

FACT SHEET: For a Long Healthy Life

Lifestyle Diseases

You Can Prevent or Cure by Eating Healthy Food

Heart Disease Stroke	Breast Cancer	Colon Cancer	Prostate Cancer
Diabetes	Liver Disease - Fatty Liver	Kidney Disease (High Blood Pressure)	Arthritis

RESOURCES

This list of doctors, researchers and nutritionists are some of the best minds working in nutrition today. Please read their books, and visit their websites for more information.

Michael Greger M.D.
<http://nutritionfacts.org/>

Dr. John McDougall
<https://www.drmcDougall.com/health/education/free-mcdougall-program/>

Dr. Caldwell B. Esselstyn
<http://www.dresselstyn.com/site/>

Dr. T. Colin Campbell
<http://nutritionstudies.org/?gclid=CjwKEAiAluG1BRDrvsqCtYWk81gSJACZ2BCek2eeFTdVqsSCBVkGzfWnC80Zo59YnQ>

Dr. Neal Barnard
<http://www.pcrm.org/media/experts/neal-barnard>

Dr. Joel Fuhrman
<http://www.drFuhrman.com/default.aspx>

Kathy Freston
<http://www.kathyfreston.com/>

Jeff Novick
<http://www.jeffnovick.com/RD/Home.html>

NOTE: I am in no way affiliated with any of these resources.

They are simply people who's work I admire, and recommend to others who are looking to change their lives.

READ

[Back Story: Breaking the Cycle of Chronic Pain](#)