

PLANT CENTERED LIVING RESOURCE LIST

What is Plant Centered Living?

Plant centered living combines fruits, vegetables, whole grains, beans, seeds, and nuts into a health-promoting and delicious way of eating that improves one's personal health, places less strain on our precious natural resources, and contributes to a more equal and just world in which all living beings are revered. A plant centered lifestyle is much more than just a way of eating. It is a way of being. It reflects who you are and what you believe. Plant centered living makes intuitive sense, is based on sound science, and is sustainable over time.

Pillars of Plant Centered Living

- Eat plant centered food.
- Move any time you can.
- Unplug from technology when possible.
- Cultivate meaningful relationships.
- Listen to your inner voice.

Plant Centered Living Pledge

- Be knowledgeable.
- Be confident.
- Be patient (with yourself and others).

Books

Health and Nutrition

- **Dr. Neal Barnard's Program for Reversing Diabetes**, Dr. Neal Barnard, MD, FACC
- **Your Body in Balance: The New Science of Food, Hormones, and Health**, Dr. Neal Barnard, M, FACC
- **Mastering Diabetes**, Cyrus Khambatta, PhD and Robby Barbaro, MPH
- **Food Revolution: How Your Diet Can Save Your Life and Our World**, John Robbins
- **How Not to Die**, Michael Greger, MD
- **Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat** by Howard Lyman
- **Plant-Strong: Discover the World's Healthiest Diet**, Rip Esselstyn
- **Prevent and Reverse Heart Disease**, Caldwell Esselstyn Jr., MD
- **Proteinaholic**, Garth Davis, MD
- **The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age**, Dean & Ayesha Sherzai, MD
- **The Cheese Trap**, Dr. Neal Barnard, MD
- **The China Study**, T. Colin Campbell, PhD
- **The Future of Nutrition**, T. Colin Campbell, PhD
- **Undo It**, Dean and Anne Ornish
- **Whole**, T. Colin Campbell, PhD

The Bigger Picture

- **Fast Food Nation: The Dark Side of the All-American Meal**, Eric Schlosser
- **Food is Climate: A Response to Al Gore, Bill Gates, Paul Hawken, & the Conventional Narrative on Climate Change**, Glen Merzer
- **Foodopoly: The Battle Over the Future of Food and Farming in America**, Wenonah Hauter
- **Growing a Revolution: Bringing Our Soil Back to Life**, David Montgomery
- **Hooked: Food, Free Will, and How Food Giants Exploit our Addictions**, Micheal Moss
- **Kiss the Ground: How the Food You Eat Can Reverse Climate Change, Heal Your Body & Ultimately Save Our World**, Josh Tickell
- **Silent Spring**, Rachel Carson
- **Stuffed and Starved: The Hidden Battle for the World Food System**, Raj Patel
- **The American Way of Eating**, Tracie McMillan
- **The Secret Life of Groceries: The Dark Miracle of the American Supermarket**, Benjamin Lorr
- **World Peace Diet**, William Tuttle, PhD

Movies

- forksoverknives.com
- cowspiracy.com
- whatthehealthfilm.com
- eating2extinction.com
- eatingyoualive.com
- gamechangersmovie.com
- theyretryingtokillus.com

Websites

Health and Nutrition

- nutritionstudies.org
- forksoverknives.com
- nutritionfacts.org
- pcrm.org
- drmcdougall.com
- dresselstyn.com
- doctorklaper.com
- plantricianproject.org

Recipes

- thevegan8.com
- shaneandsimple.com
- ohsheglows.com
- nutritionstudies.org
- forksoverknives.com
- sweetsimplevegan.com

Athletes

- veganbodybuilding.com
- richroll.com
- nomeatathlete.com
- brendanbrazier.com

Misc.

- happycow.net
- livekindly.co
- farmsanctuary.org

Learn More About Plant Centered Living

Website: www.plantcenteredliving.com

E-Mail List Sign-Up: <http://eepurl.com/bZ5A3D>

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