



TOOLS AND RESOURCES TO INCORPORATE LIFESTYLE MEDICINE IN YOUR PRACTICE

Evelisse Capó, PharmD, DipACLM

History of Pharmacy -Ancient Mesopotamian Medicine

PLANT BASED FROM THE START!

When the first person expressed juice from a succulent leaf to apply to a wound, this art was being practiced.



Undernourished & Overfed



- This problem is serious and global
- 75-90% doctor visits are thought to be lifestyle-related causes

Prevention/Reversal vs Disease Management



Modern medical procedures and treatments address symptoms NOT causes of disease.



Because of the ever-increasing body of evidence in support of the health advantages of plant-based nutrition, there is a need for guidance on implementing its practice by health care providers.

- Physicians
- Physician Assistants
- Nurses
- Dietitians
- Pharmacists
- Physical Therapists
- Wellness Coaches



How to get started?



- Education in lifestyle medicine
- Utilize evidence-based resources
- Work with a team of lifestyle medicine professionals to provide continued support for your patients
 - Dietitian
 - Wellness Coach
 - Cooking Instructor
- Group visits

"... findings from the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease are challenging much of American dietary dogma."

— *The New York Times*

THE MOST COMPREHENSIVE STUDY OF
NUTRITION EVER CONDUCTED

— THE —
**CHINA
STUDY**

STARTLING IMPLICATIONS FOR DIET,
WEIGHT LOSS AND LONG-TERM HEALTH

T. COLIN CAMPBELL, PhD
AND THOMAS M. CAMPBELL II

FOREWORD BY JOHN ROBBINS, AUTHOR, *DIET FOR A NEW AMERICA*





T. COLIN CAMPBELL
Center for Nutrition Studies

The T. Colin Campbell Center for Nutrition Studies (CNS) is a 501(c)3 nonprofit organization committed to increasing awareness of the extraordinary impact that food has on the health of our bodies, our communities, and our planet. Through science-based education, service, and advocacy, we seek to inspire and connect all people, providing practical solutions to enable a healthier life, more equitable communities, and a sustainable world.

**“A good diet is the most powerful weapon
we have against disease and sickness.”**

—T. COLIN CAMPBELL, PHD

The T. Colin Campbell Center for Nutrition Studies Resources

Become a Plant-Based Expert

In a few short weeks arm yourself with the knowledge you need to improve your overall health, learn new skills, or even inspire a career change. In our online, video-based courses, you'll learn from over 25+ leading experts on topics that include:

- The science behind a plant-based diet
- Dr. T. Colin Campbell's 8 Principles of Food and Health
- The role nutrition plays in chronic disease, including cancer, heart disease, diabetes, Alzheimer's, and autoimmune disorders
- The importance of nutrition at each stage of life, beginning with pregnancy through adulthood
- Strategies to support sustainable positive lifestyle change and inspire others
- The psychological reasons we are drawn to unhealthy foods
- How government and industry can affect dietary choices and the environment
- Common topics of concern to athletes and fitness enthusiasts, such as protein consumption
- And much more!

Course Overview

LENGTH:	6 weeks
EFFORT:	6-8 hrs/week
FORMAT:	Instructor led
SCHEDULE:	Self-paced
ACCESS:	24/7 online
PREREQUISITES:	None
CONTINUING EDUCATION:	Earn Credits
INVESTMENT	\$1260

Upcoming Start Dates

November 23, 2022



The T. Colin Campbell Center for Nutrition Studies Resources



Live Cooking Classes and More

Our premium subscription space, offers even more support and engagement:

- ✓ WFPB Wellness Challenges (with Prizes)
- ✓ Weekly Live Cooking Classes With Chef Del
- ✓ Access to Hundreds of Recipes and to Previous Cooking Class Recordings
- ✓ Guest Chef Demos
- ✓ Live Zoom Thursday Night Check-Ins
- ✓ Periodic Wellness/Weight Management Seminars and Book Studies
- ✓ Ask Our Wellness Experts Sessions
- ✓ Free Recipe eBooks
- ✓ Active Member Engagement
- ✓ Affordable Access



The T. Colin Campbell Center for Nutrition Studies Resources

Unleash the power of a whole food, plant-based lifestyle

Monthly workshops, networking, in-depth discussions, and so much more!

Join Whole Communities now >



Whole Communities

Join a free lively community of changemakers working to impact our personal, communal, and ecological health.



The T. Colin Campbell Center for Nutrition Studies Resources

We have over 660 recipes!

667 results



Pistachio Cookies

By Debbie Adler

This recipe is a fun twist on the classic chocolate chip cookie that everyone knows and love...

★★★★★ (1)



Pumpkin Polenta

By Debbie Adler

The best thing about polenta is that it pairs well with pretty much anything you put in it,...

★★★★★ (1)



Moroccan Carrot Soup

By Debbie Adler

Carrots aren't just nutritional powerhouses. They're also incredibly versatile and...

★★★★★ (1)



Chocolate Orange Biscotti

By Debbie Adler

Infused with notes of bright citrus and chocolate, this biscotti takes a classic cookie...

★★★★☆ (3)



Mediterranean Coleslaw

By Lei Shishak



Vegan Cobb Salad with Gree...

By Vicki Brett-Gach



Za'atar Roasted Chickpeas

By Vicki Brett-Gach



Ginger Tamari Baked Tofu

By Chef Del Sroufe



The T. Colin Campbell Center for Nutrition Studies

Spanish Resources

RECIPES



Ensalada cobb vegana con aderezo

Por Vicki Brett-Gach

Esta poderosa ensalada lo tiene todo: es crujiente y cremosa. En lugar de los

ARTICLES



13 recetas basadas en plantas para recibir el otoño

Por LeAnne Campbell, PhD

En el otoño, se intensifican los sabores y colores de los guisos, cazuelas, y

WEBINARS



Alimentación humana: Embarazo y lactancia

22/09/2022

**COMING
SOON**



Lleva tu conocimiento al siguiente nivel con el Certificado de Nutrición Basada en Plantas.





The Physicians Committee is a 501(c)(3) nonprofit organization, headquartered in Washington, DC. Our efforts are dramatically changing the way doctors treat chronic diseases such as diabetes, heart disease, obesity, and cancer. By putting prevention over pills, doctors are empowering their patients to take control of their own health.

The Physicians Committee combines the expertise of more than 17,000 physicians with the dedicated actions of more than 175,000 members across the United States and around the world.

The Physicians Committee Resources

The screenshot displays the Physicians Committee website. At the top left is the logo "Physicians Committee for Responsible Medicine". To the right are navigation links: "For Clinicians", "For Medical Students", "For Scientists", and "About Us" with a dropdown arrow. Below these is a search bar with a magnifying glass icon and a blue "DONATE" button. A dark teal navigation bar contains the following menu items: "GOOD NUTRITION" (with a dropdown arrow), "HEALTH TOPICS" (with a dropdown arrow), "ETHICAL SCIENCE" (with a dropdown arrow), "OUR RESEARCH" (with a dropdown arrow), "NEWS" (with a dropdown arrow), and "WAYS TO GIVE".

The main content area features a large image of a white rabbit's face on the left, with three orange arrows pointing upwards from the image. To the right of the rabbit is a teal banner with the headline "Victory for Animals" and the sub-headline "U.S. Senate Drops Harmful Cosmetics Provision". Below the sub-headline is an orange "Read More" button. Two more orange arrows point upwards from the teal banner.

At the bottom of the page, there are three smaller images: a group of white mice, a man in a blue suit pointing to a large "NUTS" sign, and a group of people holding protest signs that read "U. OF TOLEDO: Stop Using Animals in Research" and "Modernize Medical Training End Animal Labs".



The Physicians Committee Resources

Physicians
Committee
for Responsible Medicine



[For Clinicians](#)

[For Medical Students](#)

[For Scientists](#)


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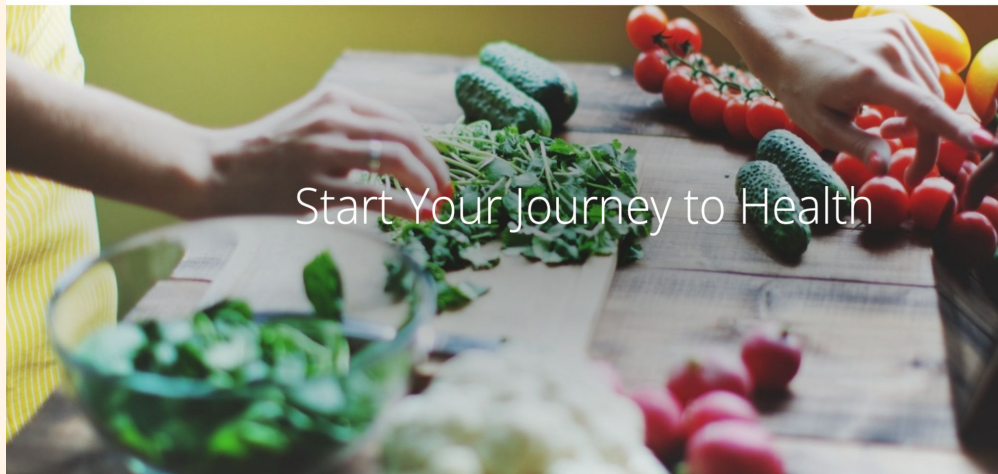
[WAYS TO GIVE](#)

—
Nutrition
Education for
Medical
Students



The Physicians Committee Resources

PhysiciansCommittee
for Responsible Medicine



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

The Vegan Kickstart is supported by decades of research showing that a plant-based diet can help you reach a healthy weight and lower your risk for heart disease, type 2 diabetes, and other chronic diseases.

Our low-fat plant-based recipes, developed by chefs, dietitians, and experts in vegan cuisine, provide nutritious meals that are both healthy and delicious.

The Physicians Committee Resources

[About](#)[Class Descriptions](#)[Find a Class](#)[Employee Wellness](#)[Find an Instructor](#)[Become an Instructor](#)

Helping people **regain** their **health** through food.



Find a FFL Instructor Near You



Food for Life is an award-winning nutrition education and cooking class program that provides an innovative approach to diet-related chronic diseases.

Since 2001, Food for Life has been a pioneer in delivering hands-on information about the direct role of plant-based nutrition in health and disease prevention to communities around the world.



AMERICAN COLLEGE OF
Lifestyle Medicine

The American College of Lifestyle Medicine (ACLM) is the medical professional society providing quality education and certification to those dedicated to clinical and worksite practice of lifestyle medicine as the foundation of a transformed and sustainable health care system.

Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—also provides effective prevention for these conditions.

The American College of Lifestyle Medicine (ACLM)

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The American College of Lifestyle Medicine

Advancing evidence-based lifestyle medicine to prevent,
treat and reverse non-communicable, chronic disease



The American College of Lifestyle Medicine (ACLM)



Continuing Education Store

Link directly to our store to browse the entire catalog and purchase courses. If you are an ACLM member, register for complimentary CME/CE here.

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Become Certified

Certification in Lifestyle Medicine indicates that the individual has mastered the science of preventing, treating, and reversing chronic disease in an evidence-based manner.

[Certification](#)

The American College of Lifestyle Medicine (ACLM)

Become Certified in Lifestyle Medicine Practice

ACLMlogo



**Treat, Reverse, and Prevent Chronic Disease
by addressing the root causes of disease.**



**2022 EXAM REGISTRATION | ENDS SEPTEMBER 30,
2022**

Registering for the exam secures your ability to reserve an appointment at a Prometric testing center. Invitations to reserve an appointment at a testing center will be distributed after September 30th. Registration after September 30th will go towards the 2023 exam.



The Plantrician Project Mission

**To educate, equip and empower our physicians,
healthcare practitioners and other health influencers
with knowledge about the indisputable benefits of whole
food, plant-based nutrition.**

The Plantrician Project

Plantrician University - A FREE resource for health profession students and clinicians in training. Enrollment Open Now!



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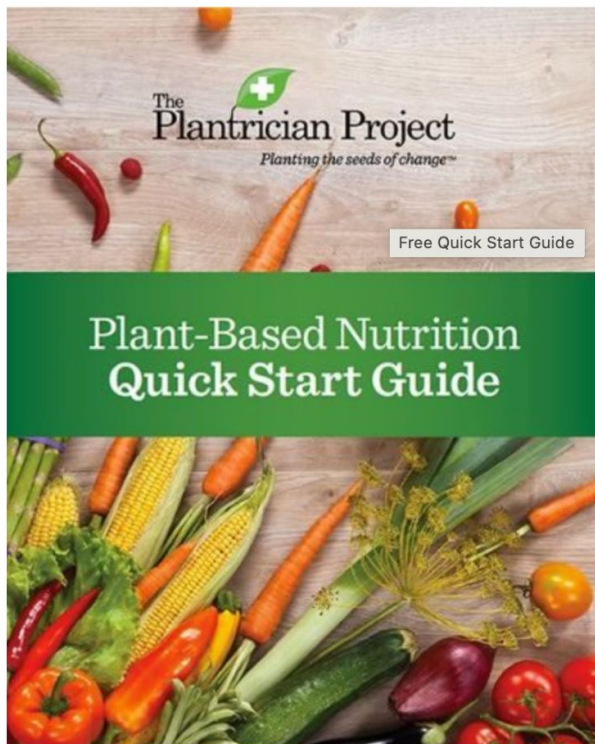
Plant-Based Nutrition Quick Start Guides and Rx Pads

Comprehensive Educational Booklets

Learn how and why adopting a whole food, plant-based dietary lifestyle can help you and your patients achieve optimal health and well-being.

Interested in a PDF download of a Quick Start Guide in a different language? [CLICK HERE](#) to see available languages for download.

The Plantrician Project Free Resources



Plant-Based Nutrition Quick Start Guide + Bonus Pediatric Guide

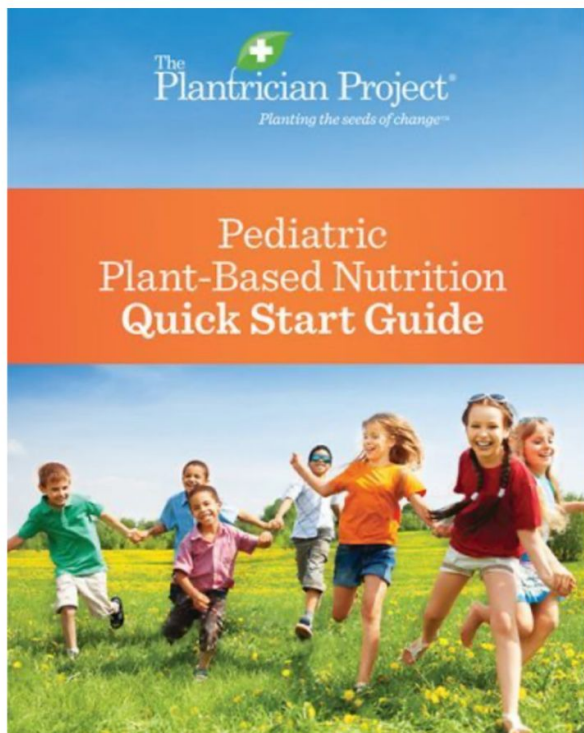
You have the power to protect your health and prevent disease. This comprehensive resource can help. Take the first step now.

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The Plantrician Project Free Resources



Pediatric Plant-Based Nutrition Quick Start Guide

You have the power to protect your health and prevent disease. This comprehensive resource can help. Take the first step now.

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The Plantrician Project Free Resources



Sign In

Plant-Based Nutrition Education Portal

A FREE resource for health profession students and clinicians in training.

Enroll

Donate



Why Whole Food Plant-Based For Medical Students?

By educating healthcare professionals in training on the root cause of chronic lifestyle-related disease, we empower the next generation with the critical knowledge they need to treat their patients and help them prevent and reverse disease.



The Plantrician Project Events

We're Planting The Seeds Of Change

Elite Medical Education Events And Content

The Plantrician Project educates medical doctors, clinicians, and other health influencers on the indisputable health benefits of eating a plant-based diet. Our conferences and events include:

International Plant-Based Nutrition Healthcare Conference

Plantrician Education Series

International Curated Educational Content – Curated content services and consultation provided for select international conferences including:


The Asian Plant-Based Nutrition Conference in Bangkok, Thailand;

The Healthcare Summit at **Plant-based World Europe Conference and Expo** in London, England;


Conferences in Saudi Arabia and Australia.



Plant-Based Research Articles Database



PlantBasedResearch.org
An online database relevant to plant-based nutrition



The Plantrician Project


Home Research Articles by Category Resources Participate in Research Studies Newsletter About Us

What Does Peer Review Mean?

The articles included in this library are original, peer-reviewed research papers, also known as "primary sources". Peer-reviewed papers are those published in journals who use a committee of other scientists to carefully review the author's study methods, analysis, and conclusions, and to provide feedback for improvements before publication. The result are papers whose authors who are rigorously held accountable for their statements. [Click here for a list of inclusion criteria.](#)

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Your Online Source for Plant-Based Research Articles



Welcome to plantbasedresearch.org, an online narrative review of peer-reviewed, scientific research papers and educational resources that are relevant to plant-based nutrition. Links to the abstract are included with every article, and links to the free full articles are included when possible! A narrative review is a collection of research papers **supporting a particular theory** - this website is by no means an exhaustive directory of all research on nutrition and disease but presents the **growing body of evidence** supporting the theory that **whole food, plant-based diets** offer the best chance for avoiding chronic disease, and in some cases, reversing it.

To browse scientific papers a variety of topics visit our "[Research Articles by Category](#)" page. Please [Join Our Newsletter](#) for updates on new studies! Or, do a site search to find information by keyword. Visit the [Participate in Research Studies](#) to join the recruitment list for future studies. Thank you for your interest in plant-based nutrition.


[A randomized controlled trial of the effect of dietary fibre on blood pressure.](#)

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Download Your Free Layperson's Guide to Understanding Research

Want to be reading original research papers yourself? [Download this easy guide](#) that will introduce you to doing your own searches and how to evaluate basic statistical statements and conclusions.



Download Your Free Guide to Careers in Plant-Based Nutrition

Pursuing professional



Plant-based Prevention Of Disease

CONTINUING EDUCATION CONFERENCES

The national nonprofit Plant-based Prevention Of Disease (P-POD) continuing education conferences are an evidence-based look at how plant-based eating patterns and allied lifestyle changes may reduce the risks of society's major preventable diseases.

P-POD conferences draw upon the scientific research literature and clinical experience in human nutrition, to identify protective mechanisms and health benefits that may be provided via plant-based dietary choices and allied lifestyle measures.

Affordable nonprofit continuing education.

Nonprofit with no commercial funding.
Continuing education for MDs, RDs,
RNs and others.



Plant-based Prevention Of Disease Events



The image shows a screenshot of the website for "Plant-based Prevention Of Disease" with a large photograph of a diverse audience seated in a conference room. The website header includes navigation links: Agenda, Speakers, Venue/Lodging, Attend, Volunteer, CE 2022, About, Connect, and a REGISTER button. The main title "Plant-based Prevention Of Disease" is accompanied by a pea pod icon and the text "CONTINUING EDUCATION CONFERENCES". Social media icons for Facebook, Twitter, and Instagram are present, along with JOIN OUR LIST and DONATE buttons. A blue banner below the header reads: "Thank you, Atlanta Oct. 2022! **SAVE THE DATES: Sat. Sept. 30 - Mon. Oct. 2, 2023, Newark NJ (NYC area). Details later!**" Below this, a yellow banner states: "Nutrition & Lifestyle Med. Conferences for the whole healthcare community."

Agenda Speakers Venue/Lodging Attend Volunteer CE 2022 About Connect REGISTER

 **Plant-based Prevention Of Disease**
CONTINUING EDUCATION CONFERENCES

Facebook Twitter Instagram

JOIN OUR LIST DONATE

Thank you, Atlanta Oct. 2022! **SAVE THE DATES: Sat. Sept. 30 - Mon. Oct. 2, 2023, Newark NJ (NYC area). Details later!**

Nutrition & Lifestyle Med. Conferences for the whole healthcare community.

The future of healthcare begins with nutrition.

P-POD 2022: 3 in-person events
May 21-22, Ypsilanti/Detroit MI
June 25-26, Raleigh NC (+ virtual option)
Oct. 22-23, Atlanta GA (+ virtual option)
13 to 15 hours qualified in-person ABLM/ACLM CME

NutritionFacts.com



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What is the healthiest diet?

Find out what the latest science is saying about your favorite foods to help you make the healthiest choices for you and your family

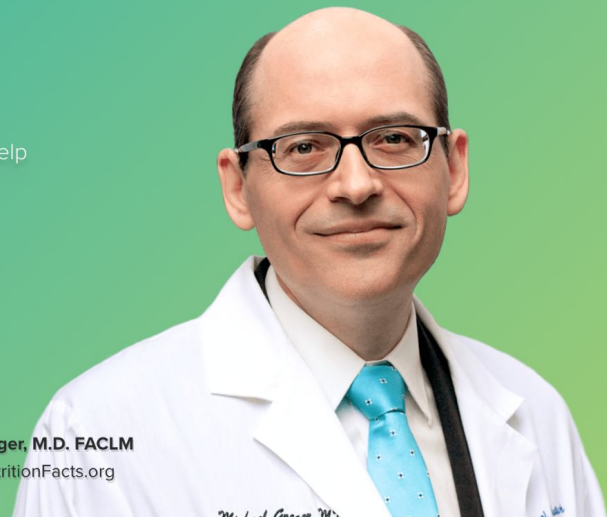
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Michael Greger, M.D. FACLM
Founder, NutritionFacts.org



Sign up for ten weeks of free, easily digestible support emails that will help you live a healthy, plant-based lifestyle

FIND OUT MORE

Support

Nutrition Dialogue With Patients



1. Include questions about diet during the first part of an office visit when interviewing patients regarding wellness behaviors (typically covering exercise and smoking).
 - Do you eat at least 7 to 9 servings of vegetables and fruits every day?
 - How many times per week do you eat fried foods/red meat/processed meat/refined sugars?
 - How often do you choose whole grains over refined grains?
 - Do you eat at least a cup to a cup-and-a-half of legumes (beans, lentils, peas) per day?
 - Do you include leafy green vegetables in your daily diet?

Nutrition Dialogue With Patients



- 2 When discussing a patient's treatment plan, include diet as a viable option with positive effects (e.g. decreased risk for chronic diseases and better outcomes for existing conditions).
- 3 Enlist all health care practitioners on the patient's team to be aware of diet modification goals. One way to simplify this is by charting progress and goals.

Nutrition Dialogue With Patients



4. Advocate simple suggestions to start off. (Meatless Mondays, 21-Day Kickstart, etc).
 - Incorporate leafy green vegetables with at least two meals or snacks each day.
 - Reduce intake of red and processed meat to once per week or less.
 - Opt for whole grains over refined (eg, brown rice instead of white rice, whole grain pasta instead of white pasta, 100% whole grain or sprouted bread).
 - Enjoy 2 to 4 servings of fruit per day.
 - Include colorful vegetables with each meal.
 - Try making a plant-based meal and then an entire plant-based day by prioritizing previously loved plant-based dishes (eg, pasta primavera, bean and rice burrito, bean chili).
 - Aim to eat a rainbow every day (foods naturally red, orange, yellow, green, and blue/purple).

Nutrition Dialogue With Patients



5. Offer patients educational support

- Information in the form of pamphlets, books, onsite nutrition counseling, in-house cooking classes, and evidence-based articles on the Internet.




NEAL BARNARD, MD, FACC
NEW YORK TIMES BESTSELLING AUTHOR

THE VEGAN STARTER KIT

EVERYTHING YOU NEED TO KNOW ABOUT PLANT-BASED EATING

The Vegan Starter Kit
by Neal Barnard, M.D.,
is a practical guide
that makes going
vegan easy and fun!

You'll find nutrition
information, tips,
recipes, and more!



Have a Follow-up Plan

Maintain a plan for follow-up and continued encouragement. It is common for people to lose motivation, and to become frustrated over time, particularly if there is not a strong support system in place.

Engage patients by ensuring they are enrolled in classes, have family or friends participating alongside them, are connected to others in similar phases of transition, and have access to continued information on diet and lifestyle.



Tips for Patient Motivation



- Focus on optimism. Encourage every positive choice because food is deeply personal and making significant changes is challenging for most people.
- Encourage the conversation with patients who are interested.
- The single person most people trust for advice and recommendations on health, diet, and wellness is their **physician**. It is an honor to be able to open up the dialogue from a place of caring and support and without judgment. Offer advice and an ear to help propel patients onto the path of long-term health.
- Make it fun! Changing your diet is similar to learning a new language. Initially, a few new ingredients are discovered, which is like learning some new words. Then enjoyable recipes and meals become part of the repertoire. Finally, it becomes second nature to choose and prepare plant-based meals.



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