

PLANT-BASED RESOURCES

by the Lifestyle & Culinary Medicine Team at Rochester Regional Health

Books to help you transition

- *4Leaf Guide to Vibrant Health*; Kerry Graff, MD and J. Morris Hicks
 - Note: Dr. Graff donates all proceeds from this book to further lifestyle medicine initiatives.
- *The China Study Solution: The Simple Way to Lose Weight and Reverse Illness, Using a Whole-Food, Plant-Based Diet*; Thomas Campbell, MD forwarded by T. Colin Campbell, MD
- *Forks Over Knives Plan*; Alona Pulde, MD and Matthew Lederman, MD
- *Unprocessed*; Chef AJ

Books to help you further your knowledge

- *The Alzheimer's Solution*; Ayesha Sherzai, MD and Dean Sherzai, MD
- *Breaking the Food Seduction*; Neal Barnard, MD
- *The Cheese Trap*; Neal Barnard, MD
- *The China Study*; T. Colin Campbell, PhD and Thomas Campbell, MD
- *Dr. Neal Barnard's Program for Reversing Diabetes*; Neal Barnard, MD**
- *Eating Plan Based: Scientific Answers to Your Nutrition Questions*; Shireen Kassam, PhD and Zahra, Kassam, MD
- *Fiber Fueled*; Will Bulsiewicz, MD
- *Finding Ultra*; Rich Roll
- *Goodbye Lupus*; Brooke Goldner M.D.
- *How Not To Die*; Michael Greger, MD
- *How Not To Diet*; Michael Greger, MD
- *The Low Carb Fraud*; T. Colun Campbell, PhD
- *The Plant-Based Cyclist*; Nigel Mitchell
- *Power Foods for the Brain*; Neal Barnard, MD
- *Prevent and Reverse Heart Disease*; Caldwell Essylstyn, MD**
- *Proteinaholic: How Our Obsession with Meat is Killing Us and What We Can Do About It*; Garth David, MC and Howard Jacobson
- *The Starch Solution*; John McDougall, MD
- *Undo it*; Dean Ornish, MD and Anne Ornish
- *Whole: Rethinking the Science of Nutrition*; T. Colin Campbell, PhD

Please note that some of these books contain recipes that may include oil or high fat plant foods that are not recommended if you are trying to reverse heart disease or diabetes. Resources marked with ** contain only low fat recipes.

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Documentaries

- [Eating You Alive \(Amazon\)](#)
- [Fat, Sick, and Nearly Dead \(Amazon\)](#)
- [From the Ground Up \(Amazon\)](#)
- [Forks Over Knives \(forksoverknives.com\)](#)
- [Food, Inc. \(Amazon\)](#)
- [Food Matters \(Amazon\)](#)
- [Hungry For Change \(Amazon\)](#)
- [PlantPure Nation \(Amazon\)](#)
- [Plantwise \(adventhealth.com\)](#)
- [The Game Changers \(Netflix\)](#)
- [Vegucated \(Amazon\)](#)
- [What the Health \(Netflix\)](#)

Websites

- [Nutrition.org](#)
- [Nutritionfacts.org](#)
- [Physicians Committee for Responsible Medicine](#)
- [Forksoverknives.com](#)
- [Plantbasedonabudget.com](#)

Podcasts

- The Exam Room Podcast
- Heart Attack at Age 45 Alive!
- The Ian Cramer Podcast
- The Plant Yourself Podcast
- The Rich Roll Podcast