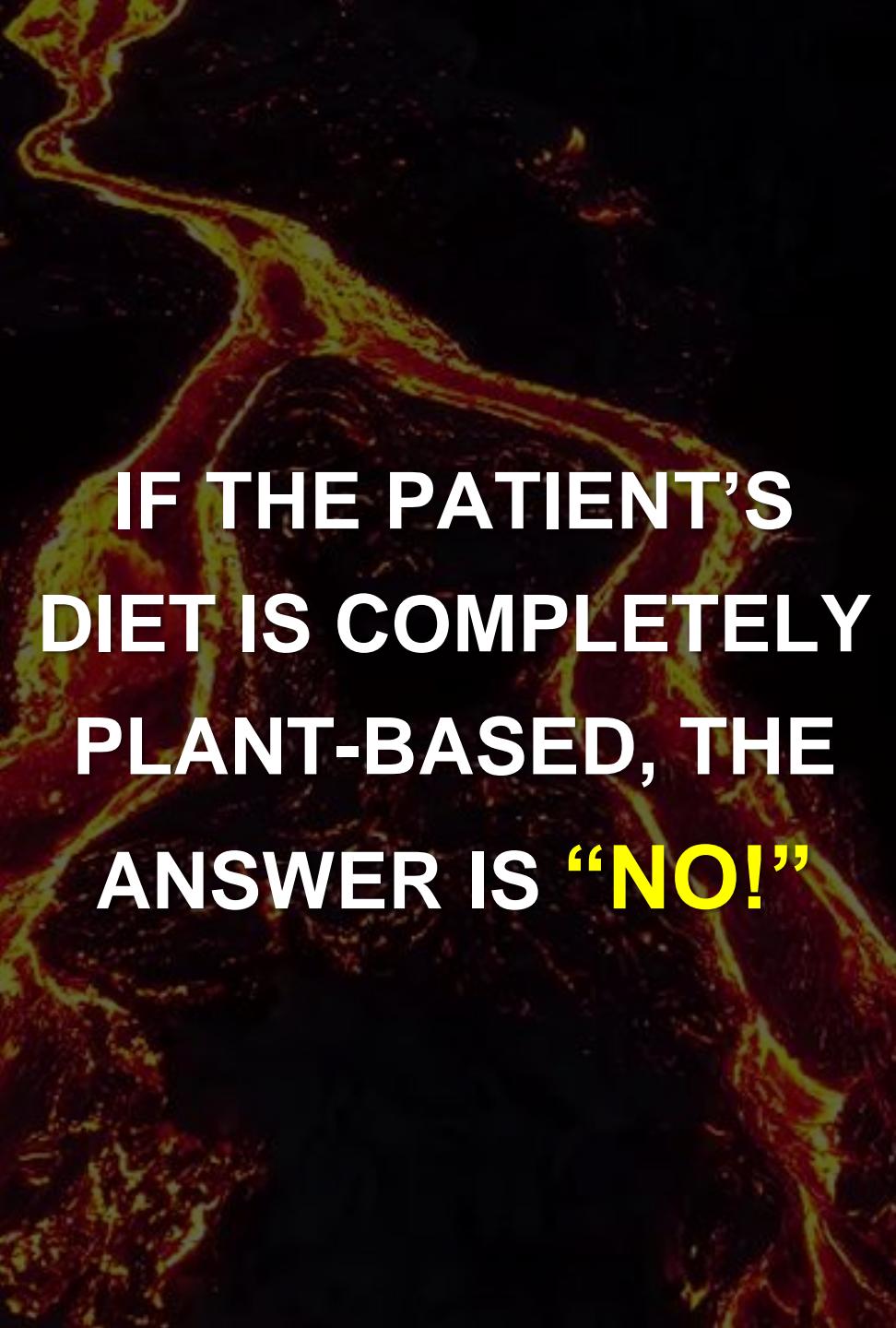
LIVER

IMMUNE SYSTEM

BONES & JOINTS

SKIN

PSYCHE



IF THE PATIENT'S  
DIET IS COMPLETELY  
PLANT-BASED, THE  
ANSWER IS “NO!”

## A QUESTION FOR CLINICIANS: DOES YOUR PATIENT'S BLOOD CARRY THESE MOLECULES, DAY AFTER DAY - OR DOESN'T IT?

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+ proteins & fats →
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# **WHOLE FOOD PLANT-BASED DIET**

**A DISEASE-  
REVERSING DIET!**

# (PLANT-BASED) NUTRITION IS THE KEY TO UNDERSTANDING DISEASE REVERSAL



When one adopts a truly healthy diet and lifestyle, the changes are often nothing short of spectacular

- Obesity starts to melt away
- Insulin receptors open
- Arteries relax
- Blood less viscous
- BP decreases - O<sub>2</sub> delivery ↑
- Joint pain reduces
- Asthmatic lungs wheeze less
- Skin begins to clear
- Bowel function normalizes

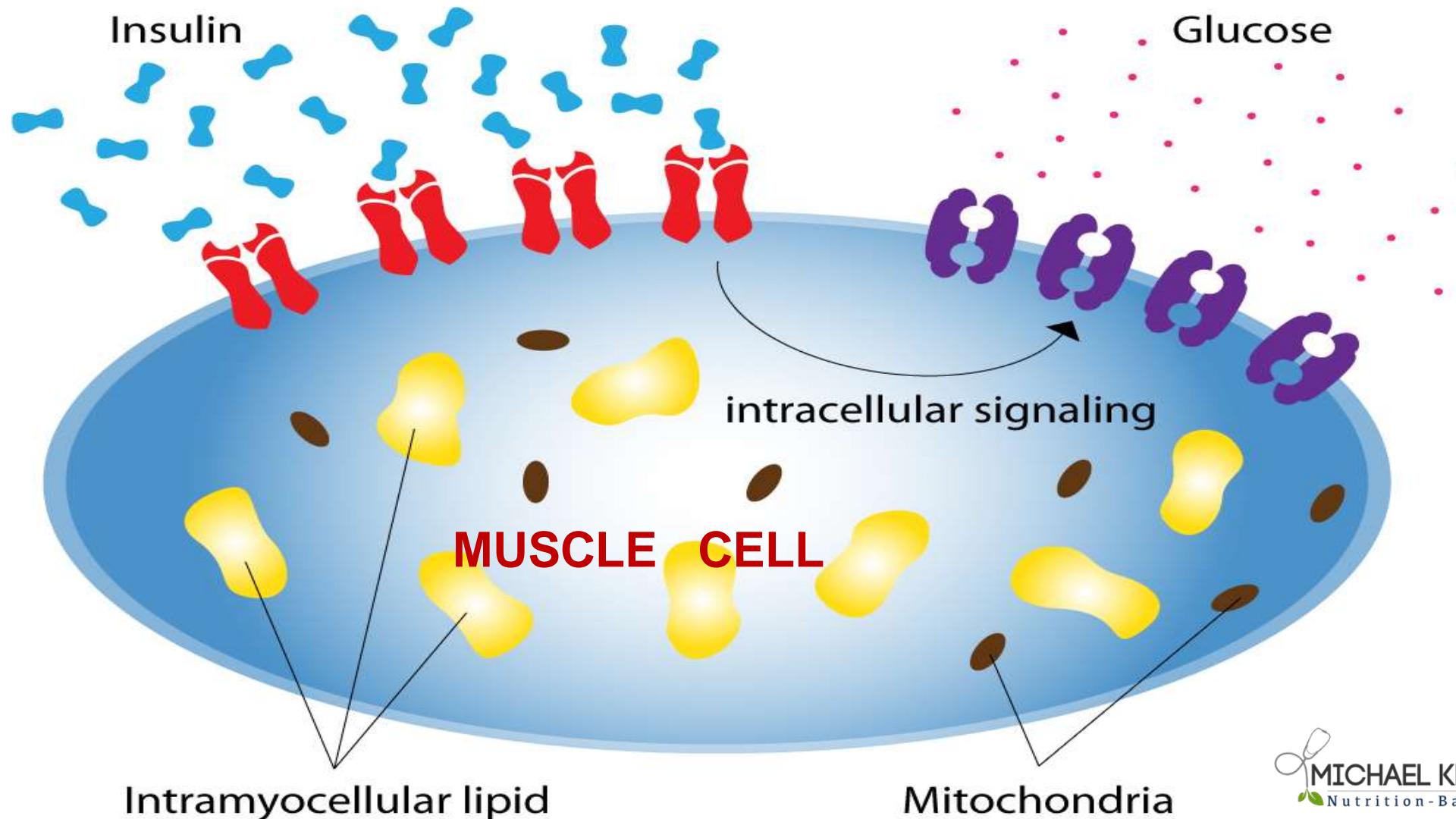


EMILY lost almost 100 LBS, angina & pre-diabetes in 11 months on whole, plant-based foods



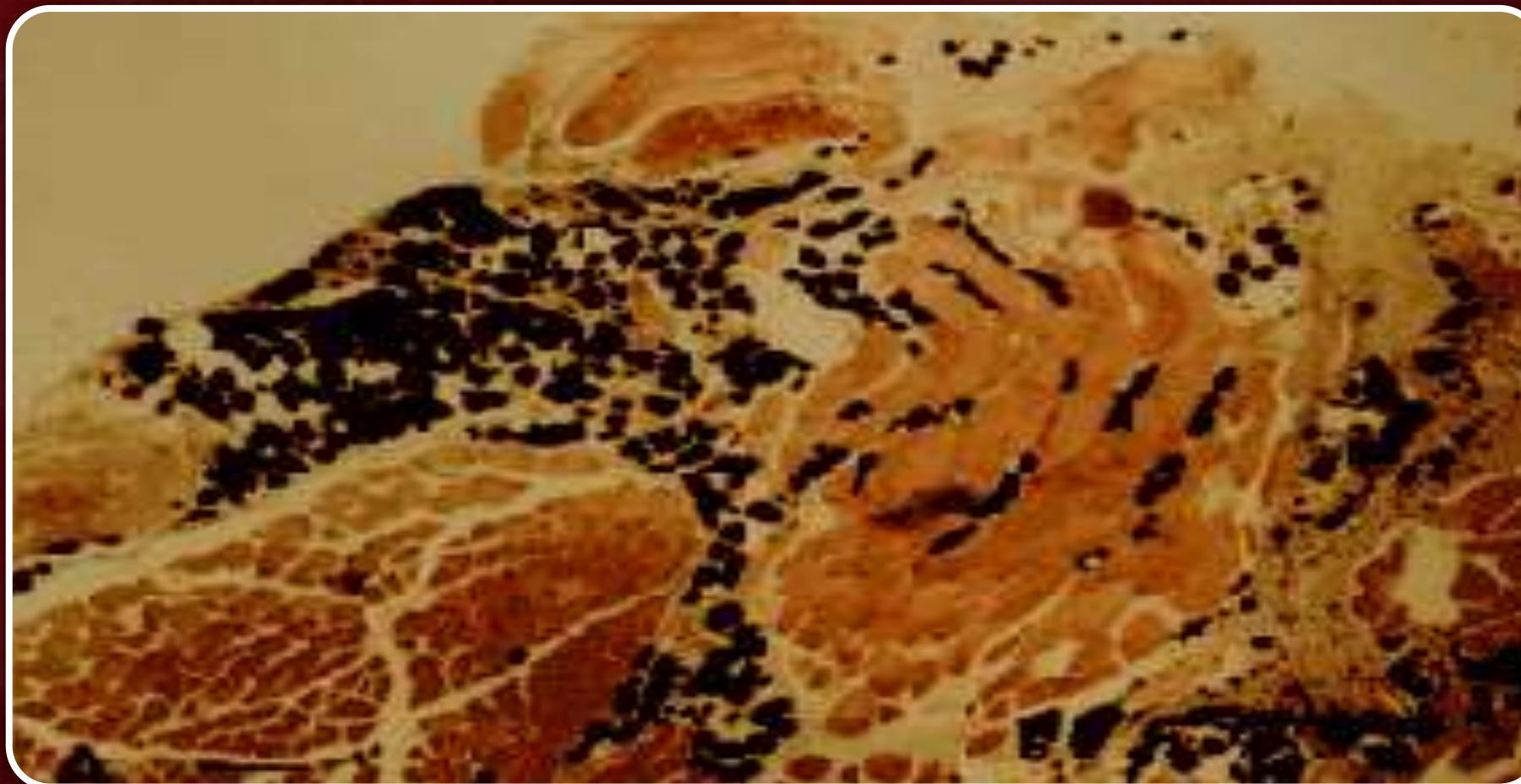
# **DISEASE REVERSAL IN ENDOCRINOLOGY**

# TYPE II - INSULIN RESISTANCE (from FREQUENT LIPEMIA)



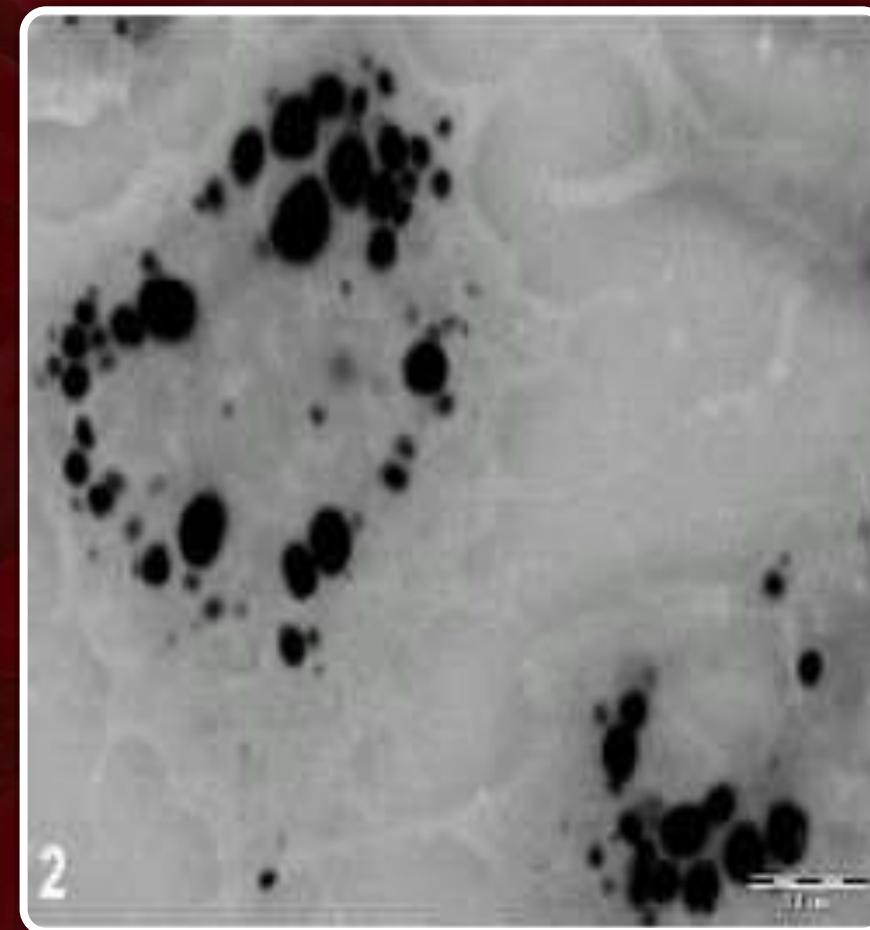
# INTRAMYOCELLULAR LIPID

(fat in the muscle cells)



# INTRAMYOCELLULAR LIPID

With  $\text{P}^{31}$  and  $\text{C}^{13}$  magnetic resonance spectroscopy (MRS)



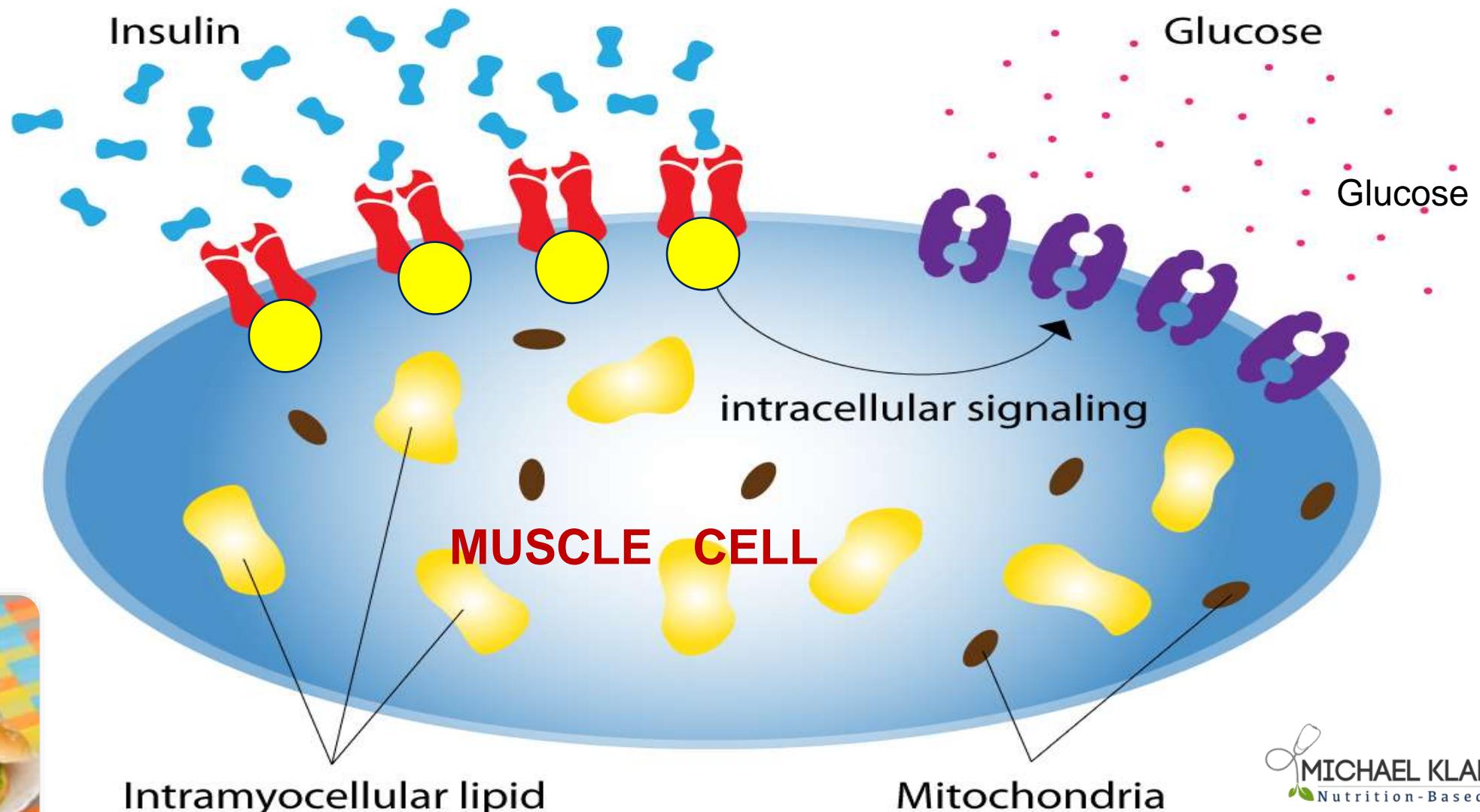
Diabetes Obes Metab. 2004 Jul;6(4):239-48.

# **Intramyocellular lipids and insulin resistance**

Machann J, Häring H, Schick F, Stumvoll M.

Department of Endocrinology, Metabolism and  
Pathobiochemistry, University of Tübingen, Tübingen, Germany.

*(Patient teaching aid)*  
**TYPE II - INSULIN RESISTANCE**



**OBESITY IS  
NOT OK FOR  
HEALTH**

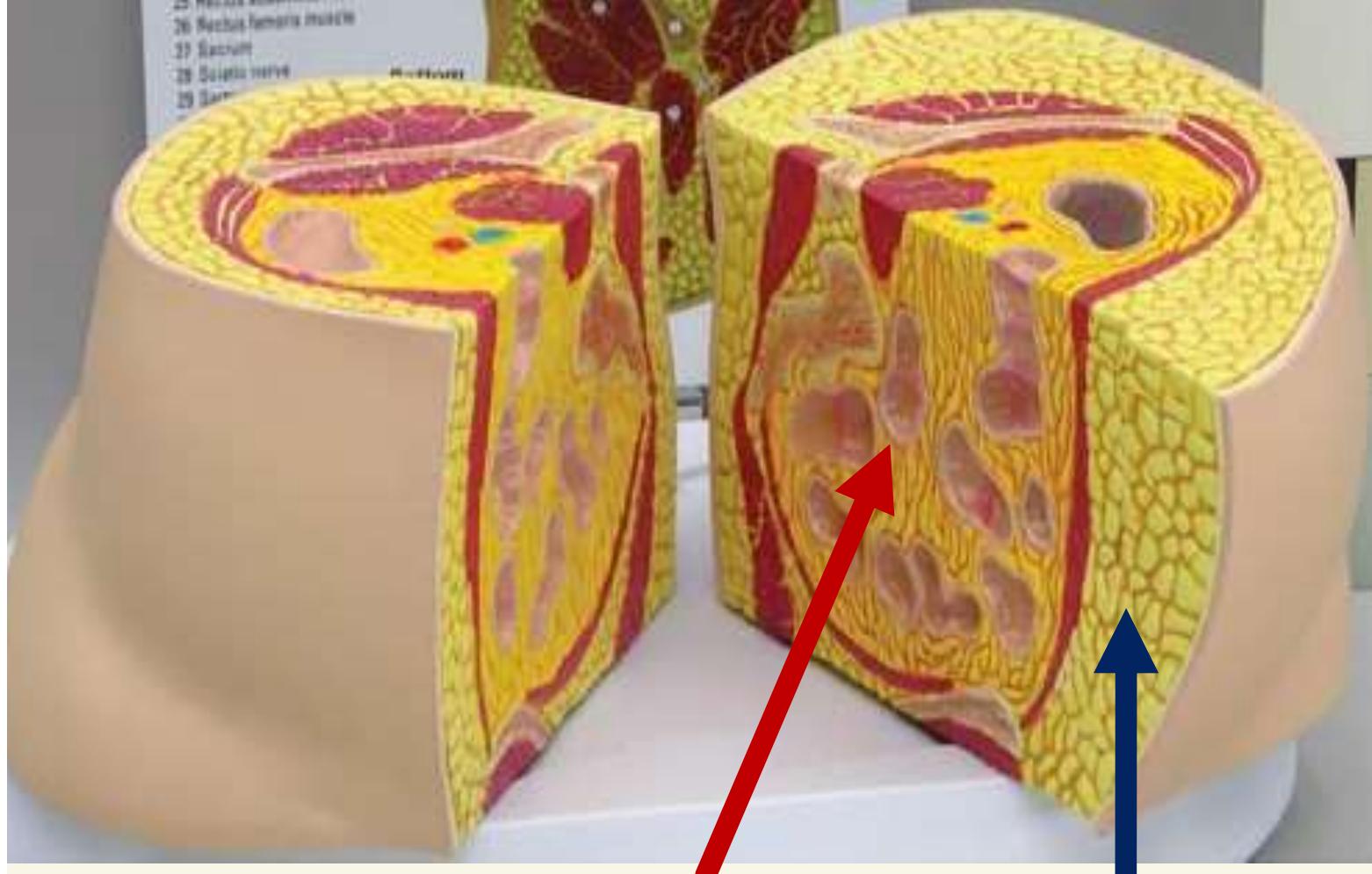


**SUBCUTANEOUS  
FAT PRODUCES  
ESTROGENS!**

# INFLAMMATORY CYTOKINES FROM INTRA-ABDOMINAL FAT TISSUE drive...

Asthma, enlarged prostate, gallstones, coronary artery disease, deep venous thrombosis, diabetes, endometrial cancer, erectile dysfunction, gastroesophageal reflux disease, heart failure, elevated cholesterol, high blood pressure, kidney stones, leukemia, liver disease, osteoarthritis ovarian cancer, pancreatic cancer, polycystic ovarian syndrome, psoriasis, uterine fibroids.

*Cytokines from abdominal fat can make T2DM worse!*

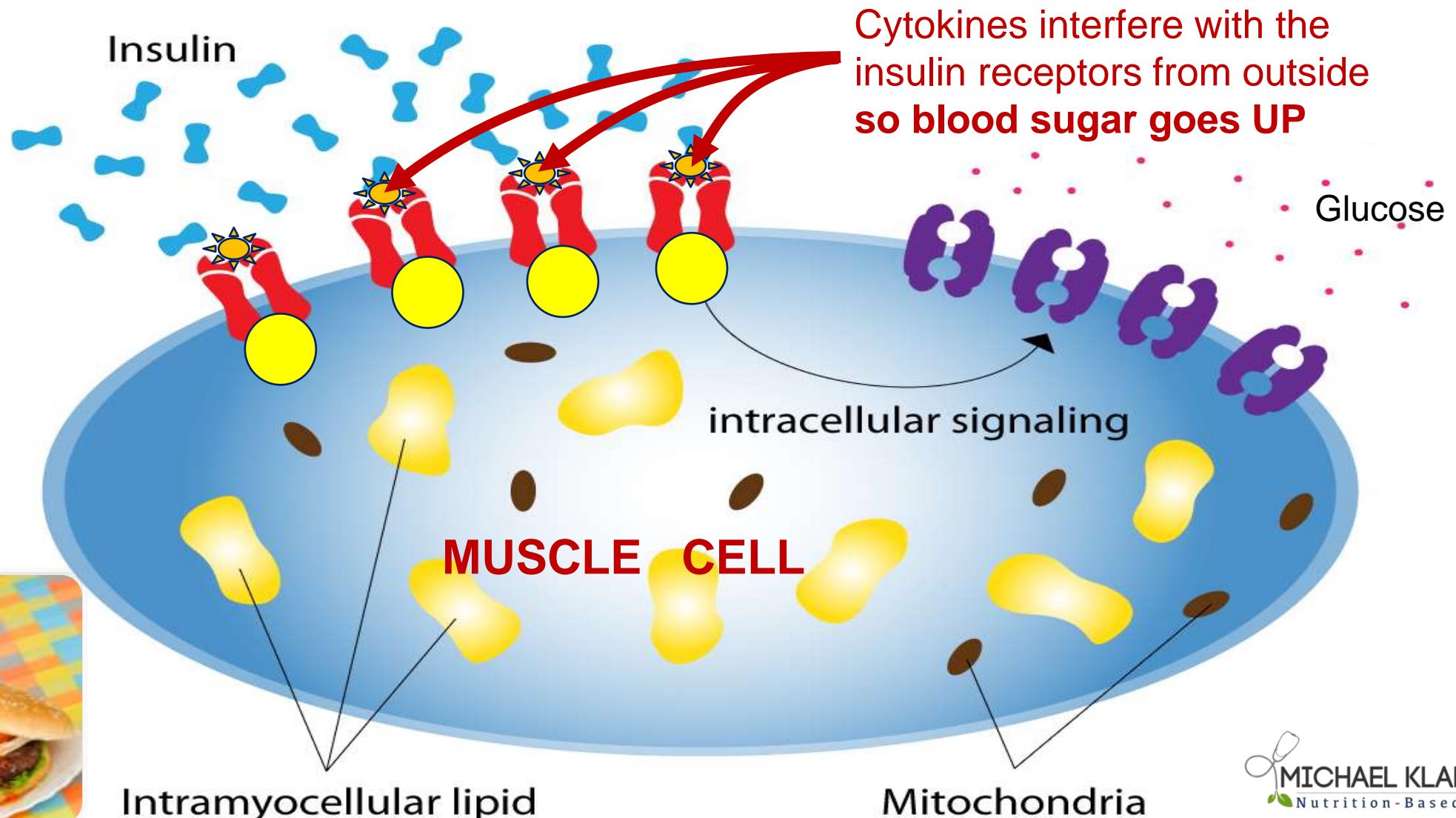


**INTRA-ABDOMINAL FAT  
PRODUCES INFLAMMATORY  
CYTOKINES!**

**SUBCUTANEOUS  
FAT PRODUCES  
ESTROGENS!**

*(Patient teaching aid)*

# TYPE II - INSULIN RESISTANCE



A woman with dark hair, wearing a green tank top, is shown from the chest up. She is eating a piece of broccoli with a fork. In front of her is a wooden bowl containing a salad of broccoli, red cherry tomatoes, and lettuce. To the right of the salad is a wooden bowl containing a large, sesame-seed topped burger. She is holding her right hand up with the palm facing forward, as if she is rejecting the burger.

# TYPE II DIABETES IS A PREVENTABLE AND REVERSIBLE DISEASE!

Moving Medicine Forward

The logo for Michael Klaper, M.D. features a stylized icon of a leaf and a spoon.

MICHAEL KLAPER, M.D.  
Nutrition-Based Medicine

# TYPE II DIABETES CAN USUALLY BE IMPROVED AND OFTEN REVERSED!

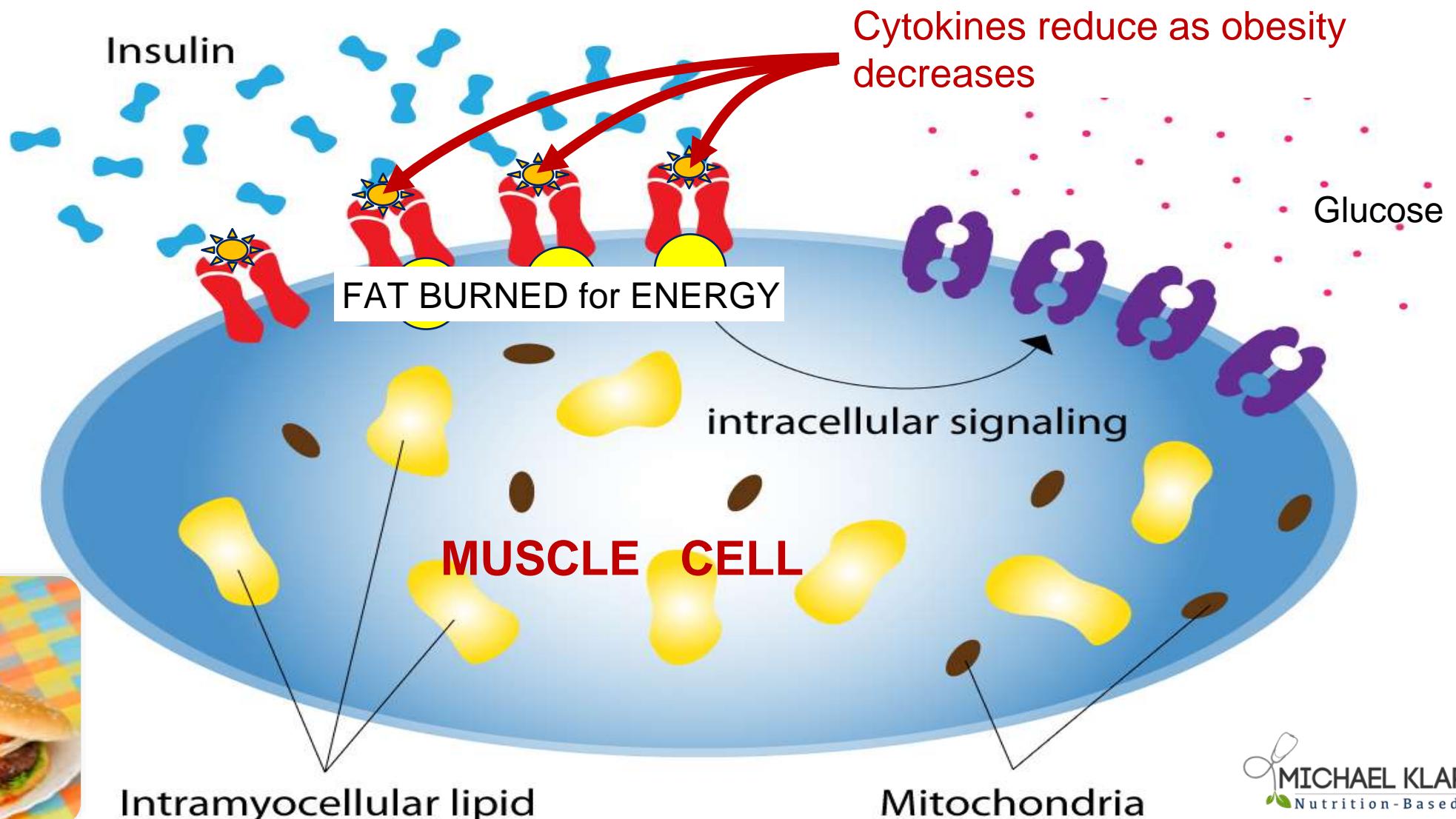
Am J Clin Nutr. 2009 May;89(5):1588S-1596S. Epub 2009 Apr 1.

A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial.

Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Green A, Ferdowsian H.

Department of Medicine, George Washington University School of Medicine, Washington, DC

*(Patient teaching aid)*  
**TYPE II - INSULIN RESISTANCE**



# @ 22 Weeks: Plant-Based Diet vs. A.D.A. Diet

	Plant-Based Diet	A.D.A. Diet
HgbA1c	-1.23 %	-0.38
Body wt	-6.5 kg	-3.1 k
LDL	-21 %	-10.7 %
Urine alb.	-15.9 mg/24h	-10.9 mg/24h

Am J Clin Nutr. 2009 May;89(5):1588S-1596S. Epub 2009 Apr 1. A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Green A, Ferdowsian H.

*This man used to take insulin for his Type 2 diabetes - not anymore, after adopting a WFPBD...*

### **Success story**

“A plant-based diet helped me lose 100 pounds and saved my life”



Pawlak R. Vegetarian Diets in the Prevention and Management of Diabetes and Its Complications. *Diabetes Spectr.* 2017;30(2):82-88.

McMacken M, Shah S. A plant-based diet for the prevention and treatment of type 2 diabetes. *J Geriatr Cardiol.* 2017;14(5):342-354.

Yokoyama Y, Barnard ND, Levin SM, Watanabe M. Vegetarian diets and glycemic control in diabetes: a systematic review and meta-analysis. *Cardiovasc Diagn Ther.* 2014;4(5):373-382.

Lee YM, Kim SA, Lee IK, et al. Effect of a Brown Rice Based Vegan Diet and Conventional Diabetic Diet on Glycemic Control of Patients with Type 2 Diabetes: A 12-Week Randomized Clinical Trial. *PLoS ONE.* 2016;11(6):e0155918.

Ramal E, Champlin A, Bahjri K. Impact of a Plant-Based Diet and Support on Mitigating Type 2 Diabetes Mellitus in Latinos Living in Medically Underserved Areas. *Am J Health Promot.* 2018;32(3):753-762.

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Bahadoran Z, Mirmiran P, Tohidi M, Azizi F. Dietary phytochemical index and the risk of insulin resistance and  $\beta$ -cell dysfunction: a prospective approach in Tehran lipid and glucose study. *Int J Food Sci Nutr.* 2015;66(8):950-955.

**Moving Medicine Forward**



# **DISEASE REVERSAL IN DERMATOLOGY**

# DAIRY and ACNE

Nestle Nutr Workshop Ser Pediatr Program. 2011;67:131-45

## **Evidence for acne-promoting effects of milk and other insulinotropic dairy products. Melnik BC.**

Acne vulgaris, the most common skin disease of western civilization, has evolved to an epidemic affecting more than 85% of adolescents. Acne can be regarded as an indicator disease of exaggerated insulinotropic western nutrition. **Especially milk and whey protein-based products contribute to elevations of postprandial insulin and basal insulin-like growth factor-I (IGF-I) plasma levels.** It is the evolutionary principle of mammalian milk to promote growth and support anabolic conditions for the neonate during the nursing period. Whey proteins are most potent inducers of glucose-dependent insulinotropic polypeptide secreted by enteroendocrine K cells which in concert with hydrolyzed whey protein-derived essential amino acids stimulate insulin secretion of pancreatic  $\beta$ -cells. Increased insulin/IGF-I signaling activates the phosphoinositide-3 kinase/Akt pathway, thereby reducing the nuclear content of the transcription factor FoxO1, the key nutrigenomic regulator of acne target genes. Nuclear FoxO1 deficiency has been linked to all major factors of acne pathogenesis, i.e. androgen receptor transactivation, comedogenesis, increased sebaceous lipogenesis, and follicular inflammation. The elimination of the whey protein-based insulinotropic mechanisms of milk will be the most important future challenge for nutrition research. **Both, restriction of milk consumption or generation of less insulinotropic milk will have an enormous impact on the prevention of epidemic western diseases like obesity, diabetes mellitus, cancer, neurodegenerative diseases and acne.**



# ***SUGAR, DAIRY, OILS and ACNE***



Cutis. 2012 Aug;90(2):70-2. Whey protein precipitating moderate to severe acne flares in 5 teenaged athletes.

Nestle Nutr Workshop Ser Pediatr Program. 2011;67:131-45 Evidence for acne-promoting effects of milk and other insulinotropic dairy products. Melnik BC.

Thiboutot DM. Diet and acne revisited. Arch Dermatol. 2002 Dec;138(12):1591-2.

Logan AC. Omega-3 fatty acids and acne. Arch Dermatol. 2003 Jul;139(7):941-2;

# PSORIASIS CAN DRAMATICALLY IMPROVE

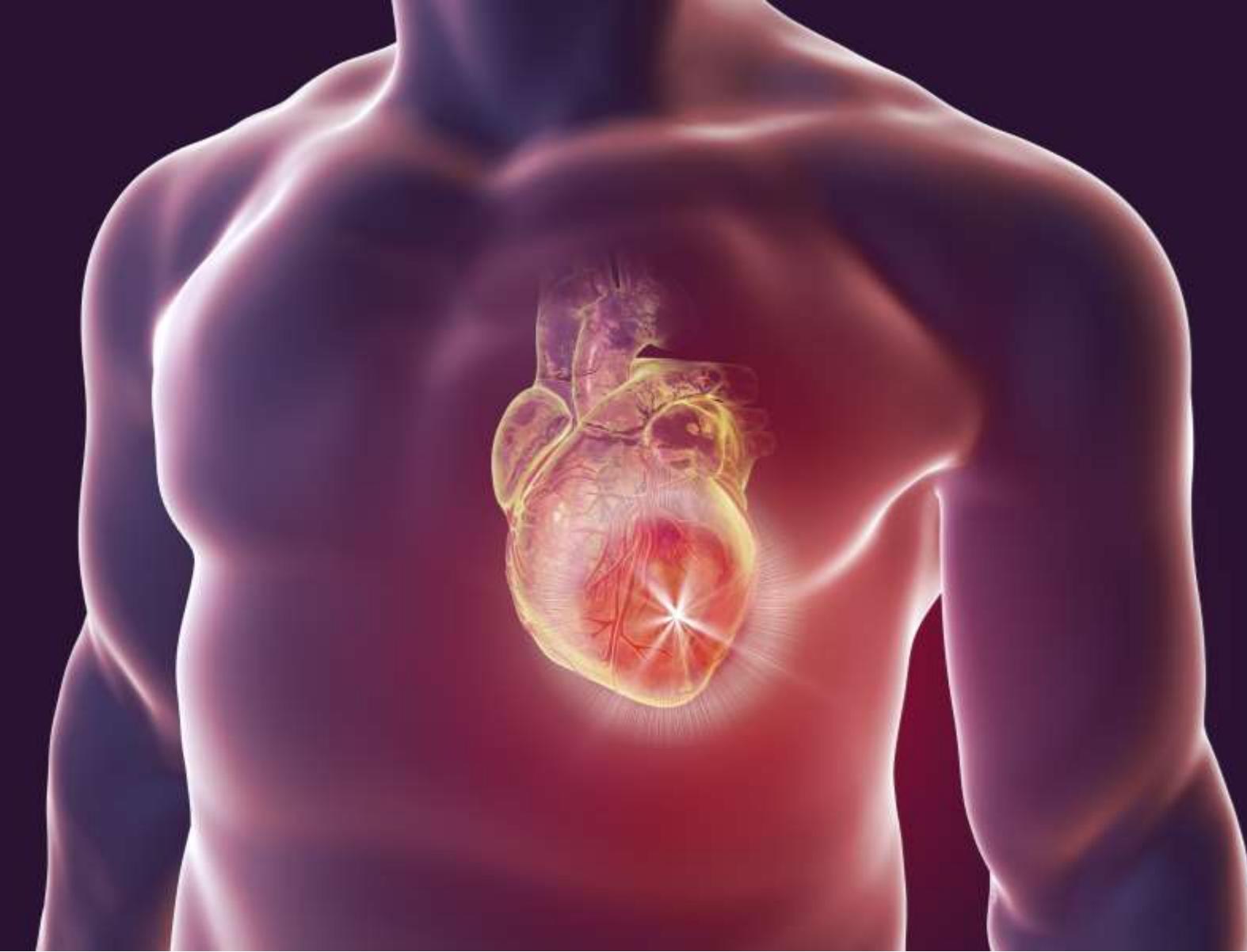


Lithell H, Bruce A, Gustafsson IB, et al. A fasting and vegetarian diet treatment trial on chronic inflammatory disorders. *Acta Derm Venereol.* 1983;63:397-403.

Ambroszkiewicz J, Chełchowska M, Rowicka G, et al. Anti-inflammatory and pro-inflammatory adipokine profiles in children on vegetarian and omnivorous diets. *Nutrients.* 2018;10;pii E1241.

Rastmanesh R. Psoriasis and vegetarian diets: a role for cortisol and potassium? *Med Hypotheses.* 2009;72:368.

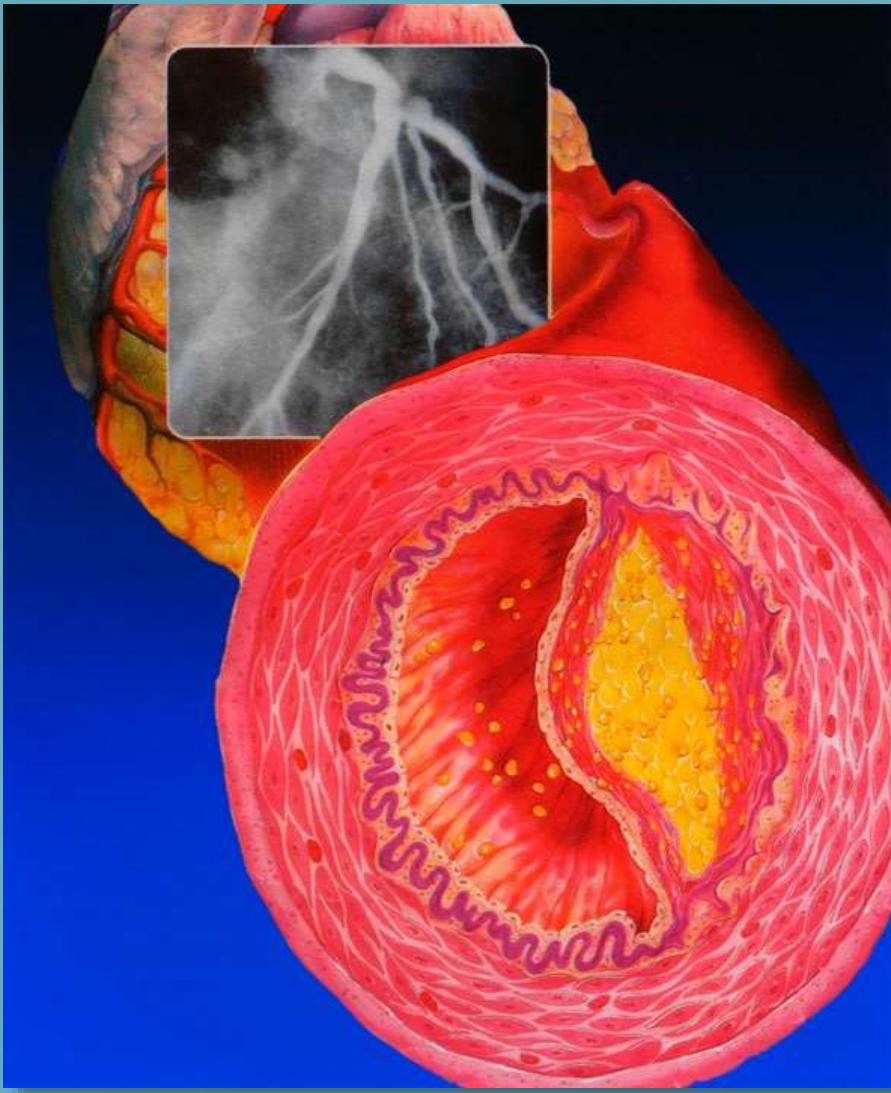
Zhang C, Björkman A, Cai K, et al. Impact of a 3-months vegetarian diet on the gut microbiota and immune repertoire. *Front Immunol.* 2018;9:908.



# DISEASE REVERSAL IN CARDIOLOGY

Moving Medicine Forward

 MICHAEL KLAPER, M.D.  
Nutrition-Based Medicine



# *Relentlessly Progressive?*

**REVERSIBLE!**

...through whole food,  
plant-based diets and  
stress reduction.



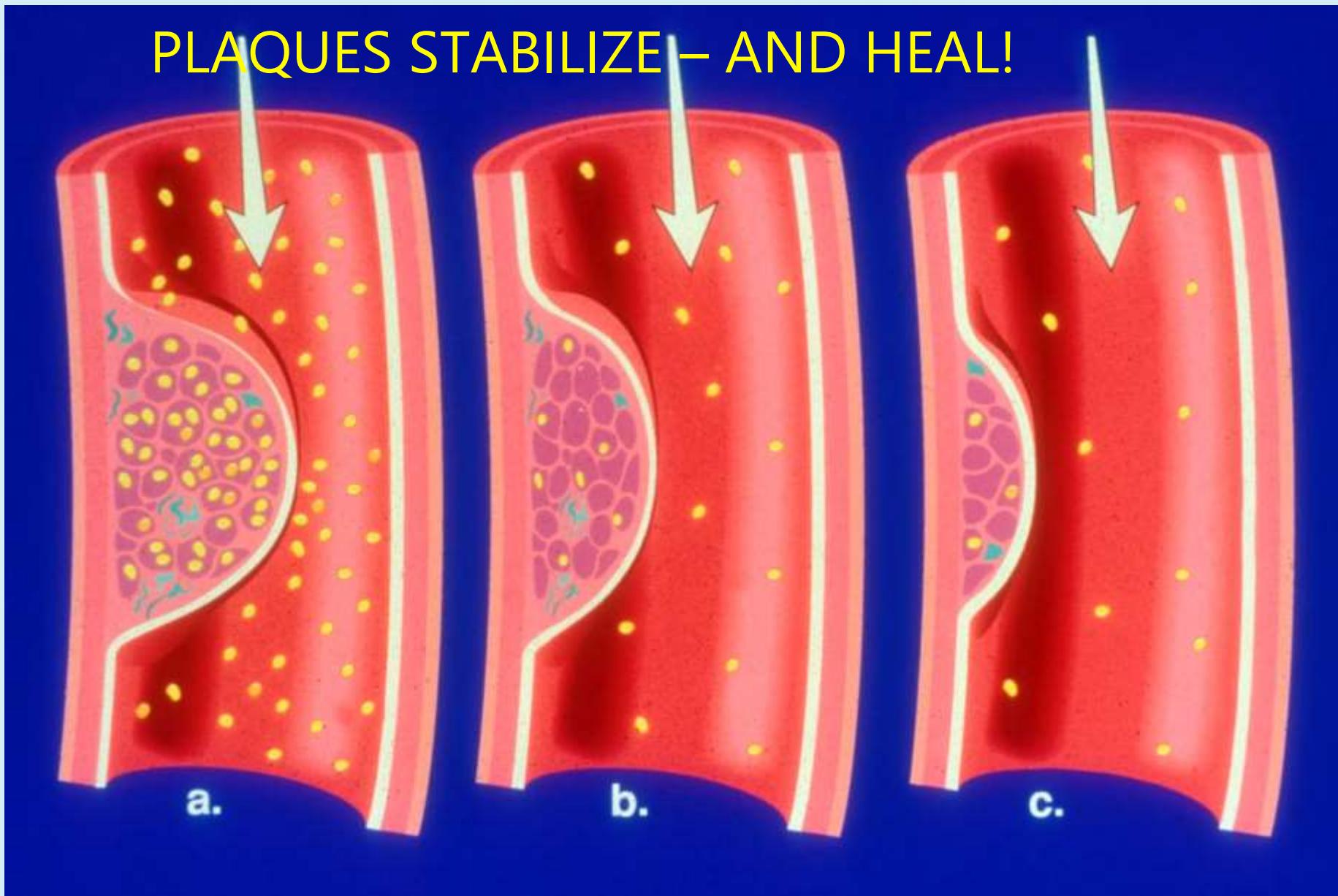


# WHOLE FOOD PLANT-BASED FOOD STREAM

## A PLAQUE- REVERSING DIET!

Polyphenols, alkaloids, and phenolics  
polyphenols, genistein, curcumin,  
resveratrol, sulforaphane, isothiocyanates,  
silymarin, diallyl sulfide, lycopene,  
rosmarinic acid, apigenin, and gingerol.

PLAQUES STABILIZE – AND HEAL!



Caldwell B. Esselstyn Jr, MD; Gina Gendy, MD; Jonathan Doyle, MCS; Mladen Golubic, MD, PhD; Michael F. Roizen, MD

The Wellness Institute  
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Lyndhurst, Ohio

 [aesselstyn@aol.com](mailto:aesselstyn@aol.com)

*The authors reported no potential conflict of interest relevant to this article.*

## ORIGINAL RESEARCH

# A way to reverse CAD?

Though current medical and surgical treatments manage coronary artery disease, they do little to prevent or stop it. Nutritional intervention, as shown in our study and others, has halted and even reversed CAD.

### ABSTRACT

**Purpose** ► Plant-based nutrition achieved coronary artery disease (CAD) arrest and reversal in a small study. However, there was skepticism that this approach could succeed in a larger group of patients. The purpose of our follow-up study was to define the degree of adherence and outcomes of 198 consecutive

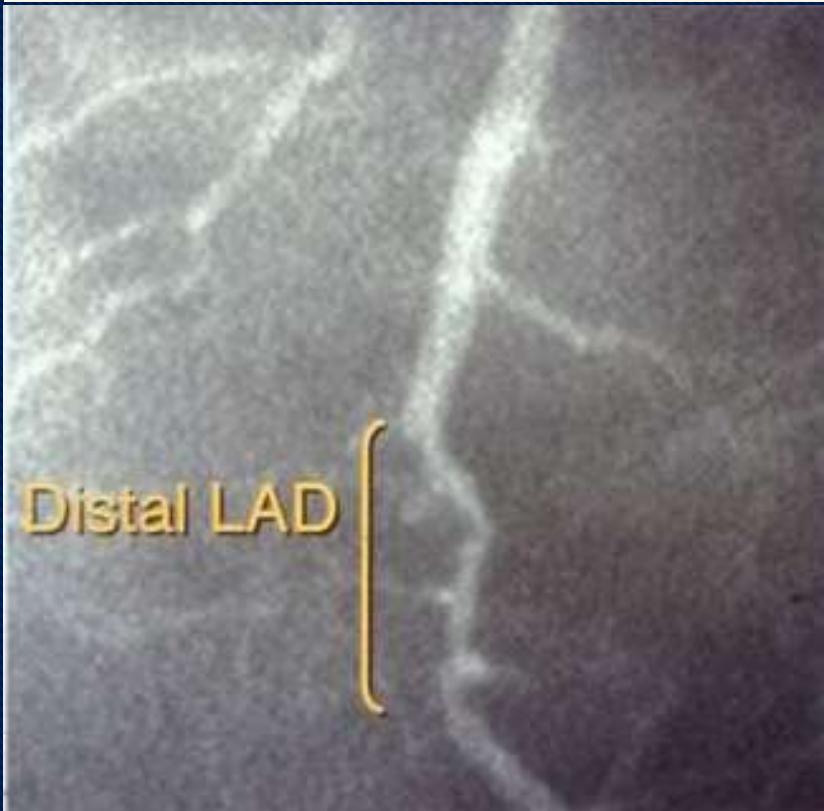
test to see if adherence can be sustained in broader populations. Plant-based nutrition has the potential for a large effect on the CVD epidemic.

**I**n a 1985 program initiated at the Cleveland Clinic, we examined whether plant-based nutrition could arrest or reverse

- 198 patients with significant CAD - stents, MI, etc.
- Full adherence to WFPBD
- During four years of follow up, 99.4% of the participants who adhered to WFPBN avoided any major cardiac event including heart attack, stroke, and death
- Angina improved or resolved in 93%.
- Of the 21 non-adherent participants, 13 (62%) experienced an adverse event

# *Reversal of Coronary Disease*

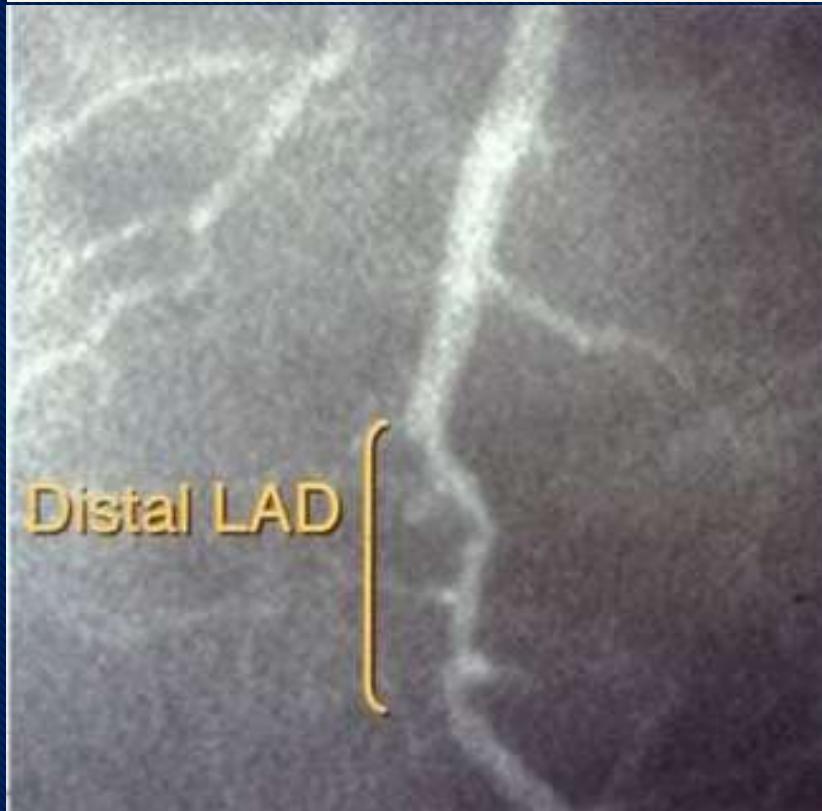
November 27, 1996



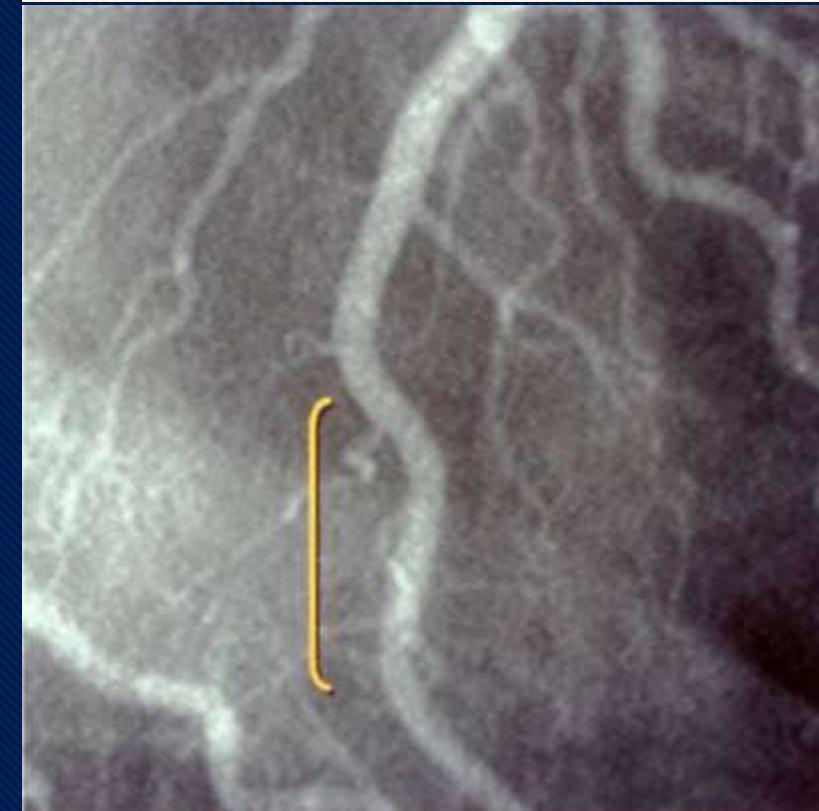
Preventing and Reversing Heart Disease by C. Esselstyn, M.D.

# *Reversal of Coronary Disease*

November 27, 1996

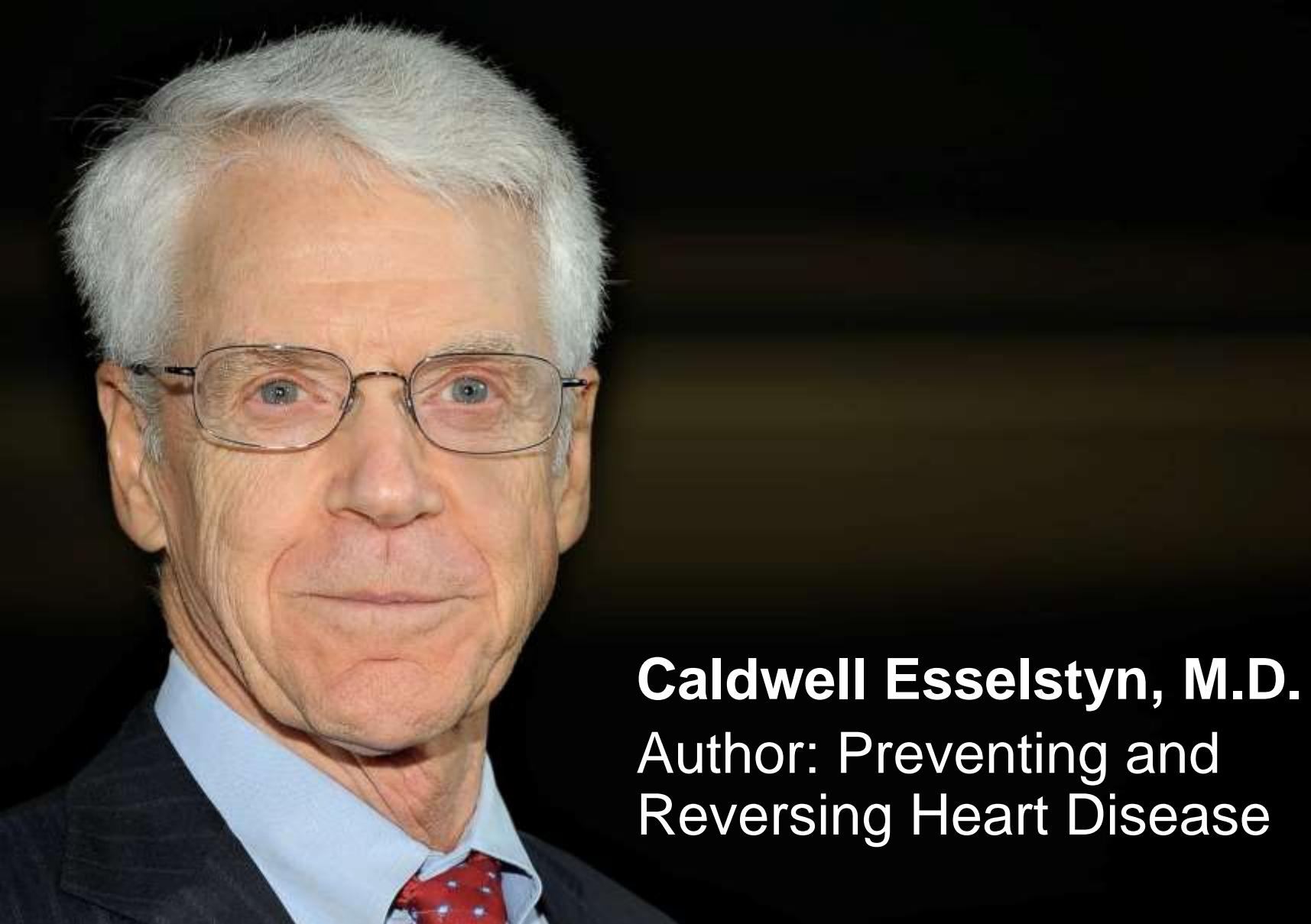


July 22, 1999



Preventing and Reversing Heart Disease by C. Esselstyn, M.D.





**Caldwell Esselstyn, M.D.**  
Author: Preventing and  
Reversing Heart Disease

Moving Medicine Forward



The Revolutionary,  
Scientifically Proven,  
Nutrition-Based  
*Cure*

With More Than 150  
Great-Tasting Recipes

# Prevent *and* Reverse Heart Disease

Based on the findings of a now 20-year study first  
published in the *American Journal of Cardiology*

**Caldwell B. Esselstyn, Jr., M.D.**  
Foreword by T. Colin Campbell, Ph.D., author of *The China Study*

 **MICHAEL KLAPER, M.D.**  
Nutrition-Based Medicine

# DIETARY FACTORS ASSOCIATED WITH ALZHEIMER'S DEMENTIA

## ALL COMMON TO MEAT-BASED DIETS

- Atherosclerotic changes to blood vessels
- Saturated fat
- Cholesterol
- Oxidative stress
- Insulin resistance
- Inflammation
- Excess levels of copper, mercury, lead, and cadmium
- Lack of folate
- Pro-inflammatory advanced glycation end products
- Damage to the integrity of the blood-brain barrier

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Lathe R, Sapronova A, Kotelevtsev Y. Atherosclerosis and Alzheimer--diseases with a common cause? Inflammation, oxysterols, vasculature. *BMC Geriatr.* 2014;14:36.

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Raider K, Ma D, Harris JL, et al. A high fat diet alters metabolic and bioenergetic function in the brain: A magnetic resonance spectroscopy study. *Neurochem Int.* 2016;97:172-180.

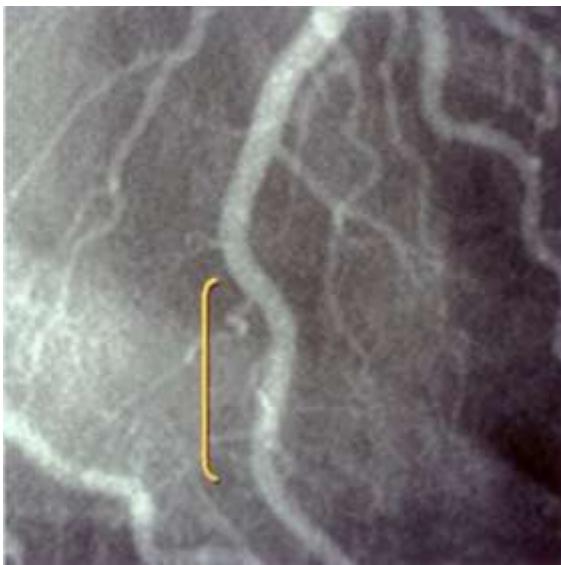
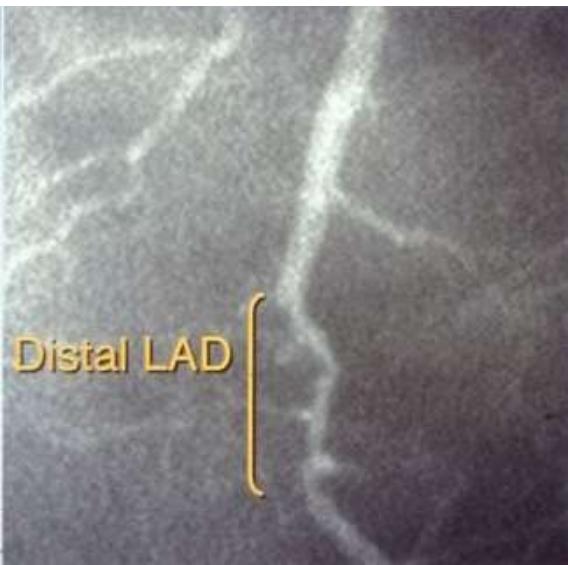


- 1. DOCTORS ARE NOT TAUGHT ABOUT NUTRITION**
- 2. THEY DO NOT RESPECT NUTRITION AS A CLINICALLY IMPORTANT FACTOR IN HEALTH OR DISEASE – not on National Board exams**



1. DOCTORS ARE NOT TAUGHT ABOUT NUTRITION
2. THEY DO NOT RESPECT NUTRITION AS A CLINICALLY IMPORTANT FACTOR IN HEALTH OR DISEASE – not on National Board exams
3. **THEY ARE EATING THE SAME FOODS THEMSELVES**

## MOST DOCTORS' CURRENT APPROACH TO NUTRITION

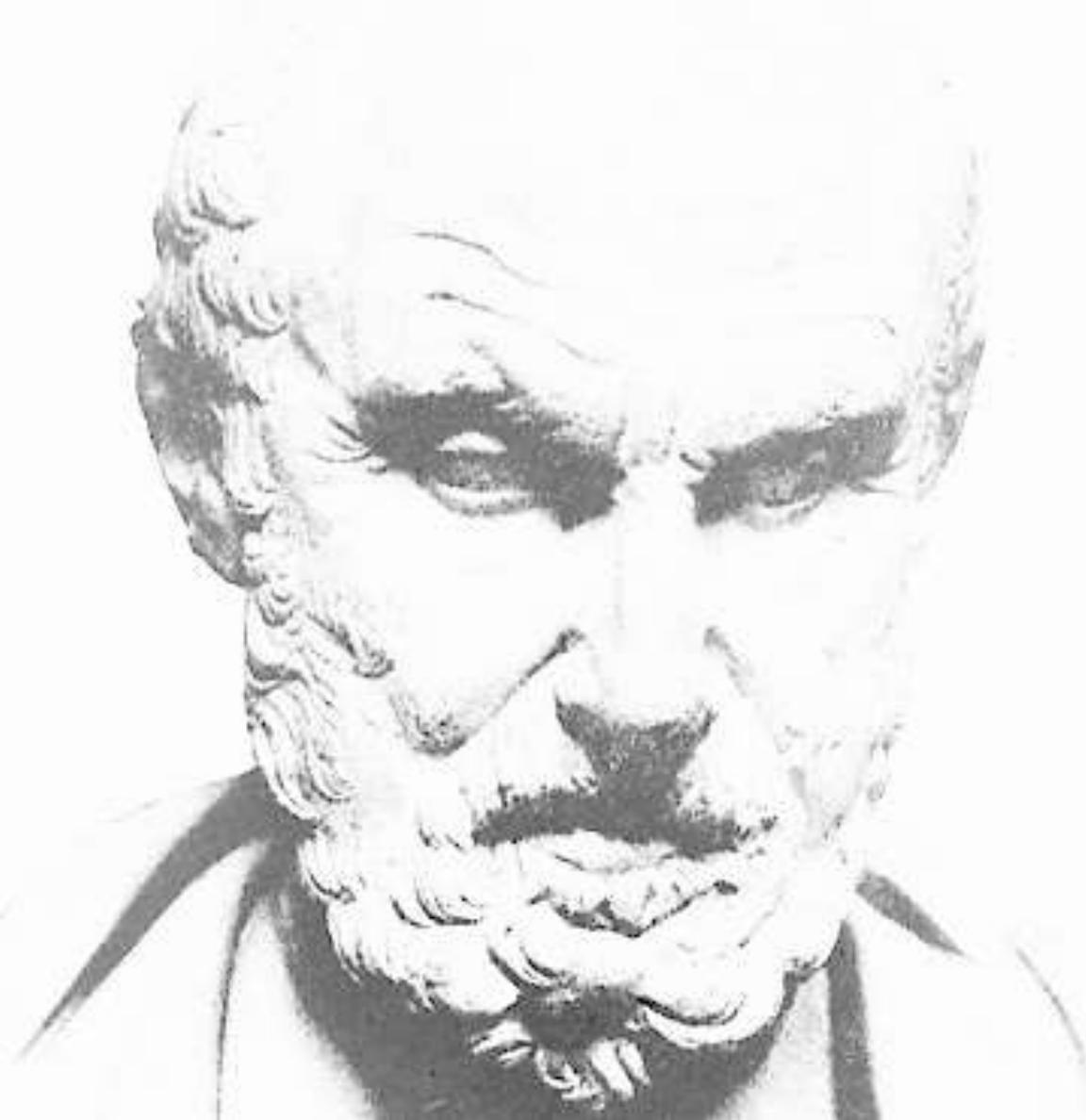




**PEOPLE CAN  
& DO CHANGE!**

**12 weeks on WFPBN:**

- 24 lbs. lighter,
- Normal BP and FBS
- Off BP meds  
and insulin free!



***IF YOU TREAT PEOPLE  
WITH CHRONIC DISEASE...  
BEFORE YOU ORDER ANOTHER  
EXPENSIVE TEST OR TRY  
ANOTHER POWERFUL THERAPY...  
ASK YOUR PATIENT WHAT THEY  
EAT EVERY DAY***

# WE OWE OUR PATIENTS THE INFORMATION



## HOW TO CREATE A LEANER, HEALTHIER BODY and A HEALTHIER LIFE

We cause most of our serious diseases with our knives, forks and spoons:

### Obesity

Clogged arteries ->heart attacks & strokes

Cancers of breast, prostate & colon

High blood pressure

Type 2 Diabetes

Erectile dysfunction

Fibroids

(Many cases of ) asthma, migraines, psoriasis, acne, inflammatory arthritis, colitis, Crohn's disease, diverticulosis - all have a common root: the Standard American Diet

We have basically the same digestive system as our simian cousins, the gorillas and bonobos, and are set up to digest a high-fiber, plant-based diet.

A diet heavy with fiberless animal products - meats, dairy, oils, flour products - is the wrong fuel for our systems, like putting diesel fuel (kerosene) in a gasoline-burning engine. No wonder we become inflamed, oxidized and malnourished.

*All the above diseases usually improve markedly - and most resolve completely - with a whole-food, plant-based food stream!*

### MAKE A MOVE! - EAT HEALTHIER!

The more vegetables you eat, the healthier you are going to be.  
Plant-based meals are easy, delicious, filling, and guilt-free.

**IF YOU NEED TO LOSE WEIGHT, REALIZE THAT FOUR FOODS ARE KEEPING YOU HEAVY and UNHEALTHY:**

1. DAIRY PRODUCTS - Cows milk is made to blow up a baby calf into a 700 pound cow. You are not a baby calf. You wouldn't pour dog milk or rat milk on your cereal. Why cow milk? Use plant "milks" from almond, rice, soy, hemp, oat, etc.
2. VEGETABLE OILS - They are liquid fat in a bottle that keep you heavy and injure your artery walls. Stir-fry in vegetable broth and make blender salad dressings without oil.
3. FLOUR PRODUCTS - baked goods, pastries, most breads are fat/sugar combos that stick to you.
4. ANIMAL FLESH - meats of all kinds increase IGF-1 and insulin levels, which drive cancer growth and inflammation. Fish are seriously contaminated with mercury and pesticides.

ESPECIALLY avoid the fat/sugar combo - you will burn the sugar and store the fat:  
Oil on pasta, nut butter and jelly sandwich, eggs and toast, steak and mashed potatoes, cheeseburger on a bun, donuts, ice cream, pizza - fat and sugar combos, all.

AVOID EATING AFTER 7 OR 8 P.M. AND PUT BREAKFAST OFF AS LONG AS YOU CAN - TILL NOON IF POSSIBLE. TRY TO CONFINING YOUR EATING TO A 6 - 8 HOUR WINDOW OF TIME.

**BURGERS for  
8 BILLION?**



**IT DOESN'T MATTER  
WHAT YOUR CHOLESTEROL  
LEVEL IS IF YOU DON'T  
HAVE A VIABLE PLANET  
TO LIVE ON...**

1979



2003



**GLOBAL WARMING  
MELTING ICE CAPS  
SEA LEVEL RISE**

**RAISING 80 BILLION  
ANIMALS EVERY YEAR  
HAS A MAJOR ROLE  
IN THIS DISASTER**

THE MAJORITY OF ENVIRONMENTAL  
DESTRUCTION ON THE PLANET  
TODAY IS FROM INDUSTRIAL-SCALE  
ANIMAL AGRICULTURE!

*Deforestation*

*Soil Erosion*

*Water Depletion*

*Water Pollution*

*Pesticide and Herbicide Use*

*Species Extinction*

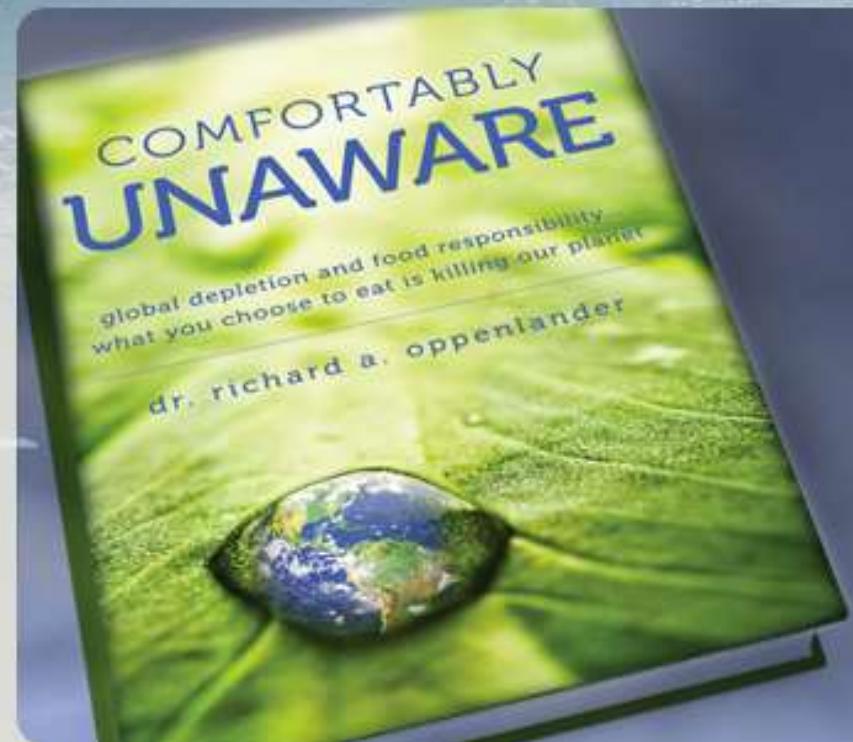
*Greenhouse Gas Emissions*

***CLIMATE CHANGE***



DR. RICHARD  
OPPENLANDER

[ComfortablyUnaware.com](http://ComfortablyUnaware.com)

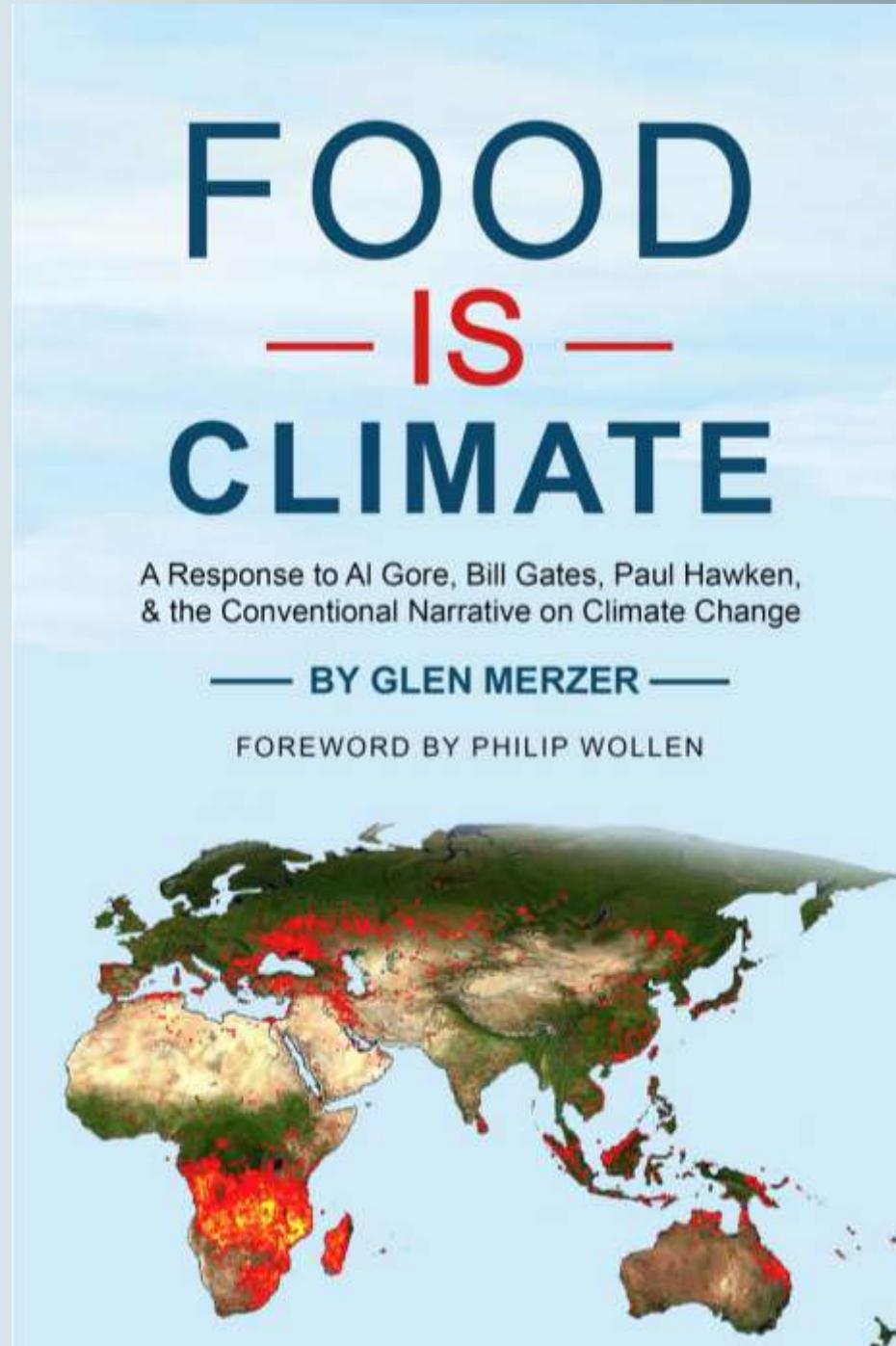


"Comfortably Unaware explains, so clearly, how what we choose to eat has a direct impact on the health of Planet Earth: how modern agro-business and our thoughtless appetites are, quite literally, destroying the environment and the future of our children. I urge you to read it, to think about its message, discuss it with your friends – and start to change the world, one bite, one meal, one diet at a time."

~ Jane Goodall, PhD, DBE,  
UN Messenger of Peace

**WE HAVE USED MEAT-EATING UP!**

**WE HAVE USED  
MEAT-EATING UP!**



**UNDERSTAND THE ROLE OF INDUSTRIAL ANIMAL AGRICULTURE  
IN THIS TRAGEDY**





**WE ARE STRIP-MINING THE OCEANS**

**WE'VE USED FISHING UP...**

**IT IS TIME TO LET THEM HEAL**



*It's time to  
leave cave-man  
thinking behind!*



## A GLOBAL MOVE TO PLANT-BASED DIETS WILL SOLVE WORLD HUNGER – AND SO MUCH MORE

- We would need less land to feed ourselves
- The forests would return
- Greenhouse gases will reduce
- The soils would stabilize
- The rivers will run clean again
- The land and people would become healthy again

**"A FILM THAT CAN  
SAVE YOUR LIFE."**

Roger Ebert, Chicago Sun Times

**"I LOVED IT  
AND I NEED ALL OF  
YOU TO SEE IT!"**

Dr. Oz, The Dr. Oz Show



**"GREAT  
MOVIE."**

Mark Bittman,  
New York Times Columnist

# FORKS OVER KNIVES

**"CONVINCING, RADICAL AND  
POLITICALLY VOLATILE."**

John Anderson, Variety

**IT'S NOT TOO LATE AND  
IT IS NOT DIFFICULT!**

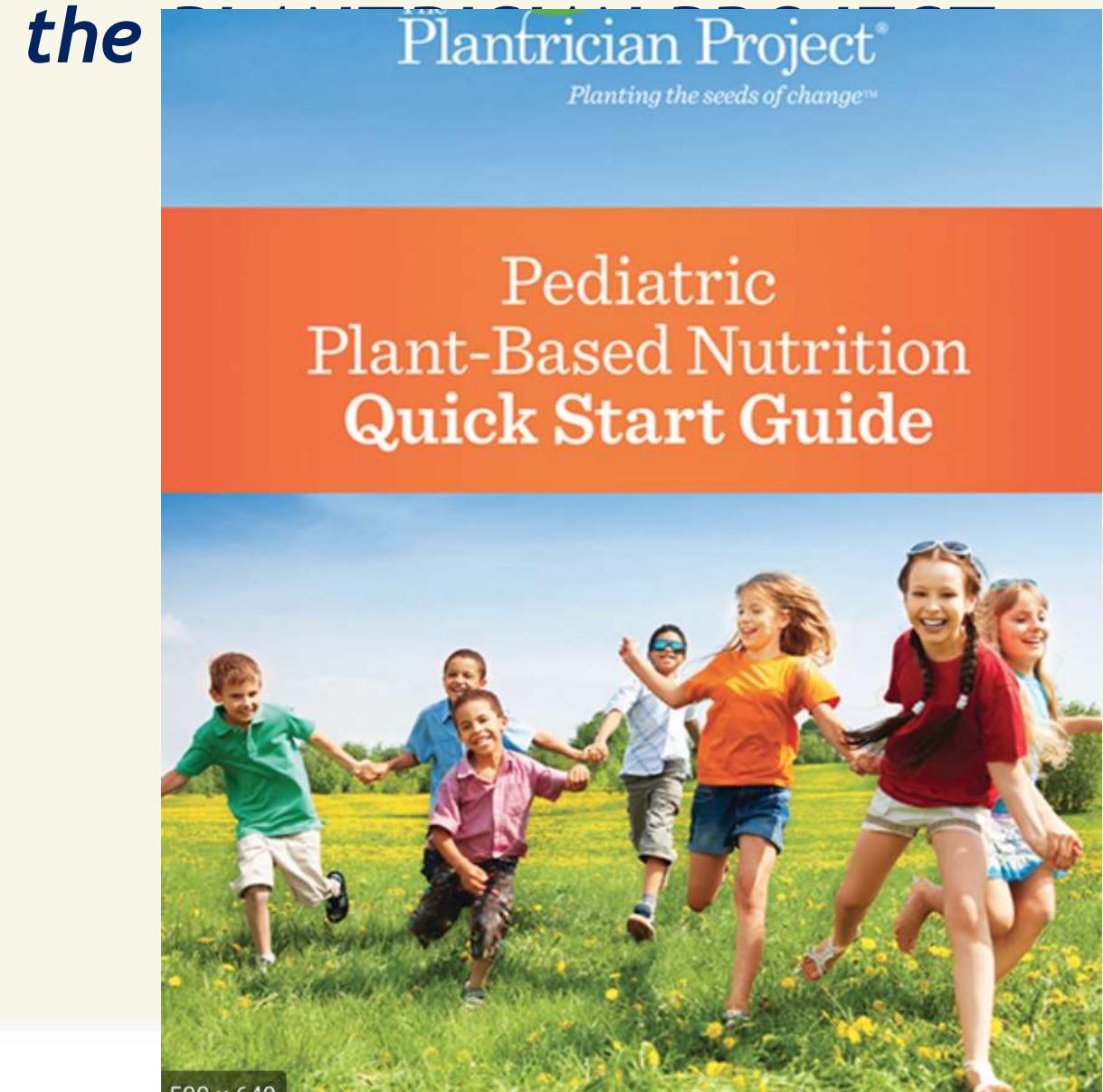
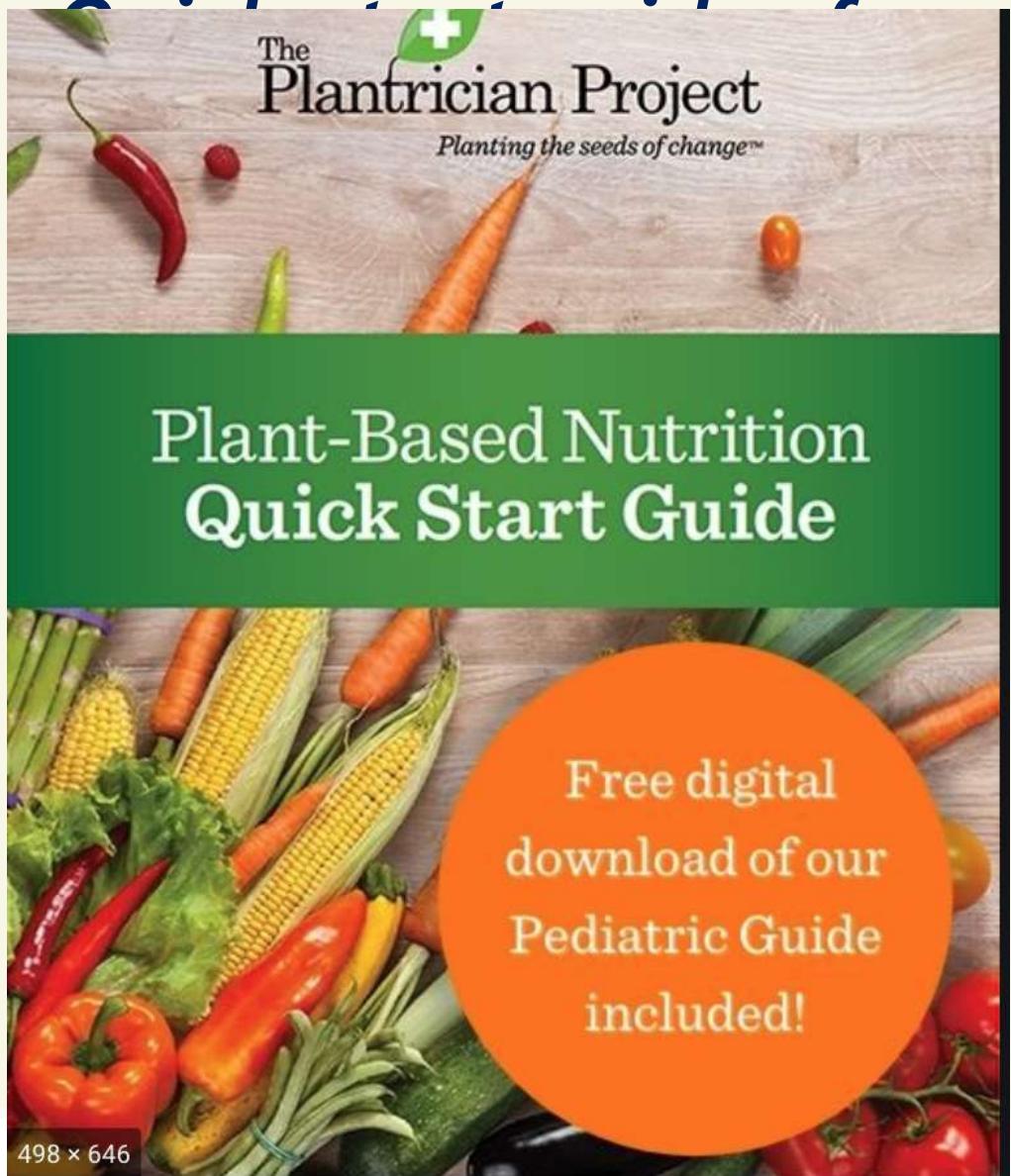
<http://www.forksoverknives.com/>  
on NetFlix

A large, vibrant salad filled with various ingredients like kale, white beans, diced tomatoes, and cubes of cheese. A dark fork lies on the wooden surface next to the bowl.

*IT'S NOT DIFFICULT!*

# Make the Transition

How to Transition to the Life-Saving, Whole-Food,  
Plant-Based Diet



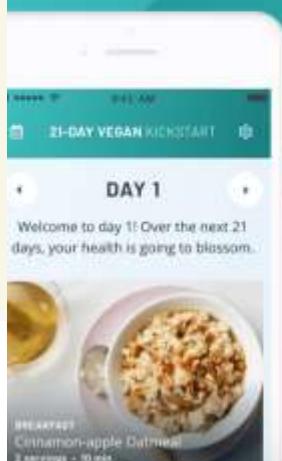
Moving Medicine Forward

 MICHAEL KLAPER, M.D.  
Nutrition-Based Medicine

# 21-Day Vegan Kickstart

## Start Your Journey to Health

The **21-Day Vegan Kickstart** will help you take control of your health with a plant-based diet.



### Download the App

Take the program with you wherever you go.



### Sign Up Free Online

Register today to access everything you need to start a plant-based diet.





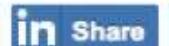
# A Plant-Based Eating Journey of a Lifetime

## HEALTH CARE PROFESSIONALS!

# The plant-based wave is breaking!

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### Nutritional Update for Physicians: Plant-Based Diets

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Phillip J Tuso, MD; Mohamed H Ismail, MD; Benjamin P Ha, MD; Carole Bartolotto, MA, RD

Perm J 2013 Spring; 17(2):61-66

<http://dx.doi.org/10.7812/TPP/12-085>

**CME**

credits available for this article

### ABSTRACT

The objective of this article is to present to physicians an update on plant-based diets. Concerns about the rising cost of health care are being voiced nationwide, even as unhealthy lifestyles are contributing to the spread of obesity, diabetes, and cardiovascular disease. For these reasons, physicians looking for cost-effective interventions to improve health outcomes are becoming more involved in helping their patients adopt healthier lifestyles. Healthy eating may be best achieved with a plant-based diet, which we define as a regimen that encourages whole, plant-based foods and discourages meats, dairy products, and eggs as well as all refined and processed foods. We present a case study as an example of the potential health benefits of such a diet. Research shows that plant-based diets are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA<sub>1C</sub>, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates. Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure.

# **THERE ARE PROFESSIONAL ALLIES TO HELP YOU:**



**FIND LOCAL PLANT-BASED DIETITIANS  
TO DO THE COUNSELING FOR YOU!**

Moving Medicine Forward

 **MICHAEL KLAPER, M.D.**  
Nutrition-Based Medicine

# Vegan Nutritionists and Dietitians near Providence, RI

Vegan X

[See all health professionals in Providence](#)

## Style/Type

Clinical Dietitian

Community Dietitian

Consultant Dietitian

More +

## Treatment Techniques

Diet Therapy

Medical Nutrition Therapy

Menu Planning

Mindful Eating

Nutrition Coaching

Nutrition Counseling

## Issues

Diabetes

Diet and Nutrition

Digestive Issues

Weight Management

Wellness Counseling

More +

## Gender

Show only women

Show only men



## Aileen Birkitt

Nutritionist/Dietitian, RD, LDN

Aileen can provide help with the following: eating disorders, disordered eating, ARFID, picky eating, cholesterol, diabetes, vegan and vegetarian diets, weight loss. She has experience working in both an inpatient and outpa-



## All Foods Nutrition

Nutritionist/Dietitian, MS, RDN, LDN

I focus on women's health and gastrointestinal problems (like IBS).



## Adriana Brayman

Nutritionist/Dietitian, RD, LDN

I am a Non Diet/HAES Dietitian and a Certified Intuitive Eating Counselor. My passion is to help people who struggle with chronic dieting and eating disorders. I help my clients develop a healthy, REAL INTUITIVE relationship



## Katie Gill

Nutritionist/Dietitian, RD, LDN, CHHC

I help busy professionals lose weight, without following unrealistic meal plans or counting calories. Most of my clients travel frequently for work, so we work closely on how to eat, regardless if my client has to eat at home, a



## Samantha DeMello

Nutritionist/Dietitian, RD, LD

I believe that everyone deserves to have a basic understanding of nutrition, and my goal is to help clients understand their individual nutritional needs and set realistic, achievable goals. I understand that improving health is

**(401) 329-2138**

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**(401) 371-9460**

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**(401) 466-4310**

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[Email](#)

**(267) 367-4901**

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[Email](#)

**(401) 594-4603**

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[Email](#)

## See Nearest

Acupuncturists

Chiropractors

Dentists

Homeopaths

Massage Therapists

Medical Doctors

Naturopaths

Physical Therapists

+ All



## Amber Yui

Nutritionist/Dietitian, MPH, RDN, LDN, CHES

Amber is a Registered Dietitian Nutritionist with a Master's in Public Health. She discovered her passion when she became a mother and started merging her background in nutrition with early childhood development and mindful

**(401) 400-4823**

[View](#)

[Email](#)

Barrington, RI 02806



## Matthew D'Aria

Nutritionist/Dietitian, RDN, LPTA

I became a registered dietitian nutritionist to help bring happiness back into people's lives through proper nutrition. I am here to guide you; whether due to an illness, dietary restrictions, weight loss, better athletic performance,

**(804) 293-3628**

[View](#)

[Email](#)

Office is near: Providence, RI 02909



## Rachel Tenuta

Nutritionist/Dietitian, RDN, LDN, CDOE

I am a Registered Dietitian and a Certified Diabetes Outpatient Educator who works with both adults and the pediatric population. I earned my bachelors of science from the University of Rhode Island, and completed my

**(401) 307-4813**

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[Email](#)

East Greenwich, RI 02818



## Harmony With Food: Meg Marie ORourke

Nutritionist/Dietitian, RD, LDN

If you're dealing with weight gain or "Dietitis" Aka: You have tried them all, only to gain all the weight back and then some. Or if you have GI issues, Thyroid issues, Diabetes, Weight Loss Resistance, or any other nutrition-

**(401) 324-0372**

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Riverside, RI 02915

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LENTS ITSELF WELL TO TELEMEDICINE CONSULTATIONS**

# Vegan Nutritionists and Dietitians in Boston, MA

Vegan X

[See all health professionals in Boston](#) | [View neighborhoods in Boston](#)

Style/Type

Clinical Dietitian

Community Dietitian

Consultant Dietitian

More +

Treatment Techniques

Diet Therapy

Medical Nutrition Therapy

Menu Planning

Mindful Eating

Nutrition Coaching

Nutrition Counseling

Issues

Diabetes

Diet and Nutrition

Digestive Issues

Weight Management

Wellness Counseling

More +

Gender

Show only women

Show only men

See Nearest

Acupuncturists

Chiropractors

Dentists

Homeopaths

Massage Therapists

Medical Doctors

Naturopaths

Physical Therapists

+ All



**Meredith Price**

Nutritionist/Dietitian, MS, RD, CDN

I am a vegan dietitian who helps people heal their gut and restore their energy through plant-based living and sustainable eating. I'm also a certified specialist in the Low FODMAP diet and help plant-based individuals with



**Newbury Street Nutrition**

Nutritionist/Dietitian, MS, RD, LDN

I believe in an individualized, evidenced-based approach to nutrition. My passion lies in helping my adults, children and families reach their goals in a way that fits their lifestyle and eating preferences. I will spend time listening to



**Kathleen Wright**

Nutritionist/Dietitian, RD, LDN

\*\*In-network with Allways Health Partners!\*\* Want to stop dieting for good? Confused about how to fuel your body properly? Want to manage your chronic condition without going on a strict diet? I help individuals put intention into



**Sally M Cohen**

Nutritionist/Dietitian, MS, RD, LDN

I'm a Registered Dietitian who does not believe in diets. I do believe that it's equally important for nutrition advice to be both evidenced-based and personalized. I think we should enjoy food and celebrate its role in our traditions



**Emily Lehane**

Nutritionist/Dietitian, MS, RD, LDN

I specialize in weight management, chronic disease prevention & management, meal planning & preparation, mindful eating, and digestive issues. I share healthy recipes on my Instagram @rdemily\_goodeat and my



**Rachna Rajpal**

Nutritionist/Dietitian, MS, RDN

Working closely with clients to help them create and live a health lifestyle, by also giving you a tool kit for life. Whether you are looking to improve your eating habits, lose weight sustainably, or manage a chronic disease, I

(917) 725-6728

## PLANT-BASED DIETARY COUNSELING LENDS ITSELF WELL TO TELEMEDICINE CONSULTATIONS

Boston, MA 02116

(617) 553-4339

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Boston, MA 02130

## NURSE - HEALTH COACHES CAN BE INVALUABLE

Boston, MA 02127



**Rachel Artus**

Nutritionist/Dietitian, RD, LDN

Rachel's goal is to empower her clients to make food and lifestyle choices that will result in joyful and wholesome living. Her true passion lies in helping others make sustainable lifestyle changes that stick, and she promotes at-

(860) 499-3367

[View](#) [Email](#)

Boston, MA 02129



**Matt Stranberg**

Nutritionist/Dietitian, MS, RD, LDN, CSCS

We are overloaded with information about food and exercise, but often struggle to find the wisdom needed to nurture these relationships. To address these issues, I have studied and worked with some of the best athletes,

(617) 231-9373

[View](#) [Email](#)

Boston, MA 02135



**Sarah Canterman**

Nutritionist/Dietitian, MS, RD, LDN

Are you tired of dieting and looking to feel better, improve your health, and feel more confident about your body? I am a dietitian that focuses on creating long-term change by eliminating the restriction of dieting and instead focus-

(508) 206-9047

[View](#) [Email](#)

Boston, MA 02135



**Katherine L Fernald**

Nutritionist/Dietitian, MS, RD, LDN, Reiki, Master

I am a registered, licensed, insurance accepting, psychosocial nutritionist with over 20 years experience. Referrals and inquiries accepted for nutritional concerns including: eating disorders, weight control issues for all

(508) 955-0579

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Office is near: Boston, MA 02110



Meredith Price



Katie Jeneczek



Anne B Kay



**Alexis Beck**

Nutritionist/Dietitian, MPH, RD, LDN

...WE HAVE YOUR NUTRITION PRESCRIPTION(Rx)... Are you challenged by Bingeing, Compulsive Eating, Weight Gain, an Eating Disorder? Are you Pregnant and need Diet Management? AlexisRD and the NutritionRx Team

(617) 606-5360

[View](#) [Email](#)

Office is near: Boston, MA 02114



**Emily Gargis**

Nutritionist/Dietitian, MS, RD, LDN

Are you tired of living in a constant food battle? I am here to help! My name is Emily Gargis and I am a Registered and Licensed Dietitian in North and South Carolina, Georgia, Washington, and Massachusetts. My interest for

(803) 219-4516

[View](#) [Email](#)

Office is near: Boston, MA 02130

## Vegan Nutritionists and Dietitians in Boston, MA



### Allison Fargo

Nutritionist/Dietitian, MS, RD, LDN, RMT

As an integrative clinical dietitian, Allison believes in a whole systems approach. She uses the latest in evidence-based nutrition practice to find the root cause of illness by reviewing and analyzing medical history, symptoms, diet,

(844) 612-3954

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917) 725-6728

# PLANT-BASED DIETARY COUNSELING LENTS ITSELF WELL TO TELEMEDICINE CONSULTATIONS



### Naima Sullivan

Nutritionist/Dietitian, MS, RD, LDN, CLC

Naima brings nearly a decade of experience helping individuals and families cook and eat healthfully to Karuna: Nutrition + Movement. Working with children and adults, she brings a sense of curiosity, playfulness, and explo-

(781) 702-4423

[View](#) [Email](#)

Office is near:  
Boston, MA 02130



### Chloe Schweinhaut

Nutritionist/Dietitian, RD, LDN, CLT

I'm an Integrative Functional Registered Dietitian and I founded Riverside Nutrition so that I could treat a variety of people and conditions using a holistic approach to nutrition and wellness—I refer to it as "Whole Body, Whole

(617) 934-0182

[View](#) [Email](#)

Office is near:  
Boston, MA 02115



### Katie Janeczek

Nutritionist/Dietitian, MS, RDN, LDN

I believe everyone has the capability to improve their health with the right guidance. I specialize in weight loss and blood sugar management. I have 5 years of amazing experience. I have had the pleasure of assisting many of

(351) 247-2766

[View](#) [Email](#)

Office is near:  
Boston, MA 02103

517) 553-4339

Boston, MA 02116

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### Heather Donahue

Nutritionist/Dietitian, CHN, CHC

If you're tired of pain and discomfort from symptoms like diarrhea, constipation, and bloating. Have anxiety, shame, secrecy and embarrassment around family, colleagues and friends because they just don't understand. Anger

(732) 402-6635

[View](#) [Email](#)

Office is near:  
Boston, MA 02108

Boston, MA 02130

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### Annie B Kay

Nutritionist/Dietitian, MS, RDN, C-IAYT

I inspire women & men to become more fully who they are through the science and spirit of a well-integrated life. My primary focus is helping people shift their lifestyle choices to address nutrition-related health conditions. I

(413) 225-4487

[View](#) [Email](#)

Office is near:  
Boston, MA 02101

928

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### Lauren Sharifi

Nutritionist/Dietitian, MPH, RD, LDN

Currently accepting new clients! Are you confused about what and how to feed yourself or your children? Does

(857) 366-5884

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Office is near:  
Boston, MA 02127

## Vegan Nutritionists and Dietitians in Boston, MA

Vegan X

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### Lisa Keovongsa

Nutritionist/Dietitian, RD, LDN

I specialize in disordered eating and concerns around weight and metabolism. It can be difficult to know exactly how to eat and exercise with so much information available online. What you read might become a rule to follow, like restricting and only eating "good" foods, or feeling guilty about eating "too much", which can be mentally and physically exhausting. These thoughts around food can be discouraging when trying to make changes.

Style/Type

Clinical Dietitian

Community Dietitian

Consultant Dietitian

More +

Treatment Techniques

Diet Therapy

Medical Nutrition Therapy

Menu Planning

Mindful Eating

Nutrition Coaching

Nutrition Counseling

(617) 401-9364

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[Email](#)

(979) 459-7162

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[Email](#)

Office is near:  
Boston, MA 02108



### Jessica Prohn

Nutritionist/Dietitian, MS, RD, CSR, LDN

I help people preserve kidney function and optimize renal health through science-based nutrition therapy so that they can delay or avoid dialysis. I understand that there is a lot of conflicting information out there, I am here to em-



Meredith Price

Katie Janeczek

Annie B Kay

(617) 606-5360

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Office is near:  
Boston, MA 02114



### Alexis Beck

Nutritionist/Dietitian, MPH, RD, LDN

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(803) 219-4516

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Office is near:  
Boston, MA 02130



### Emily Gargis

Nutritionist/Dietitian, MS, RD, LDN

Are you tired of living in a constant food battle? I am here to help! My name is Emily Gargis and I am a Registered and Licensed Dietitian in North and South Carolina, Georgia, Washington, and Massachusetts. My interest for

## Vegan Nutritionists and Dietitians near Buffalo, NY

Vegan 

 See all health professionals in Buffalo

### Style/Type

Clinical Dietitian  
Community Dietitian  
Consultant Dietitian  
More +

### Treatment Techniques

Diet Therapy  
Medical Nutrition Therapy  
Menu Planning  
Mindful Eating  
Nutrition Coaching  
Nutrition Counseling

### Issues

Diabetes  
Diet and Nutrition  
Digestive Issues  
Weight Management  
Wellness Counseling  
More +

### Gender

Show only women  
Show only men

### See Nearest

Acupuncturists  
Chiropractors  
Dentists  
Homeopaths  
Massage Therapists  
Medical Doctors



### Root of Health Nutrition

Nutritionist/Dietitian, RD, CDN, IFNCP 

I customize meal plans for anti-inflammatory diet, plant based, vegan, gluten free, dairy and casein free meal plans.

Hi there, Are you tired of the struggle and not getting enough help from your health care providers? I am a Registered Dietitian and an Integrative and Functional Nutrition Certified Practitioner. In my practice I focused on evidence based health and nutrition through mind - body modalities and use a food centric approach to wellness. We will look at the root causes of your symptoms and chronic diseases and come up with a plan through personalized nutrition, using food as medicine, behavior and lifestyle changes and proper supplementation to optimize the body's functions.

(585) 209-3068

[View](#) [Email](#)

 Office is near:  
Amherst, NY 14221



### Andrea Langston

Nutritionist/Dietitian, MS, CNS, CDN 

As someone with celiac disease, I am passionate about helping others with gastrointestinal conditions, food intolerances and autoimmune disease improve their energy, reduce their symptoms, and feel their best.



### Marie Murphy

Nutritionist/Dietitian, MS, RDN, CSSD 

I provide a supportive and therapeutic approach to nutrition counseling. In both individual and group sessions, I use a highly personalized approach to treat and correct



### Health is Wealth Nutrition LLC

Nutritionist/Dietitian, MS, RDN, CDN 

Health is Wealth Nutrition LLC is a nutrition counseling business ran by Yen Ngo MS, RDN, CDN. She is committed to forming relationships with clients looking to improve their overall health and wellness. Whether they are looking for a weight loss plan, meal planning ideas, assistance managing a health condition or specialty diet, she is there to help them achieve their long-term nutrition goals. Each client is individually evaluated and provided with a well-researched and comprehensive plan they can follow for the rest of their lives!

(716) 281-5271

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 Buffalo, NY 14228

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# Vegan Nutritionists and Dietitians in New Jersey

Vegan 

[See all health professionals in New Jersey](#) | [View cities and counties in New Jersey](#)

## Style/Type

Clinical Dietitian  
Community Dietitian  
Consultant Dietitian  
More +

## Treatment Techniques

Diet Therapy  
Medical Nutrition Therapy  
Menu Planning  
Mindful Eating  
Nutrition Coaching  
Nutrition Counseling  
More +

## Issues

Diabetes  
Diet and Nutrition  
Digestive Issues  
Weight Management  
Wellness Counseling  
More +

## Gender

Show only women  
Show only men

## See Nearest

Acupuncturists  
Chiropractors  
Dentists  
Homeopaths  
Massage Therapists  
Medical Doctors  
Naturopaths  
Physical Therapists  
+ All



## Megan Simkovich

Nutritionist/Dietitian, RD 

Specialties: Diabetes, Diet and Nutrition, Food Sensitivity, Geriatric Nutrition, Health Coaching, Heart Health, High Blood Pressure, Postpartum, Nutrition, Prenatal Nutrition, Vegan, Vegetarian, Weight Management, Wellness Counseling, Grocery Store Tours and Shopping, Intuitive Eating, Medical Nutrition Therapy, Menu Planning, and more.

ACCEPTING NEW CLIENTS! Megan became a dietitian after years of watching people have unhealthy relationships with food. As a self-proclaimed foodie, she believes that food provides one of the greatest pleasures in life and

(732) 440-8827

[View](#)

[Email](#)

 Eatontown, NJ 07724



## Eat Well Live Well, LLC

Nutritionist/Dietitian, MS, RDN, CDN

I am passionate and committed to improving health and wellness through Integrative and Functional Nutrition principles and guidelines, which include in-depth nutrition history, assessment and providing personalized nutrition

(732) 709-1662

[View](#)

[Email](#)

 Somerset, NJ 08873



## Force of Nature Nutrition, Galina Goldstein, RD

Nutritionist/Dietitian, RD, CNSC 

My mission is to help you learn how to use therapeutic nutrition to restore health, reverse progression of chronic illness, and support healing. I pride myself on keen insight and dedication to make a difference in my patients' qual-

(201) 548-3360

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[Email](#)

 Leonia, NJ 07605



## Annette O'Neill

Nutritionist/Dietitian, RDN 

I truly believe you have the power to change your life. The goal is to find a balance between all dimensions of nutrition – wellness, exercise, stress management, spirituality, and emotional well-being. Food provides us with

(848) 208-8966

[View](#)

[Email](#)

 Flemington, NJ 08822



## Constance A Chukwuka

Nutritionist/Dietitian, MPH, RD 

My goal is to make it 100% easy for you to follow your specified dietary plan and lifestyle changes to meet your goal. I always review your food likes/dislikes, make necessary changes paying attention to your food likes. I believe

(973) 453-2566

[View](#)

[Email](#)

 Maplewood, NJ 07040



## Nutrition Specialists of New Jersey

Nutritionist/Dietitian, RD, MS

I became a Registered Dietitian because I am passionate about food, wellness, and helping others. My passion for nutrition strengthens each and every day, as I grow and gain further knowledge in the field. Throughout the test

(732) 585-1604

[View](#)

[Email](#)

 Freehold, NJ 07728



## Elena Ostrovsky

Nutritionist/Dietitian, MS, RDN, CDN 

Elena is a Registered Dietitian / Nutritionist with extensive experience of over 15 years. She holds a Master's degree in Clinical Nutrition and Food Science from Hunter College & City University and completed a dietetic intern-

(908) 356-4934

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[Email](#)

 Bridgewater, NJ 08807



## Ellen Petrosino

Nutritionist/Dietitian, MS, RDN

Whether your goal is to improve the quality of your diet, lose weight, manage blood sugar, or lower cholesterol,

(908) 768-4562

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 Eatontown, NJ 07724



## Whole Nutrition Center

Nutritionist/Dietitian, RD 

Are you tired of feeling like you don't have enough energy to support your busy life? Do you constantly feel bloated or that your body does not look and feel the way it used to? Are you frustrated and overwhelmed by all the



## Lorri B Katz

Nutritionist/Dietitian, MA, RDN 

I am a seasoned Registered Dietitian Nutritionist dedicated to partnering with patients collaboratively to achieve their nutrition and health goals. Over the past 40 plus years, I have worked in healthcare settings ranging



health supporting

# Vegan Nutritionists and Dietitians in New Haven, CT

Vegan 

## Style/Type

Clinical Dietitian

Community Dietitian

Consultant Dietitian

More +

## Treatment Techniques

Diet Therapy

Medical Nutrition Therapy

Menu Planning

Mindful Eating

Nutrition Coaching

Nutrition Counseling

More +

## Issues

Diabetes

Diet and Nutrition

Digestive Issues

Weight Management

Wellness Counseling

Vegan



## New England Nutrition LLC

Nutritionist/Dietitian, MS, RD, CNSC 

New England Nutrition specializes in managing gastrointestinal (GI) disorders and digestive health including Irritable Bowel Syndrome, SIBO, Inflammatory Bowel Disease (Crohn's disease and Ulcerative Colitis), Celiac

(203) 717-464

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 New Haven, CT



## Nicolette Fraza

Nutritionist/Dietitian, MS, RDN, LDN 

I help you restore gut health, increase energy and eat stress-free using my holistic approach. Are you looking for help with: Digestive troubles? Underlying health conditions? Lack of energy? Brain fog? Finding your "happy"

[Vegan](#)

[View](#)

 Office is near:  
New Haven, CT



## The Plano Program Dietitians

Nutritionist/Dietitian, RD, MS, CDE 

Thank YOU for checking out our profile for The Plano Program Dietitians. We are an insurance-based practice serving the great New Haven county area in Southern CT. We are passionate about all areas of nutrition. We believe

(475) 242-80

[View](#)

 Orange, CT 064



## Jane Grant

Nutritionist/Dietitian, RDN, CD-N 

I work with clients who suffer with GI disorders, auto immune diseases, food sensitivities and those who struggle with weight management. A personalized treatment plan is provided to help you get to the root cause of your

[Vegan](#)

[View](#)

 Berlin, CT 06033



## Diana Rosa

Nutritionist/Dietitian, MS, RD, CDN 

Hi ! My name is Diana Rosa and I have been a private practice Registered Dietitian in the New Haven area for over 20 years. My focus is to help people realize their health and wellness goals by providing nutrition and exer-

(203) 463-415

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 Hamden, CT 06



## Beth Rosen

Nutritionist/Dietitian, MS, RD, CDN 

I am a non-diet Registered Dietitian and a gut health expert practicing from a Health At Every Size® philosophy. I help my clients find relief from digestive disorders such as Irritable Bowel Disease (IBS), Small Intestinal Bacterial

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 Southbury, CT 06488



## Here to Help Health

Nutritionist/Dietitian, RD, CDN 

Are you sick of trying diet after diet with frustration as your only result? Do you have a medical condition that can be improved with diet changes, but you don't know where to start? Whether you are looking to manage vari-

(475) 275-690

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 Office is near:  
New Haven, CT



## Jennifer Marie Thomas

Nutritionist/Dietitian, MS, CDN, CNS 

I help my clients make lifestyle changes on nutrition, exercise, sleep, and stress management. I accomplish this by creating tailored, holistic programs and then providing support and accountability. Individuals that work with me

[Vegan](#)

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 Wallingford, CT 06492

# Vegan Nutritionists and Dietitians in New Haven, CT



## Susan P Cohen

Nutritionist/Dietitian, MA, RDN, CDN, CHC

I am a registered dietitian-nutritionist and certified health coach, providing nutrition coaching and consultation with the goal of helping you discover and create healthy life-long solutions that work for your individual lifestyle.

Vegan

(475) 251-7368

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Cheshire, CT 06410



## Dr Julie Caroline Conner

Nutritionist/Dietitian, RD, CDN, PhD, IFMCP, BCHN

With over 37 years of practice experience, I have the expertise to help patients with a wide variety of complex nutritional problems. In addition to being a R.D., C.D.N, with a Ph.D. and M.P.H., I am a Board Certified Functional

Vegan

(475) 207-4476

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Brookfield, CT 06804



## Chloe Cerino Nutrition, LLC

Nutritionist/Dietitian, MS, RDN, CDN

Ready for a healthy relationship with food? You've come to the right place! Whether you need to improve a specific health condition, you're ready to put an end to yo-yo dieting, you're in recovery from an eating disorder, or sim-

Vegan

(475) 231-4514

[View](#)

[Email](#)

Milford, CT 06460



## Jackie Durand

Nutritionist/Dietitian, RD, CDN

If you are ready to get rid of excess weight but struggle finding a place to start, you are my ideal client. I can help you get a handle on cravings, choosing your ideal foods, and planning healthy meals, all without disrupting the en-

Vegan

(860) 452-1958

[View](#)

[Email](#)

Office is near: East Hampton, CT 06424



## Lisa Bunce

Nutritionist/Dietitian, MS, RD

I act as your coach and help you identify obstacles that inhibit healthful eating behaviors and take a new look at your daily lifestyle to help you make simple changes for better nutrition, disease prevention and health promotion.

Vegan

(203) 490-0029

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Redding, CT 06896



## Abby Greenspun Nutrition

Nutritionist/Dietitian, MS, RD, CD-N

My goal is to help adults and children incorporate healthy eating habits and heighten their awareness of the importance of health and nutrition. I find satisfaction in knowing that I helped change someone's life in a positive way.

Vegan

(203) 403-2863

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Westport, CT 06880



## Nicole Greene Barrato

Nutritionist/Dietitian, MS, RD, CDE, CDN

It is our goal to help fine tune your personal nutrition. Whether you want to lose or gain weight, help prevent or treat a disease, tackle a food allergy or just want to learn how to eat healthy, NutriGreene will create an individual-

Vegan

(203) 828-1249

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Westport, CT 06880



## Lellieth Latchman

Nutritionist/Dietitian, MS, RDN, CDN, CDCES

I am a Registered Dietitian-Nutritionist (RDN) and a Certified Diabetes Care and Education Specialist (CDCES) with more than 10 years of experience in helping individuals reach their goal of improving their A1C levels, losing

Vegan

(475) 889-7953

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Norwalk, CT 06850

# Plant-based Dietitians in Broward County, FL

## Nutrition Connections

Nutritionist/Dietitian, MS, RD, LDN

"My nutrition practice focuses on a personalized and mindful approach to healthy living, with a holistic theme. I have the skills to work with you to tailor achievable diet and health goals. To me,

(954) 280-5280

Fort Lauderdale, Florida 33304

[View](#)

[Email](#)

### Style/Type

Clinical Dietitian  
Community Dietitian  
Consultant Dietitian  
More >

### Treatment Techniques

Diet Therapy  
Medical Nutrition Therapy  
Menu Planning  
Mindful Eating  
Nutrition Coaching  
Nutrition Counseling  
More >

### Issues

Diabetes  
Diet and Nutrition  
Digestive Issues  
Weight Management  
Wellness Counseling  
Vegan  
More >

### Gender

Show only women  
Show only men

### See Nearest

Acupuncturists  
Chiropractors  
Dentists  
Homeopaths  
Massage Therapists  
Medical Doctors  
Naturopaths  
Physical Therapists  
All

## Christopher Fuzy

Nutritionist/Dietitian, MS, RD, LD

"We specialize in customizing nutrition programs for your lifestyle, food preferences, metabolism and your personal goals. Our 30+ years counseling experience in hospitals and our private practice

(954) 280-1264

Fort Lauderdale, Florida 33301

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## Sandra Ramirez

Nutritionist/Dietitian, MS, RDN, LDN

"For over 10 years, I have helped people achieve their health and nutritional goals. I use a non-diet approach and I work with you to include the foods you love while improving your weight, blood

(954) 951-2368

Fort Lauderdale, Florida 33312

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## Vicki Ellis Hatch

Nutritionist/Dietitian, MS, RDN, LDN, CDE

"Diets come and go- I am still here! Certified Diabetes Educator, Weight Management, Sports Nutrition, Eating Disorders, Gastro-Intestinal Disorders, Heart Disease/ Cholesterol Control, Pediatrics

(786) 268-9953

Hallandale Beach, Florida 33009

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## Julie Rothenberg

Nutritionist/Dietitian, MS, RD, LDN

"I would be SO EXCITED to help you meet your nutrition needs. I am an advocate for mindful / intuitive eating and realistic lifestyle changes. I would love to work with you for overeating/ emotional

(954) 800-2856

Pompano Pines, Florida 33024

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[Email](#)

## Lori B Kupferman

Nutritionist/Dietitian, RD, MS, LDN, CEDRD, CPT

"I grew up on Long Island and attended Oneonta State College and I received my Bachelor of Science in Nutrition/Dietetics. Then I attended Tufts University in Boston where I received my

(954) 951-8381

Office is near:  
Pompano Beach, Florida 33064

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## Sheila Schlegel

Nutritionist/Dietitian, MS, RDN, LDN

"If you want to make better lifestyle choices or you are seeking disease management for several conditions, it is essential to address each of the six dimensions of wellness: physical, emotional,

(561) 220-6967

Fort Lauderdale, Florida 33396

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## Meryl Brandwein

Nutritionist/Dietitian, RD, LDN

"Meryl Brandwein, RD/LDN, specializes in functional and integrative nutrition. She holds a degree from the University of Delaware, as well as certifications from the Institute of Functional

(954) 828-2602

Weston, Florida 33326

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## Ronit Mendel-Gold

Nutritionist/Dietitian, MS, RD, LDN, CLT

"DO YOU SUFFER FROM ANY OF THESE SYMPTOMS? Migraine & other headaches, Irritable Bowel Syndrome, Chronic Diarrhea, Heartburn/GERD, Fibromyalgia, Arthritis, Joint Pain, Muscle Pain

(786) 481-1256

Fort Lauderdale, Florida 33312

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## Alix B Landman

Nutritionist/Dietitian, RD, MPH, CDE

"Patients report the following changes from following Alix Landman's nutritional counseling: Improved sleep, Improved energy, Lowered LDL cholesterol, Lowered blood glucose levels,

(954) 283-7266

Plantation, Florida 33317

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## Jessica Gallego

Nutritionist/Dietitian, MS, RD, LDN, CEDRD

"I am a bilingual (English/Spanish) registered and licensed dietitian/nutritionist. I am currently running a private practice providing nutritional care to adult disorder patients, fibromyalgia and myofascial

(954) 385-0055

Weston, Florida 33326

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# Plant-based Dietitians in Houston, Tx.



## Kristin Kabay

Nutritionist/Dietitian, MS, RD, CSSD, LD

Kristin is a registered dietitian with years of experience working in healthcare, corporate wellness, and the sports & fitness industry. She's coached countless individuals to reach their nutrition and



## Natural Health Wellness Clinic- Nutrition & Diet

Nutritionist/Dietitian, CNC, LN, CWCM

Natural Health Wellness is a privately owned practice, specializing in customized, affordable Nutritional Counseling, Dietary services, Nutrition for Health Improvement, & Holistic Nutrition pro-



## Isabel Feldman

Nutritionist/Dietitian, RD

Please know that I am inclusive and am open to connecting with people from all backgrounds.



## Muriel Doyle

Nutritionist/Dietitian, MS, RD, LDN, CDCE, CPT

Muriel Doyle is a gifted educator and motivator. Her knack for identifying her clients' specific lifestyle challenges and creating a plan for successful improvement is one of her many strengths.



## Lisa Wartenberg

Nutritionist/Dietitian, MFA, RD, LD

Clients who ache to heal their relationship with food, as well as their body, will benefit the most from their work with me.



## Catherine C Kruppa

Nutritionist/Dietitian, MS, RD, LD

Growing up the daughter of athletic parents, I became interested in sports, wellness and nutrition at a young age. As a competitive gymnast and diver in college, I found it fascinating that what you



## Krystal Hammett

Nutritionist/Dietitian, CNC, CHN

My mission is to improve your health, naturally! Our bodies are miraculous and studies show that they have the ability to heal themselves through proper nutrition, detoxification, exercise and



## Brittany Link

Nutritionist/Dietitian, MSW, RD, LD

Brittany earned her BA in Psychology and Master of Social Work from Tulane University. She is a registered, licensed dietitian, and wellness coach. Her nutrition focus is in wellness, weight loss,



## Samina Qureshi

Nutritionist/Dietitian, RDN, LD, IFNCP

Are you ready to break free from feeling stressed & guilty around food? Do your tummy troubles keep you from enjoying your favorite food? You've come to the right place! Schedule your Free



## Kelly Wilson

Nutritionist/Dietitian, MS, RD, LD, CSO, CBC

CSO - Board Certified Specialist in Oncology Nutrition. CBC - Board Certified Bariatric Counselor. Often my clients receive a medical diagnosis and are given no direction on nutrition man-



## Diets For Life By Lindsey

Nutritionist/Dietitian, RD, LD

I SPECIALIZE IN DESIGNING CUSTOMIZED NUTRITION PLANS FOR YOU! I will help you get your health under control by perfecting your daily meals and snacks to fit your individual needs. I live



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## Juhina Aisha Farooki

Nutritionist/Dietitian, MPH, RD, LD

It is my belief that Food is one of the most important factors in promoting good physical, mental, and emotional health. There is a well-known phrase that Love is the universal language. In my



## Caitlyn Ferguson

Nutritionist/Dietitian, RDN, MEd

Would you like help working on your relationship with food and your relationship with your body? There are so many confusing nutrition messages out there and no single plan works for every



## Roger E Adams

Nutritionist/Dietitian, PhD, CISSN, ACE-CPT

No one has the same nutritional needs. Therefore, I customize each nutrition program to fit your individual needs by working one-on-one with you as you strive to meet your personal nutrition



## Diane Campbell

Nutritionist/Dietitian, RDN

Diane Campbell has been a life changer as a Registered Dietitian for 20 years. Her areas of expertise include the treatment of patients with eating disorders, weight loss / weight management,



## Ashley Hurst

Nutritionist/Dietitian, MS, RD, LD

Do you have Crohn's, UC, Celiac, Colitis, Acid reflux or another digestive issue? You might have tried it all and are ready for a plan that's more targeted and effective. You might not even be

## ULTATIONS

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FORWARD

Medical School  
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# Plant-based Dietitians in Ann Arbor, MI.



## Kate Davis

Nutritionist/Dietitian, MS, RD, LDN, CSSD

[More info at [www.RDKate.com](http://www.RDKate.com).] I am a board-certified sports nutritionist/dietitian who teaches athletes how to improve sport performance and overall health with food. Advice is individualized

Vegan



## Sara Casey Nutrition & Wellness

Nutritionist/Dietitian, RD, CSG, LDN, CPT

Let's be real – everyone wants to enjoy what they eat and feel great. I am on a mission to make this YOUR reality! My goal is to help people learn how to eat to nourish their bodies and mind!

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## Emily Camiener

Nutritionist/Dietitian, MPH, RDN

Are you interested in changing your eating style to enhance your health and well-being? Do you have high blood pressure? Do you need support changing your diet? Are you feeling energized and

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## Live In Balance Consulting

Nutritionist/Dietitian

Most of my clients come to me fatigued, overwhelmed, suffering with digestive issues, (pre/post) diabetic, heart disease, and food or nutrition related challenges. They know they need to make

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## Angela Wortley

Nutritionist/Dietitian, RDN

Do you feel trapped in a cycle of going on and off diets? Are you ready to move away from restriction, scales, and negative body image and find a way of eating and moving that support your

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## Integrated Nutrition, PLC

Nutritionist/Dietitian, RD, LDN

I am a Registered Dietitian (ADA) and Licensed Dietitian (Dietician) / Nutritionist (FL) practicing by appointment in both Boca Raton, Florida and Farmington Hills, Michigan. My company,

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## Sara Szatkowski

Nutritionist/Dietitian, RDN

Are you tired of the ongoing ups and downs of diets? Or are you recovering from an eating disorder/disordered eating and just want to be able to eat what you need to thrive and not worry

Vegan



## Aarti Batavia

Nutritionist/Dietitian, MS, RDN, CLT, FSCP, IFMCP

Are you sick and tired of being sick and tired? Do you feel like a shuttlecock going from one physician to another? As an integrative and holistic nutritionist and one of very few Certified

Vegan



## Divine Health & Wellness, LLC

Nutritionist/Dietitian, BS, CHHC, AADP, FMN

Weight loss, digestive issues, children's health, vegan and/or raw vegan food transition, juicing/blending, exercise science, Heart disease, skin issues, food sensitivities, hair issues

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## Mitali Kapila

Nutritionist/Dietitian, MS, RDN, CLT, FLC

I am an Integrative/holistic Registered dietitian Nutritionist with extensive training in Functional Medicine. If you are suffering from a chronic medical condition, and wish to find out WHY this is hap-

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## Bonnie Green

Nutritionist/Dietitian, RDN, RYT-200

\*\*Please know I do not accept insurance at this time and work with private clients only. Please use this link to apply to work with me\*\* [peacefulpowerfulnutrition.com/nutrition](http://peacefulpowerfulnutrition.com/nutrition)! Are you struggling

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Nutritionist/Dietitian, MS, RDN, CLT

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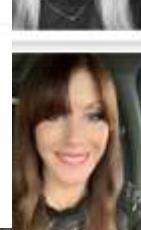
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# Plant-based Dietitians in Broward County, FL

## Nutrition Connections

Nutritionist/Dietitian, MS, RD, LDN

"My nutrition practice focuses on a personalized and mindful approach to healthy living, with a holistic theme. I have the skills to work with you to tailor achievable diet and health goals. To me,

(954) 280-5280

Fort Lauderdale, Florida 33304

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### Style/Type

Clinical Dietitian  
Community Dietitian  
Consultant Dietitian  
More >

### Treatment Techniques

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Medical Nutrition Therapy  
Menu Planning  
Mindful Eating  
Nutrition Coaching  
Nutrition Counseling  
More >

### Issues

Diabetes  
Diet and Nutrition  
Digestive Issues  
Weight Management  
Wellness Counseling  
Vegan  
More >

### Gender

Show only women  
Show only men

### See Nearest

Acupuncturists  
Chiropractors  
Dentists  
Homeopaths  
Massage Therapists  
Medical Doctors  
Naturopaths  
Physical Therapists  
All

## Christopher Fuzy

Nutritionist/Dietitian, MS, RD, LD

"We specialize in customizing nutrition programs for your lifestyle, food preferences, metabolism and your personal goals. Our 30+ years counseling experience in hospitals and our private practice

(954) 280-1264

Fort Lauderdale, Florida 33301

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## Sandra Ramirez

Nutritionist/Dietitian, MS, RDN, LDN

"For over 10 years, I have helped people achieve their health and nutritional goals. I use a non-diet approach and I work with you to include the foods you love while improving your weight, blood

(954) 951-2368

Fort Lauderdale, Florida 33312

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## Vicki Ellis Hatch

Nutritionist/Dietitian, MS, RDN, LDN, CDE

"Diets come and go- I am still here! Certified Diabetes Educator, Weight Management, Sports Nutrition, Eating Disorders, Gastro-Intestinal Disorders, Heart Disease/ Cholesterol Control, Pediatric

(786) 268-9953

Hallandale Beach, Florida 33009

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## Julie Rothenberg

Nutritionist/Dietitian, MS, RD, LDN

"I would be SO EXCITED to help you meet your nutrition needs. I am an advocate for mindful / intuitive eating and realistic lifestyle changes. I would love to work with you for overeating/ emotional

(954) 800-2856

Pompano Pines, Florida 33024

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## Lori B Kupferman

Nutritionist/Dietitian, RD, MS, LDN, CEDRD, CPT

"I grew up on Long Island and attended Oneonta State College and I received my Bachelor of Science in Nutrition/Dietetics. Then I attended Tufts University in Boston where I received my

(954) 951-8381

Office is near:  
Pompano Beach, Florida 33064

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## Sheila Schlegel

Nutritionist/Dietitian, MS, RDN, LDN

"If you want to make better lifestyle choices or you are seeking disease management for several conditions, it is essential to address each of the six dimensions of wellness: physical, emotional,

(561) 220-6967

Fort Lauderdale, Florida 33396

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## Meryl Brandwein

Nutritionist/Dietitian, RD, LDN

"Meryl Brandwein, RD/LDN, specializes in functional and integrative nutrition. She holds a degree from the University of Delaware, as well as certifications from the Institute of Functional

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Weston, Florida 33326

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# Plant-based Registered Dietitians in San Diego



## Grace Pascale Nutrition

Nutritionist/Dietitian, MS, RDN

Grace Pascale is a Registered Dietitian Nutritionist in San Diego, California with a life's mission to help others find healing and vitality by completely reforming their relationships to food and their bodies. That means doing away

Vegan



## Diane Madrigal

Nutritionist/Dietitian, ND, CNC, FDN, MTA

See [www.healthycounsel.com](http://www.healthycounsel.com). As a nutritionist and naturopath, Diane can help you reach your health goals. Get healthy and stay healthy when you understand the essentials of health along with the root causes of disease and

Vegan



## Kelly Jean Dammeyer

Nutritionist/Dietitian

I'm a Functional Nutritionist who specializes in weight loss, digestive disorders, hormone imbalances, blood sugar stabilization and inflammatory issues. I will teach you how to lose weight the healthy way, heal your body

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(760) 389-4325

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Office is near:  
San Diego, CA 92101



## SD Nutrition Group

Nutritionist/Dietitian, MS, RDN, CSSD, CEDRD-S

SD Nutrition Group is a team of experienced Registered Dietitians specializing in nutrition therapy in San Diego & California. We're experts in sports nutrition, eating disorders, pediatric nutrition, and body image concerns. We

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## E A Stewart

Nutritionist/Dietitian, MBA, RDN, CLT

Hi There! Are you ready to live your healthiest, happiest and most delicious life? Let's get started! I LOVE, LOVE, LOVE what I do...working with amazing people like YOU to help you discover your own optimal balance of "feel-

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## Kat Burris

Nutritionist/Dietitian, MS, RDN

Tired of diets and food restrictions? Looking for long term sustainable success? Do you have a medical condition that requires medical nutrition therapy? Let me help you find lasting results through healthy lifestyle changes. My

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(856) 485-9196

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Office is near:  
San Diego, CA 92101



## Patty Berry

Nutritionist/Dietitian, RD, CDE, CPT, LD

Video tele-health available in numerous states and in office appointments available in San Diego or Austin. I accept most insurance plans as well as Medicare. My individualized approaches use your body's natural biology

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## Racer's Edge Nutrition

Nutritionist/Dietitian, MS, RD, LD, CSSD, CDE

Work with our Board Certified Dietitian-Nutritionists from the comfort of your own home. We use video visits to work with all of our clients! With over 40 years of combined experience specializing in sport nutrition, diabetes

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## Kira Minot

Nutritionist/Dietitian, RD, CPT

Lasting results come from nourishing the body from the inside, out. My mission is to help your body, mind and soul-self feel nourished, nurtured, and thrive. I provide a holistic, whole-body approach to nutrition and fitness. I

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(949) 541-8570

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Office is near:  
San Diego, CA 92110



## Amy Ornelas

Nutritionist/Dietitian, RDN, CEDRD-S

Whether you are looking to end your battle with disordered eating, feeling tired and confused by diet culture, wanting to get rid of food stress for good, or looking to find a way to finally feel great in your own skin... I totally

Vegan



## Kendra Whitmire

Nutritionist/Dietitian, MS, CNS

Does your constant fatigue make you feel like you miss out on life? Walking around in a constant fog, feeling like you can't concentrate and are putting in a poor work performance? Constantly checking for a nearby bathroom

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## Champagne Nutrition Ginger Hultin

Nutritionist/Dietitian, MS, RDN

Want to tackle a nutrition or health problem? From lowering cholesterol or blood sugar to creating anti-inflammatory diet meal plans or doing nutrigenomic testing to solve a weight loss mystery, I help people who

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(206) 792-3179

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Office is near:  
San Diego, CA 92121

# ***RESOURCES for Health Professionals***

**Educate yourself in APPLIED NUTRITION:**

e-Cornell

PCRM.org

[JeffNovick.com](http://JeffNovick.com)

[NutritionFacts.org](http://NutritionFacts.org)

PCRM.org

[TheVeganRD.com](http://TheVeganRD.com)

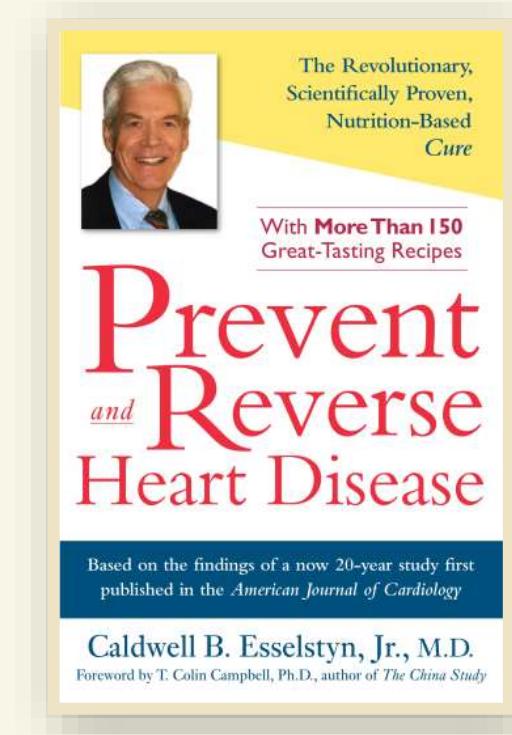
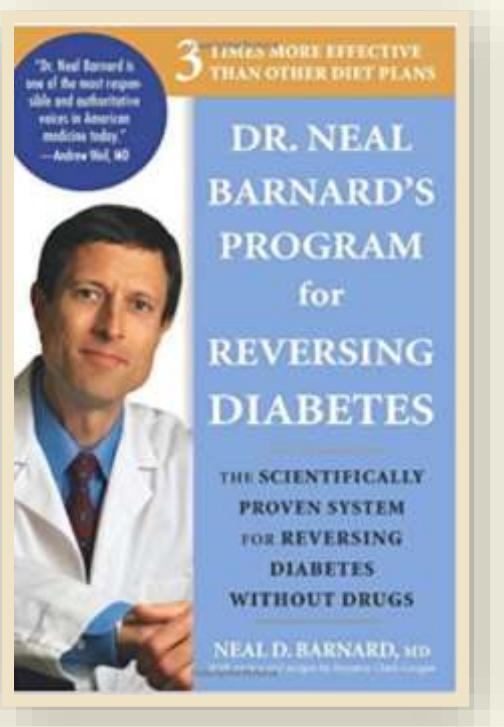
[DrMcDougall.com](http://DrMcDougall.com) - newsletter

[DrFuhrman.com](http://DrFuhrman.com) - nutrition course

[NutriSpeak.com](http://NutriSpeak.com)

[DoctorKlaper.com](http://DoctorKlaper.com)

**WEBINAR: “Thriving on a Plant-based Diet”**

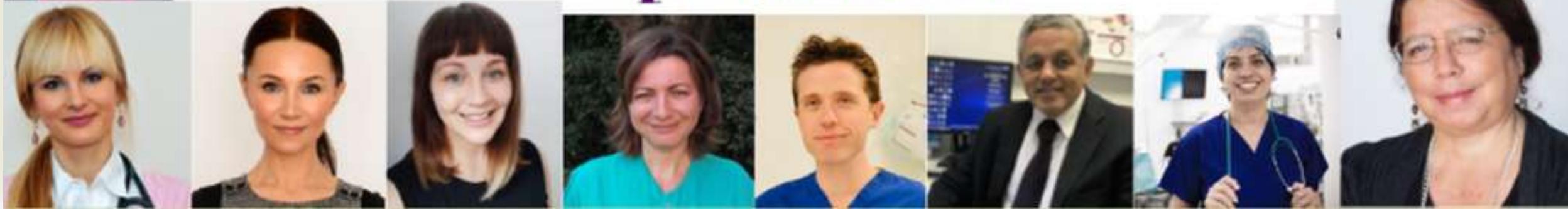


# ***EDUCATE YOURSELF on PLANT-BASED NUTRITION***

## ***6-week online course***



## **Plant-based nutrition; a sustainable diet for optimal health**



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**MOVING  
MEDICINE  
FORWARD**

**Master Class in**

*Plant-based Clinical Nutrition*

Dr. Klaper & PlantPure Communities Medical School Nutrition Education Initiative

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*What Every Health Professional  
Needs to Know*      *12-unit online course*

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**A Diet Change Beats a Pill,**  
according to a new mega-study that shows plant-based diets are effective as diabetes treatment.

“A plant-based diet improves blood sugar, body weight, blood pressure, and cholesterol all at the same time, something no drug can do.”  
- Susan Levin, M.S., R.D.  
*director of nutrition education and study author*

**PCRM.org/Diabetes**

Yokoyama T, Barnard ND, Levin S, et al. Vegetarian diets and glycemic control in diabetes: a systematic review and meta-analysis. *Cardiovascular Diagnosis and Therapy* 2014;4(3):373-382.

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Committee  
for Responsible Medicine

A plant-based diet can prevent, reverse, and manage



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free!  
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An Apple A Day: A Guide to Creating Change in Your School's Nutrition Curriculum

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A Guide to Creating Change in Your School's Nutrition Curriculum

Thursday, March 16  
5:30 pm EST

PhysiciansCommittee  
for Responsible Medicine [PhysiciansCommittee.org](https://www.pcrm.org/physicians-in-training/resources/an-apple-a-day)



PhysiciansCommittee  
for Responsible Medicine [PhysiciansCommittee.org](https://www.pcrm.org/physicians-in-training/resources/an-apple-a-day)

Evidence-Based Eating Patterns for Weight Control



Click to Play

Evidence-Based Eating Patterns for Type 2 Diabetes



Click to Play

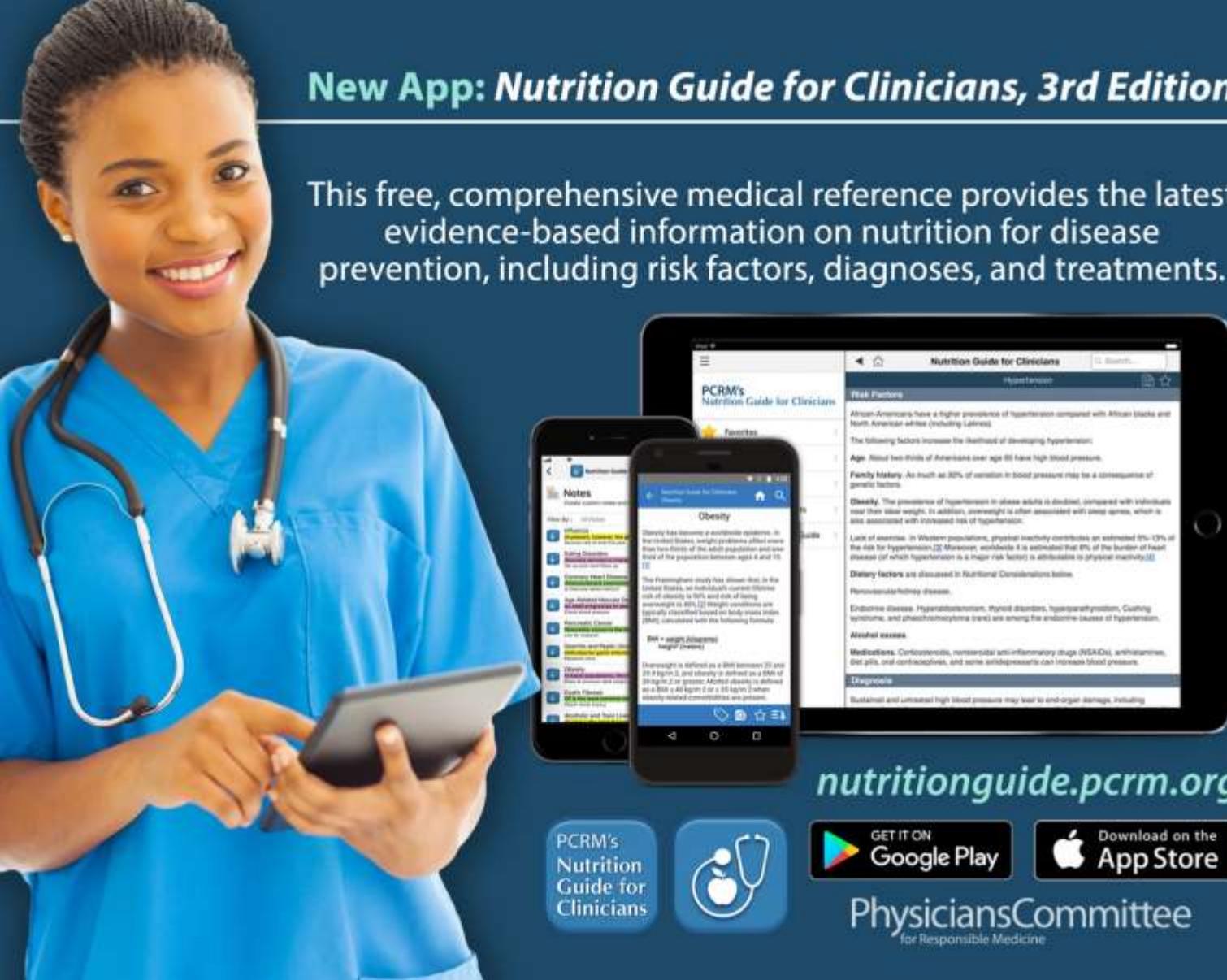
Evidence-Based Eating Patterns for Heart Disease



Click to Play

## New App: *Nutrition Guide for Clinicians, 3rd Edition*

This free, comprehensive medical reference provides the latest evidence-based information on nutrition for disease prevention, including risk factors, diagnoses, and treatments.



The image shows a healthcare professional in blue scrubs and a stethoscope, smiling and holding a tablet. Three devices are displayed: a large tablet in the foreground showing a detailed page from the app, a smartphone in the middle showing a list of topics, and another tablet in the background showing a 'Notes' section. The app interface includes sections like 'Notes', 'Risk Factors', 'Diagnosis', and 'Treatment'.

[nutritionguide.pcrm.org](http://nutritionguide.pcrm.org)

GET IT ON  Google Play  Download on the App Store

PCRM's Nutrition Guide for Clinicians 

PhysiciansCommittee for Responsible Medicine

# MEDICAL REFERENCE MANUAL

<https://nutritionguide.pcrm.org>

Moving Medicine Forward





# Rochester Lifestyle Medicine Institute



<https://rochesterlifestylemedicine.org>

Moving Medicine Forward

 MICHAEL KLAPER, M.D.  
Nutrition-Based Medicine



*Let's transform  
health and healthcare.  
Together we can!*



**Plant-based Docs**

A division of The Plantrician Project™

<http://plantbaseddocs.com/>

**plant.rician:** a physician or clinician empowered with knowledge of the benefits of whole food, plant-based

[PlantricianProject.org](http://PlantricianProject.org)

Moving Medicine Forward



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Nutrition-Based Medicine



# International Plant-Based Nutrition Healthcare Conference



Hilton San Diego Bayfront - San Diego, CA | September 14 - 17, 2018



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# American College of Lifestyle Medicine

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# Physicians Association for Nutrition



PAN International welcomes Prof. Dr. Claus Leitzmann as new advisory board member      LATEST NEWS:      PAN International to co-host one of the world's largest nutrition conferences

**PAN**      ABOUT ▾      ACADEMY      RESOURCES      PRACTITIONERS      CONTRIBUTE      EVENTS      DONATE      [f](#)      [o](#)

If you are a healthcare professional, please join!

## PHYSICIANS ASSOCIATION FOR NUTRITION

The Physicians Association for Nutrition (PAN) International aims to raise awareness among health professionals, the general public, and policymakers about the role of whole food, plant-based nutrition in promoting good health and preventing and treating disease.

PAN strives to

- make nutrition education a key part of medical school and the training of all health professions

[www.pan-int.org](http://www.pan-int.org)

Moving Medicine Forward

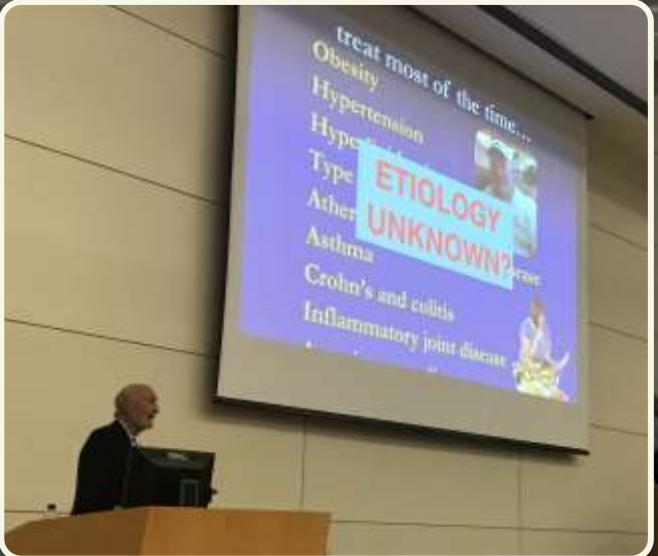


*Once you  
look behind the  
curtain...*





*You can't  
pretend you  
don't know  
what is behind  
the curtain...*



# A PROVOCATIVE QUESTION...

*Knowing that most of these diseases  
are reversible most of the time...*

Obesity  
Hypertension  
Hyperlipidemia  
Type 2 diabetes  
Atherosclerotic Vascular Disease  
Asthma  
Crohn's and colitis  
Inflammatory joint disease  
Auto-immune diseases

*Knowing that most of these diseases  
are reversible most of the time...*

Obesity

Hypertension

Hyperlipidemia

Type 2 diabetes

Atherosclerotic Vascular Disease

Asthma

Crohn's and colitis

DO YOU WANT TO HEAL  
Inflammatory joint disease  
Auto-immune diseases

THESE PEOPLE OR DON'T YOU?

*The era of applied, nutrition-based, Lifestyle Medicine is dawning - and the plant-based wave is breaking.*

Become the happiest doctor you know.



The Plantrician Project  
[Plantricianproject.org](http://Plantricianproject.org)

American College of Lifestyle Medicine  
[lifestylemedicine.org](http://lifestylemedicine.org)

**DISEASE REVERSAL - ACHIEVABLE!**

# *The Most Powerful Healing Tool That Most Doctors Ignore.*

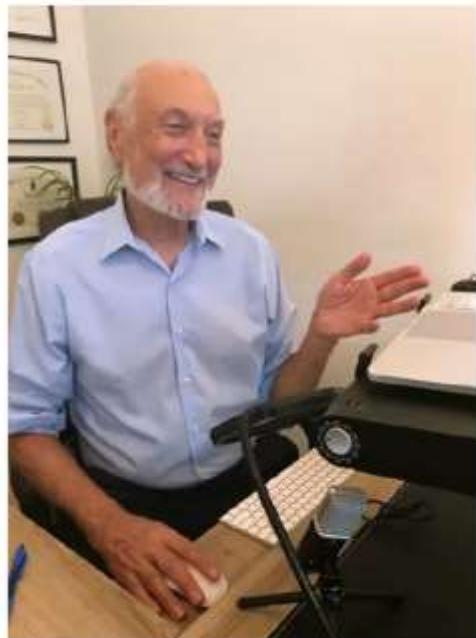




# MOVING MEDICINE FORWARD

## PLANT-BASED CLINICAL NUTRITION FORUM

### *Plant-based Clinical Nutrition Forum*



Following on the success of the Moving Medicine Forward (MMF) Master Class in Plant-based Clinical Nutrition, we are hosting monthly Plant-based Clinical Nutrition (PBCN) Forums to explore all aspects of plant-based nutrition in clinical practice.

During each 90-minute Forum, we will be examining current topics and reports related to subjects covered in the various Master Class sessions as well as discussing challenging clinical cases submitted by our participants. Of course, controversies and differing perspectives will be welcomed and discussed during a wide-ranging Q&A, with all participants invited to contribute. Each Forum will conclude with reports about and suggestions for incorporating health-promoting nutrition into medical school curricula as well as into clinical practice and hospital meal-planning.

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Nutrition-Based Medicine

# *The Most Powerful Healing Tool That Most Doctors Ignore...*

