

# Eat Well, Be Well

“Let food be thy medicine, and medicine be thy food” - Hippocrates

“Thank you, I feel so good. . .” Patient testimonial

## Forks Over Knives – Movie

- This is where to begin...
- Non-judgmental presentation of health changes that can be easily achieved through diet
- Available on Netflix, Youtube (for purchase only ~\$4)
- <http://www.forksoverknives.com/>

## The China Study - book by Colin Campbell, PhD

- Elegant, researched presentation of how diet influences health
- <http://thechinastudy.com/>
- When I met a physician that said “I can only cure bacterial infections (antibiotics) but if a person chooses to modify their diet, I can help their heart, manage diabetes, acid reflux and more.”
- This physician recommended I watch Forks Over Knives and read The China Study

## The Starch Solution - book by John McDougall, M.D., Internal Medicine

- Eat the foods you love, regain your health and lose the weight for good
- Direct, researched answers to your diet questions - 200 pages
- Recipes to get you started - 100 pages
- Medical research to support the recommendations - 20 pages of fine print
- The authors site [http://www.drmcDougall.com/store\\_starch\\_solution.html](http://www.drmcDougall.com/store_starch_solution.html)
- Video of The Starch Solution on YouTube: <https://www.youtube.com/watch?v=4XVf36nwrap>

## Sleep Interrupted - book by Steven Y. Park, M.D.

- Don't sleep well?
- Heartburn, Runny Nose? Throat Issues: coughing, mucous, hoarseness?
- This is the book with answers.
- Explains Sleep Apnea and a condition that is less well known but much more prevalent and a precursor to the Apnea, Upper Airway Resistance Syndrome (UARS)
- After 30 years in dentistry, this book was revolutionary in my understanding of how medical conditions can affect oral health
- Dr. Parks site <http://doctorstevenpark.com/>
- Amazon [http://www.amazon.com/Sleep-Interrupted-physician-reveals-reason/dp/0980236738/ref=cm\\_cr\\_pr\\_product\\_top](http://www.amazon.com/Sleep-Interrupted-physician-reveals-reason/dp/0980236738/ref=cm_cr_pr_product_top)

## Children: Sleep Deprivation, Airway, Tonsils, Adenoids & Snoring - Kevin Soh, M.D.

- Short video detailing how airway affects growth, health and development
- Valuable reference for parents wanting to understand why their children don't feel well, don't sleep well, and may not be doing well in school
- Youtube <http://www.youtube.com/watch?v=G2l-YUwOuY> turn down the sound!

## Digestive Tune-up - book by John McDougall, M.D.

- Explains how diet affects everything from bad breath, to acid reflux, digestion and health
- Chapter 4 is very valuable: My Stomach's on Fire and I Can't Put It Out!
- <http://www.nealhendrickson.com/mcdougall0202pu1.htm>
- Amazon [http://www.amazon.com/McDougalls-Digestive-Tune-Up-John-McDougall/dp/1570671842/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1342727840&sr=1-1&keywords=digestive+tune+up](http://www.amazon.com/McDougalls-Digestive-Tune-Up-John-McDougall/dp/1570671842/ref=sr_1_1?s=books&ie=UTF8&qid=1342727840&sr=1-1&keywords=digestive+tune+up)

## Prevent and Reverse Heart Disease - book by Caldwell B. Esselstyn, M.D.

- “Coronary artery disease is a toothless paper tiger that need never ever exist and if it does exist it need never ever progress”
- Profiled extensively in Forks Over Knives
- Inspiring research documenting the elimination of heart disease through diet
- <http://www.heartattackproof.com/>

The Engine 2 Diet - book by Rip Esselstyn

- Professional Triathlete, Firefighter and Nutritional Consultant to Whole Foods
- Profiled in Forks Over Knives
- Researched, practical book that presents two ways to modify diet and how these changes brought a firehouse full of meat eaters to health when studying cholesterol
- If you can inspire firefighters to adopt a healthy diet, you have a winner!
- <http://www.engine2diet.com/>

DrMcDougall.com - website of John McDougall, M.D.

- A go to reference for medical questions and answers to how diet affects disease
- [www.drmcDougall.com](http://www.drmcDougall.com)
- Hot Topics: Health, Disease and Articles linked to their treatment
- [http://www.drmcDougall.com/medical\\_hottopics.html](http://www.drmcDougall.com/medical_hottopics.html)
- McDougall Moments: 3 minute videos on health and nutrition
- [http://www.drmcDougall.com/video/mcdougalls\\_moments.html](http://www.drmcDougall.com/video/mcdougalls_moments.html)