

Resource sheet for lifestyle changes that can improve your health

I. Books

Prevent and reverse heart disease – Caldwell Esselstyn Jr, MD

Undo it – Dean Ornish, MD

The Alzheimer’s solution – Dean and Ayesha Sherzai, MD

How not to die – Michael Greger, MD

Dr. Neal Barnard’s program for reversing diabetes-

Neal Barnard, MD The China study – T Colin Campbell, PhD

Your body in balance – Neal Barnard, MD

Disease – proof your child: feeding kids right – Joel Fuhrman, MD

II. Videos

Forks over knives

Eating you alive

Game changers

Fat, sick and nearly dead

III. Websites

Wellnessmdmom.com

PCRM.org

Nutritionfacts.org

masteringdiabetes.org

Forksoverknives.com

switch4good.org