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Tue, 04 Aug 2015 04:57:00 GMT - Double celebration as my new article with Ray Cronise, Plant-Based Nutrition for Healthcare Professionals: Implementing Diet as a Primary Modality in the Prevention and Treatment of Chronic Disease, just published in The Journal of Geriatric Cardiology. Further, this issue of the journal is a (very ...

Goldmine! Plant-Based Diet Gets An Entire Special Issue in ... -

Tue, 06 Feb 2018 13:11:00 GMT - The skeptical cardiologist has heard a few cardiologist colleagues rave about the movie "Forks Over Knives" and promote the so-called "whole-foods, plant based diet."

The Incredibly Bad Science Behind Dr. Esselstyn's Plant ...-

Tue, 19 Jun 2018 21:39:00 GMT - Weight loss is touted as one of the biggest benefits of switching to a plant-based diet and can be a positive side effect for people who need to lose weight for health reasons.

Is Your Plant-Based Diet the Reason You're Underweight ... -

Wed, 13 Jun 2018 22:15:00 GMT - The Plant-Based eCourse will help you make realistic and lasting changes to a healthy diet. Learn what to eat and how to live on a plant-based diet.

Plant-Based eCourse - My Plant-Based Family -

Sat, 16 Jun 2018 16:20:00 GMT - The macrobiotic diet is associated with Zen Buddhism and is based on the idea of balancing yin and yang. The diet proposes 10 plans which are progressed through to reach a supposedly ideal yin/yang ratio of 5:1.

Macrobiotic diet - Wikipedia -

Tue, 19 Jun 2018 14:58:00 GMT - THE STARCH SOLUTION: The Low Fat Whole Foods Plant Based Diet A widely tested successful vegan diet has been long advocated by Dr. John McDougall, in the new "The Starch Solution,"