



The Nutrition Prescription – Handout

Follow-up reading and/or viewing:

1. *The China Study ... Startling implications for Diet, Weight loss and Long Term Health*, T. Colin Campbell and Thomas M. Campbell, BenBella Books, 2005.
2. *Dr. Neal Barnard's Program for Reversing Diabetes*, Neal Barnard, Rodale, 2007.
3. *Breaking the Food Seduction*, Neal Barnard, St. Martin's Griffin, 2003.
4. *The Cancer Survivor's Guide*, available at www.cancerproject.org. Food for Life Nutrition and Cooking classes are given in cities around the country.
5. *The Ethics of What We Eat*, Peter Singer and Jim Mason, Rodale, 2006.
6. *Sustainable Table*, DVD, Mischa Hedges, available at www.sustainabletablemovie.com.
7. **Dr. Michael Greger's website:** www.drgreger.org for his "Latest in Clinical Nutrition" DVD's. I recommend starting with the most current volume. I also recommend viewing his two excellent presentations available free online: "Stopping Cancer Before It Starts" - www.turnx.info/Stopping_Cancer_Before_It_Starts_on_internet/ and "Optimizing Vegetarian Nutrition" - www.drgreger.org/talks.
8. **John McDougall's website:** www.drmcDougall.com has two excellent newsletters on protein in the diet. "Where Do You Get Your Protein?" The McDougall Newsletter, April 2007. "A Brief History of Protein: Passion, Social Bigotry, Rats and Enlightenment", The McDougall Newsletter, December 2003. His website also contains a variety of useful information.
9. *Building Bone Vitality*, Amy Joy Lanou and Michael Castleman, McGraw Hill, 2009.
10. *Meet Your Meat*, video, People for the Ethical Treatment of Animals (PETA). Graphic 12 minute video available for free viewing.

The Physicians Committee for Responsible Medicine (PCRM) is an organization consisting of doctors and laypersons working together for compassionate and effective medical practice, research, and health promotion. PCRM generously donates materials for my presentations. You can find out more about their resources by visiting their website, www.pcrm.org as well as obtaining additional copies of the Vegetarian Starter Kit.

Be well,

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