

THE NUTRITION, LIFESTYLE & COVID CONNECTION

How to Thrive (*not merely survive*) in a Chaotic and Uncertain World

By Michael Dorfman



This eBook is for you if...

- Being healthy and having a robust immune system is a priority for feeling safe, protected, and free of fear and anxiety during pandemics and the times in between.
- You are concerned and even disagree with certain critical decisions that have been and are still being made by people in power during these past two and a half years.
- You believe that the citizens of planet Earth, not governments, health institutions, corporations, or the media, should ultimately be responsible for our health decisions.
- You want to achieve optimal health and a robust immune system...naturally.

I invite You To Take This Journey With Me, To:

1. Understand where we are today with regards to covid and the pandemic.
2. Revive an ignored history of how we got here.
3. Realize our potential for building a future where we and future generations can thrive.
4. Re-discover our body's self-healing powers including my 11 keys to optimal health and a robust immune system.

PART 1: We Need Clarity, Not Confusion

Chapter 1: Who Can You Trust?

- Where do we stand after 2 pandemic years?
- Trust verses Doubt or Doubt verses trust- Confused?

Chapter 2: How And Why Did We Get Here?

- Two common attitudes that block us from seeing the truth
- How to free yourself from confirmation bias and cognitive dissonance
- Change your perspective by distancing yourself from the situation

PART 2: Stepping Back In Time

Chapter 3: A step back in time

- Health practices before the 20th Century
- Has the germ theory of disease become obsolete?
- Geocentrism vs. Heliocentrism
- Germ theory verses the terrain theory of disease
- How do these theories differ?

Chapter 4: The Growth of the Pharmaceutical Industry

- The Influence of John D Rockefeller
- John D Rockefeller effect on today's' medical education and the pharmaceutical industry

Chapter 5: Immunity Before Vaccines

- Results of drug dependency

PART 3: The Relationship between the Universe, Our Planet & the Human Body

Chapter 6: The 3 Harmonic Systems

- Human beings need to cooperate with nature not control it

Chapter 7: Biodiversity In Nature

- According to the living planet report
- How about growing for people verses growing for livestock?

Chapter 8: Biodiversity Within Us

- Microbiome 101
- A healthy symbiotic relationship with our microbes

PART 4: Empowering Our Health & Immune System

Chapter 9: Fiber is the name of the game

- Lack of protein isn't the problem...lack of fiber is!

Chapter 10: Our Microbiome - Immune System Relationship

- What happens when things go awry?

Chapter 11: Is Getting Sick One of Today's Greatest Fears?

- The oral and skin microbiome

PART 5: Embracing Healthy Practices

Chapter 12: The Benefits of Plant Strong Nutrition And Healthy Lifestyle Practices

- Making conscious decisions
- The body is where the gift of life resides
- The 7 keys to better health and wellbeing

Final Thought

- Is humanity at a crossroads?

About Michael J Dorfman

Recommended Resources

Part 1:

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CHAPTER 1: Who Do You Trust?

There are indications now that governments, health institutions, pharmaceutical and vaccine manufacturers are already preparing for the next pandemic. The World Health Organization is in the process of drafting The World Pandemic Treaty, which it hopes to put into practice in 2024. President Joe Biden recently said that there will be another pandemic, and Bill Gates stated that another pandemic is all but certain and it will be another pathogen (*February 18, 2022, CNBC*).

The question is: The next time around, will the "authorities" in power stick only to the same flawed tactics and protocols they used for Covid-19 (i.e., mandatory lockdowns, masks, social distancing, and quarantine)? Or will they consider adding the following options?:

Informed consent – informing the public at the vaccination sites a) of the vaccine's potential adverse reactions and b) the vaccine ingredients. Data for the former is available on the CDC website (VAERS), but is not well known.

A risk vs. benefit assessment of the impact of the actions and protocols mandated during this pandemic on global populations...physically, psychologically, and socially. Without that, how can we know how effective they were or the best path to proceed in the future?

Open debates on the safety and efficacy of different proposals.

Vaccine trials and research done by independent companies and laboratories instead of by the vaccine manufacturers themselves.

An emphasis on health guidance, especially for the elderly and those with comorbidities (i.e., obesity, type 2 diabetes, high blood pressure, cardiovascular disease).

"How did we get to a place where the companies that profit from our sickness are the ones telling us how to be healthy; where the companies that profit from our food choices are the ones telling us what to eat." T. Colin Campbell, Ph.D. (author of The China Study)

When I reflect on the global response to Covid-19 from March 2020 until today, I am appalled and confused because not one of the above options has been adopted. In my opinion, doing so would have increased confidence in our government and health institutions because they are responsible for the nation's health policies. So, if and when the next pandemic comes along, should we continue to allow the same people to act on our behalf? I don't think so.

WHERE DO WE STAND AFTER MORE THAN TWO PANDEMIC YEARS?



Once upon a time, I felt comfort and security in the advice of my doctors, political leaders, pharmaceutical companies, health institutions, food companies, and corporations. I believed that they had my best interest in mind, and for the most part, there was no reason to doubt their motives.

Today, more than two years into the pandemic, I am **confused and uncertain**.

With the increase of conflicting and controversial information from the media, scientists, and health institutions, I began to question what I read, watched, and listened to.

The result: Some opinions and recommendations from authority figures I had previously accepted aren't making sense to me anymore.

What's more, I'm not the only one puzzled by what's going on.

First, we were told that the MNRA emergency use vaccine would protect us from getting sick and not spread the virus to others. Once we saw that the opposite was true, the vaccine narrative changed to you will experience milder symptoms and a reduced chance of hospitalization.

TRUST VERSES DOUBT OR DOUBT VERSES TRUST - CONFUSED?

First, we were told that the MNRA emergency use vaccine would protect us from getting sick and not spread the virus to others. Once we saw that the opposite was true, the vaccine narrative changed to you will experience milder symptoms and a reduced chance of hospitalization.

Here are some examples of the original narrative:

- "You're not going to get Covid if you have this vaccination", Joe Biden (July 21, 2021- CNN).
- "Vaccinated people do not carry the virus...they don't get sick", Dr. Rochelle Wolensky, CDC Director (March 29, 2021 – MSNBC).
- "When people are vaccinated they can feel safe. They will not get infected. They are really good against variants", Anthony Fauci, Chief Medical Advisor to the President of the United States (May 17, 2021 – MSNBC).

From the beginning of the pandemic, we knew the comorbidities of Covid (i.e., obesity, type 2 diabetes, cardiovascular disease, COPD).

We also found out that the elderly were the group most susceptible to the severest symptoms and death while the young were doing exceptionally well. Nevertheless, during the entire pandemic, all age groups were treated the same. It has been "a one size fits all" approach. Consequently, the elderly and the chronically ill did not receive the medical support that could have benefitted them.

In an attempt to build public support, the U.S. Food and Drug Administration (FDA) asked a federal judge to make the public wait until 2096 to disclose all of the data it relied upon to license Pfizer's Covid-19 vaccine. That meant that most of the people alive today would be dead by then.

The FDA only wanted to turn over 500 of the 451,000 pages per month. U.S. District Judge Mark T. Pittman, Northern District of Texas, expressed dismay at the production rate and, on January 6th, ordered the FDA to produce at least 55,000 pages per month. The FDA agreed. In his closing statement the judge quoted JFK, "a nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people."

As a result, people are beginning to doubt and trust the same authorities they once trusted. The question is, what do we do with that doubt, and where should we put the trust?

CHAPTER 2: How & Why Did We Get Here?

To understand where we are today concerning this pandemic and the potential threat of future ones, we need to step back and observe what is happening from a more neutral perspective.

That's easier said than done because **we are constantly bombarded by conflicting information** that causes utter confusion and uncertainty.

In many people, this has led to extreme anxiety, fear, and stress. However, when we separate from these negative states, we can experience clarity, which can lead to a realization of where we stand in the midst of all the "chaos" happening around us.

Once we understand that we are not our external situations, we can feel freer.

Free from what? Not only from the outside world but from all those thoughts and feelings tormenting millions during the pandemic years.

TWO COMMON ATTITUDES THAT BLOCK US FROM SEEING THE TRUTH

Confirmation Bias is the tendency to cherry-pick and only accept information that confirms our already existing beliefs and ideas. As a result, it locks us into a box of our opinions and can blind us from seeing and opening up to other people's viewpoints. We are right becomes more important than the truth.

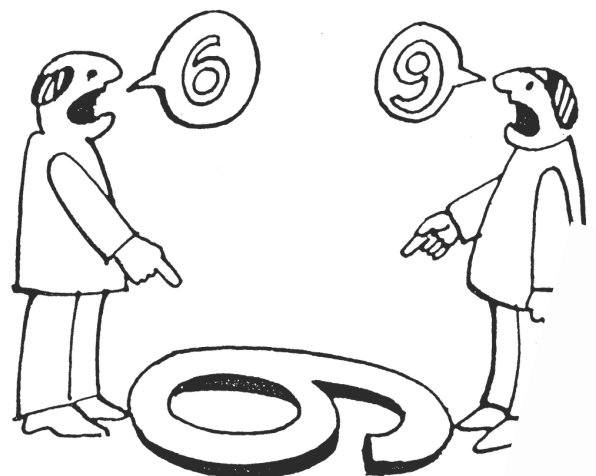
Confirmation bias is something we all do but may not be conscious of.

How often do we argue with our spouse or friends, pressuring them to agree with us?

We're so interested in our being right that we don't attempt to see the situation from the other person's perspective.

If we muster the courage to step into their shoes, we realize that both are right...each one from their perspective.

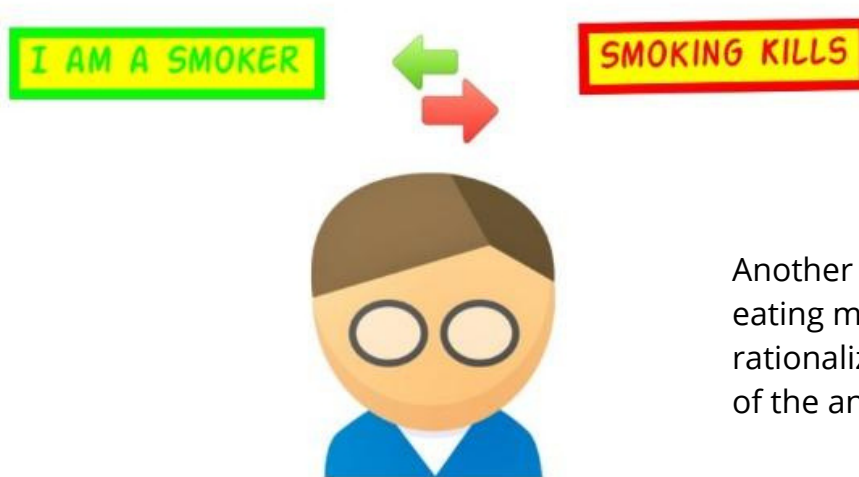
To be free of confirmation bias, we first need to accept that we are guilty of it.



COGNITIVE DISSONANCE CONFLICT

Cognitive Dissonance is the discomfort and anxiety that results from holding on to two conflicting beliefs, values, or attitudes. People tend to relieve the discomfort in different ways, such as by rejecting, rationalizing, explaining away, or avoiding new conflicting information.

Cognitive Dissonance



Another example: Craving and eating meat and dairy while rationalizing the torture and killing of the animals.

HOW TO FREE YOURSELF FROM CONFIRMATION BIAS AND COGNITIVE DISSONANCE

Because of the constant bombardment of conflicting information and statistics, this could be a daunting task for many people. It requires much less energy to simply go along with information supporting our beliefs.

Here are six suggestions:

1. It is wise to question the information we are constantly fed. Is it from reliable sources? Does it make sense? Are there conflicts of interests or hidden agendas behind the data?
2. As an exercise, actively look for evidence that disproves your point of view.
3. Approach someone you know who sees things differently and ask them to explain what they see. Be open to their ideas and try to explore them.
4. Understand that beliefs are learned and can change with new information
5. Although it can be done, separating truth from lies and fact from fiction requires effort, skill, practice and a desire to do it.

CHANGE YOUR PERSPECTIVE BY DISTANCING YOURSELF FROM THE SITUATION

During the Vietnam War, I joined the National Guard Reserves to avoid being drafted. It was a seven-year commitment, and my responsibilities included attending weekly meetings at an Armory and annual two-week stints of military training during the summers. Since that wasn't "my cup of tea," I decided on another option. I transferred to the Army Ready Reserves, which didn't require those yearly responsibilities. The caveat was that if the reserves were called up to go to Vietnam, the Ready Reserves would go first. Guess what? I decided to take the risk. In 1968 President Nixon activated the Ready Reserves.

It was June of 68, and I was absorbing the sun's rays on a beach at a small hotel in the Mexican Caribbean. The waiter from the hotel restaurant handed me a letter. It had the seal of the U.S. Army Reserves. How it got to that remote spot in Mexico, I'll never know. It read that I must report for military duty within two weeks. I became anxious. What do I do? Just the thought of going to war made me shake and sweat. What should I do? If I were in the U.S., I would have followed orders.

What happened to me during the next few days proved to be a turning point in my life.

I had to decide whether to make the trip back or not. At first, the onslaught of thoughts created a lot of noise. By the second day, however, the volume of the noise diminished. Residing in a country that was not at war and living in a tranquil environment at the time helped make the decision easy. I was able to distance myself from the situation and think clearly. I chose peace over war...life over the risk of death. There was more. During the next few days, I contemplated the theme of wars. Of course, we blame the government leaders. That's the logical deduction. But, from another perspective, shouldn't soldiers shoulder a large part of the blame? If they didn't show up, who would fight?

Each soldier helps to perpetuate wars. Throughout history, it has always been that way. The decision-makers are so few, yet they control the many who follow their orders. When soldiers choose en masse not to fight, there will be no wars.

During those 14 days of contemplation, I had the sensation of watching a movie about the Vietnam War. I was a spectator, not one of the actors. Now, two years into the pandemic, healthy and free from anxiety and stress, I can step back and have that same sensation again.

This time I'm watching a movie about a pandemic. I even came up with a title...

Welcome to Covidlandia.

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CHAPTER 3: A Step Back In Time

Whether aware of it or not, specific events and discoveries that occurred over 100 years ago can be linked directly to the present response to Covid and the Pandemic. Those early events led to how we view and treat health and disease today. Understanding what transpired then should help us decide whether it is prudent to continue the present course or...is it time for fundamental change?

HEALTH PRACTICES BEFORE THE 20TH CENTURY

During the 1800s, the main focus of health professionals, including physicians, was to help people achieve optimal health. This was done basically through nutrition, therapies, and positive lifestyle choices. Medical universities and clinics taught holistic medicine, which focuses on taking into account the whole person when prescribing therapies and treatments to follow.

Some examples were naturopathy, homeopathy, osteopathy, and indigenous herbal and Chinese medicines. Since pharmaceutical drugs did not enter the equation until the early 1900s, most medicines were plant-based.

HAS THE GERM THEORY OF DISEASE BECOME OBSOLETE?

Paradigm: A widely accepted belief or concept that constitutes how we view reality (i.e., the Earth is round, not flat).

Paradigm shift: an important change that happens when the usual way of thinking about or doing something is replaced by a new and different way (heliocentrism replaces geocentrism)

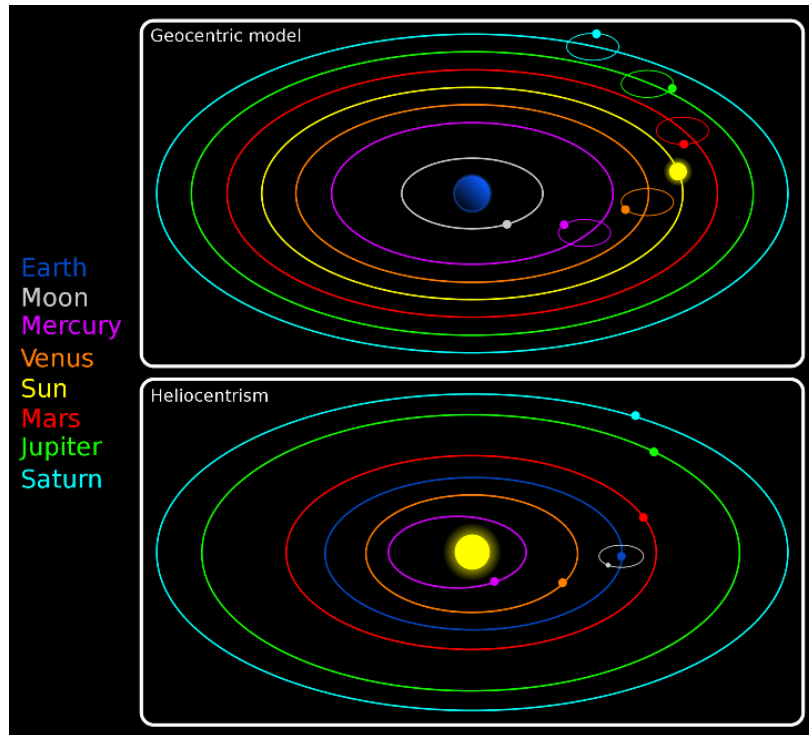
"In order to change an existing paradigm you do not struggle to try and change the problematic model.

You create a new model that makes the old one obsolete."

-Buckminster Fuller

GEOCENTRISM VS HELIOCENTRISM

My favorite example of a significant paradigm shift occurred hundreds of years ago. Before then, people assumed that the sun revolved around the Earth. Although this was believed for thousands of years, Ptolemy (100 – 170 A.D.), an Egyptian astronomer, standardized the geocentric model of the universe. It stated that the Earth was the center of the universe, and all the heavenly bodies, including the sun, moon, and stars, revolved around it. As I look up every day and night and see the movement of the sun and stars through the sky, it is easy to understand why people accepted that concept.



It wasn't until 1400 years later that the first real challenge to that theory came from the Polish astronomer Copernicus (1473 – 1543). Through his observations, he wrote about the heliocentric theory, claiming that it was the Earth that revolved around the sun.

Although his ideas stirred up controversy, Galileo (1564 – 1642), with his telescope, seriously challenged the geocentric theory. During an Inquisition trial, The Catholic Church, suspecting him of heresy, forced him to deny his findings, and although he did, he was placed on house arrest for the remainder of his life.

Although acceptance of Galileo's findings by the church required another century, it was, as Buckminster Fuller stated, "the creation of a new model that makes the old one obsolete."

As Einstein put it, "We cannot solve our problems with the same thinking we used when we created them."

GERM THEORY VS THE TERRAIN THEORY OF DISEASE



Biologist Louis Pasteur (1822 – 1895) is well known for creating vaccines for rabies and anthrax and is credited with the germ-killing process of pasteurization. In 1879 he wrote the book "The Germ Theory of Disease ." He postulates that germs cause most diseases, and we can protect ourselves by finding ways to isolate and kill them.

Today, almost 150 years later, germ theory is still accepted as the foundation of modern (allopathic) medicine.

What has been mysteriously forgotten is that, at the same time, a biologist colleague of Pasteur, Antoine Bechamp (1816 – 1908) came up with The Terrain Theory of Disease, which contradicted Pasteur's theory.

From Bechamp's perspective, if our body is healthy and balanced, it will provide us with protection against serious illnesses caused by germs. He questioned Pasteur's conclusion based on studies that showed that not everyone, who is exposed to the same pathogens, gets infected. Some people appear to be protected.

HOW DO THESE THEORIES DIFFER?

Here's a simple way of explaining the difference between the two theories:



If you have a pile of garbage with a bunch of flies hovering above it, there are two ways to remove the flies:

- 1) Spray with a bug killer or 2) Remove the garbage.

With the first solution, you'll have to come back and spray repeatedly. Why? Because you need to remove the problem's source (the garbage pile). When you do that the flies disappear.

My take:

What I find very interesting is that, during the 1880s, research was already taking place on the newly discovered immune system and neutralizing antibodies that provide our body with innate natural protection against pathogens.

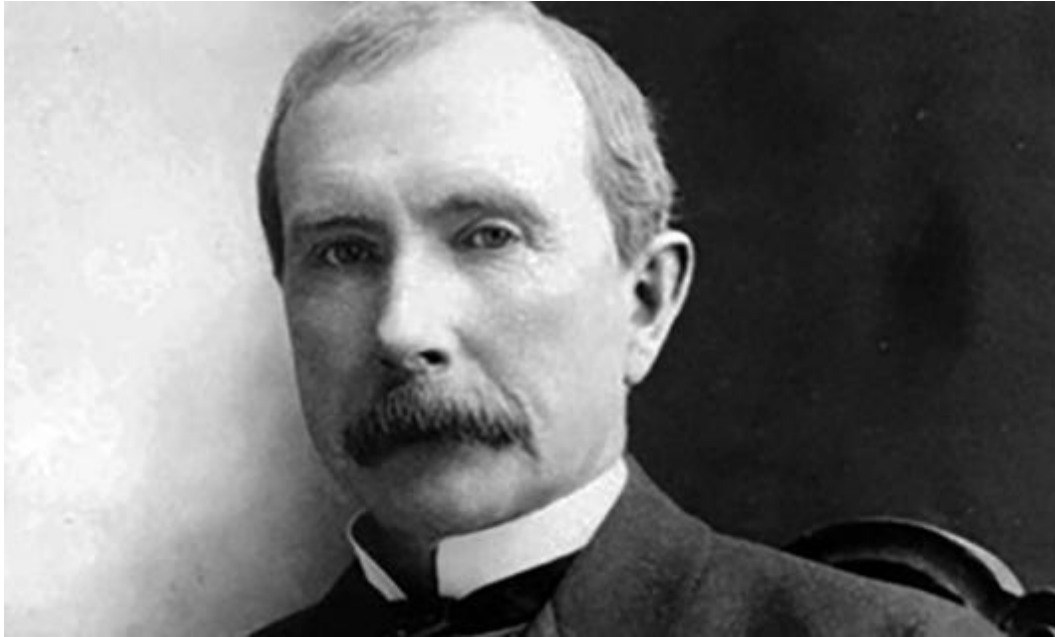
To me this discovery was more in line with Bechamp's conclusions than with Pasteur's. Yet, it's Pasteur's theory that has prevailed until now. Bechamp's theory is forgotten history.

Galileo's telescope gave science the technology to eventually dismiss Ptolemy's theory, leading to a paradigm shift of major proportions.

Today's electron microscope, which can magnify up to 10,000,000 times has opened up a microbial universe that Pasteur could never have possibly imagined with his limited microscope, that magnified up to 150 times.

And from the understanding we have today of the gut microbiome I believe that it's time to consider a new paradigm shift one where the state of our health and the strength of our immune system is of vital importance, especially during this and future pandemics.

Chapter 4 : The Growth Of The Pharmaceutical Industry



THE INFLUENCE OF JOHN D ROCKEFELLER (1839 – 1937)

Although oil was used by the Chinese and other ancient civilizations for hundreds of years B.C., it was in 1859 when the first global oil well was discovered in Pennsylvania. This gave rise to the petroleum industry and its initial products (i.e., oil lamps, lubrication, wax, and plastics). John D Rockefeller invested in the fledgling industry.

When he created Standard Oil, which eventually controlled 90% of all oil refineries in the U.S., he became the wealthiest man in the world. Although plastics and gasoline were highly profitable, it would be drugs made from petrochemicals that excited him most.

What followed had a tremendous impact on how we would look at health and disease for the next 100+ years.

As An astute businessman and visionary, he believed in the potential of petrochemical drugs as a

- Tool to treat disease
- Means to increase his wealth

He also knew that his most significant obstacle to success was the existence of the widely popular holistic therapies that and natural therapies without use chemical drugs.

To remove the competition, he teamed up with his steel magnate colleague, Dale Carnegie. Together they forged an impressive offensive plan to discredit natural therapies and the universities and medical schools that taught holistic medicine.

From the prestigious Carnegie Foundation, they sent an educator named Abraham Flexner to travel around the country and report on the status of medical colleges and hospitals around the country. The report talked about the need for revamping and centralizing our medical institutions.

Based on this report, more than half of all medical colleges were soon closed, especially the smaller ones. Homeopathy and natural medicines were mocked and demonized, and doctors who continued to practice them were even jailed.

JOHN D. ROCKEFELLER'S EFFECT ON TODAY'S MEDICAL EDUCATION AND THE PHARMACEUTICAL INDUSTRY

In a very short time, almost all medical colleges were on-board the new drug movement. The education system was streamlined so that students everywhere were taught the same thing...that pharmaceutical drugs would be the front-line response to disease and the foundation of a healthy society.

Scientists received huge grants to study how plants cured diseases. Still, their goal was first to identify which chemicals in the plant were effective and then recreate a similar chemical – but not identical – in the lab that could be patented.

Note: Although plants that had curing properties could not be patented, the petrochemical versions of those properties, created in laboratories, could be. Because no competition was permitted, drug prices kept climbing.

Today, pharmaceutical drugs, including antibiotics and vaccines are protected by patents, which allows for arbitrary pricing. This has led to the exponential growth of the multi-billion dollar pharmaceutical industry worth over \$400 billion in the U.S. alone.

"A pill for an ill" became the mantra for modern medicine, and natural medicine was pushed into the background, earning the label "alternative" medicine.

Until today, the unification of Pasteur's Germ Theory with Rockefeller's pharmaceutical drugs has proven to be a “perfect marriage”.

One of the unfortunate consequences of this trend is the focus, by most physicians, on the lifelong management of the symptoms of diseases, through drug therapy, instead of finding the causes and cures.

For example, people with type 2 diabetes, cardiovascular disease, high blood pressure and high cholesterol are almost always instructed to manage their symptoms with pills.

Yet, scientific research and studies show that with proper nutrition and lifestyle choices, these diseases can be prevented and even reversed.

This perpetual dependence on drugs, not only compromises the body's self-healing powers, it further enriches the pharmaceutical industry and its stockholders.

ALTHOUGH VACCINES HAVE THEIR TIME AND PLACE, I BELIEVE THAT NATURAL IMMUNITY, WHICH HAS EVOLVED AND PROTECTED HUMANS FOR 300,000 YEARS, OFFERS THE BEST PROTECTION AGAINST CHRONIC DISEASES AND PATHOGENS SUCH AS COVID AND ITS VARIANTS. IF WE FOCUSED MORE ON STRENGTHENING THE IMMUNE SYSTEM, THROUGH NUTRITION AND HEALTHY LIFESTYLE PRACTICES, WE WOULD NOT NEED SO MANY VACCINES, WHICH IN THE LONG RUN, WEAKENS OUR IMMUNE SYSTEM RESPONSE.

CHAPTER 5: Immunity Before Vaccines

Since I was born in 1942, when very few vaccines were available, my immune system was the only option I had to fight off the common childhood diseases of chicken pox, measles, German measles and mumps. I remember that the only available vaccines at the time were for smallpox and polio.

For the other diseases, it was necessary to become infected and go through the annoying symptoms that lasted approximately two weeks. They told us that we had to get sick because, as an adult, these diseases could be dangerous.

I remember the chicken pox parties, especially the one at my house. We played games and had lunch, and I remember getting a lot of hugs from my uninfected friends and classmates. The close contact for a couple of hours almost assured that the unsick would get sick.

Eventually, I got all the above diseases and recovered after 2 or 3 uncomfortable weeks. The gift was lifetime immunity.

The MMR vaccine (measles-mumps-rubella) became available in 1971, and the MMRV (including chickenpox), in 2005. The first official vaccine schedule in the U.S. was approved in 1995. Presently, by the time the average teenager graduates high school, he has been vaccinated more than 70 times against many diseases. I'm not opposed to safe and effective vaccines.



I'm concerned that our growing dependence on so many vaccines is undermining our natural immune system which, for 300,000 years, has been the body's way of protecting us from pathogens and diseases.

Vaccines, antibiotics, pain relievers, anti-depressants, etc., are all pharmaceutical drugs. They are products born from the ideas and actions of J. D. Rockefeller more than a century ago. How successful have these chemicals been with regard to preventing and curing disease? Not very good. Despite advanced technology, well-trained doctors, and world-class hospitals, the U.S. is not even listed among the 30 healthiest countries in the world.

Results of Drug Dependency

- 66% of USA adults use prescription drugs
- The USA uses 80% of all drug pain relievers worldwide (15% in Canada & Western Europe)
- Side effects, overdose, addiction, and death
- Can lead to Chronic Inflammation and a Leaky Gut
- Compromises our Microbiome and Immune System
- Treats symptoms of the disease not cause or prevention
- Increase in Chronic Diseases, especially in children

What would modern medicine be like today if we aligned with Bechamp's Terrain Theory of disease, which favored cooperation with our microbes instead of Pasteur's theory of isolating and destroying them?

In my opinion, we would:

- 1) Rely less on antibiotics and other pharmaceutical drugs to solve our health problems.
- 2) Focus more on making healthy lifestyle choices to be best prepared for dealing with chronic diseases, pathogens, and pandemics.
- 3) Choose doctors who believe in the body's self-healing power and a more holistic approach to health and wellbeing. Their first option would not automatically be "a pill for an ill."
- 4) Make sure medical professionals and caretakers understand that the learning process does not end with their degree or diploma on the wall. Education, especially regarding health, should be a lifelong journey.
- 5) Take more responsibility for our health and demand the information and guidance necessary to make conscious health decisions.

PART 3:

The Relationship Between The Universe, Our Planet & Our Human Body

Chapter 6: The 3 Harmonic Systems

- Humans need to cooperate with nature not control it
- Biodiversity
- According to the living planet report
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CHAPTER 6: The Three Harmonic Systems



The Universe



Our Planet



Human Body

The universe is all about harmony. The galaxies and all the heavenly bodies have been doing "their thing" for billions of years, and they're doing just fine. So too have our planet's species, from the enormous whale to the tiniest microbe. All seem to have had no problem harmonizing. The only beings that seem to have significant difficulties with this setup are today's humans.

For some reason(s), we're out of tune with this well-functioning system. Fortunately, we cannot influence the orbits of the planets or the movement of the stars or galaxies. If we could, we probably would have made a mess of it like we have with our own planet.

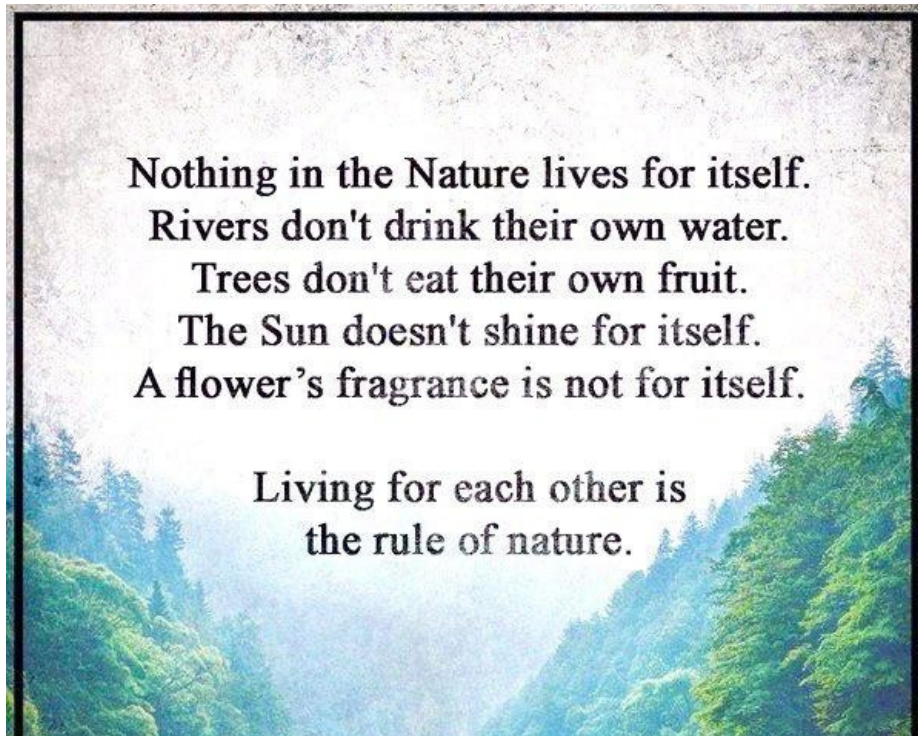
HUMAN BEINGS NEED TO COOPERATE WITH NATURE...NOT CONTROL IT

Although the great majority believe in Climate Change, some do not. From my perspective, whichever side you support doesn't really matter. Our attitude of dominion over nature instead of living in harmony with it is causing irreparable damage, including the extinction of other species.

"Currently, the extinction rate is estimated between 1,000 and 10,000 times higher than natural extinction rates – the rate of species extinction that would occur if humans were not around."

*Living Planet Report (2020) World Wildlife Foundation –
Zoological Society of London*

The wisest attitude for humans would be to accept the role of cooperation instead of control. However, to do that would require a change in our thinking and the realization that for nature, human beings are just another species, and like other species, we can also become extinct.

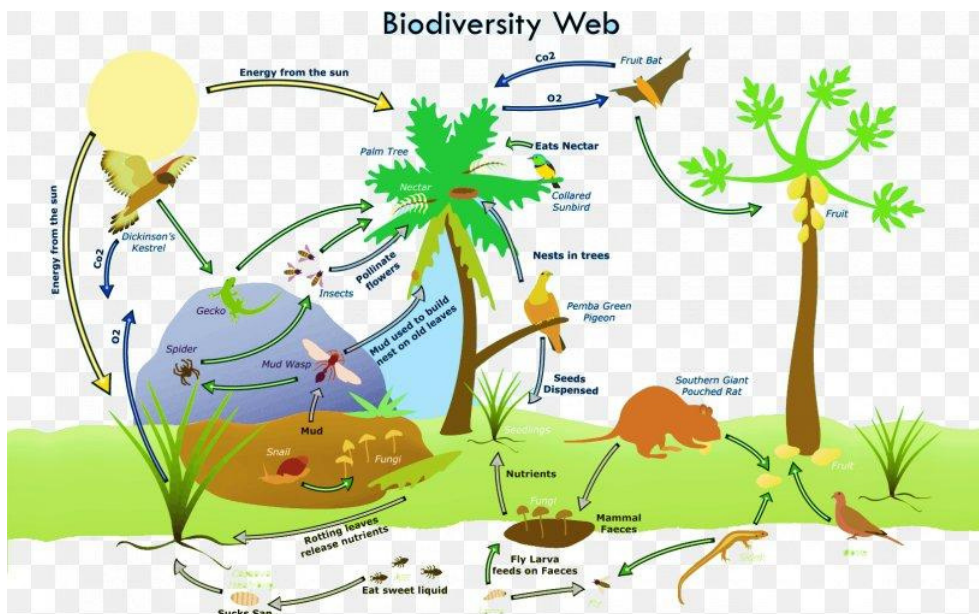


Unfortunately, we continue to believe that we can do whatever we want without considering the consequences of our selfish actions.



CHAPTER 7 : Biodiversity In Nature

Biodiversity is all the different kinds of life you'll find in one area—the variety of animals, plants, fungi, and even microorganisms. Each species and organism work together in ecosystems to maintain balance and support life. Biodiversity supports everything in nature that we need to survive: food, clean water, medicine, and shelter.



Just by looking at the above image, it's clear that, in one way or another, all living beings shown here are interrelated.

If we remove one piece from this ecosystem (i.e., a tree is cut down, an animal becomes extinct, chemical pesticides destroy soil nutrients) the balance is somehow compromised. Imagine the possible consequences if we mess with biodiversity on a global scale.

According to the Living Planet Report:

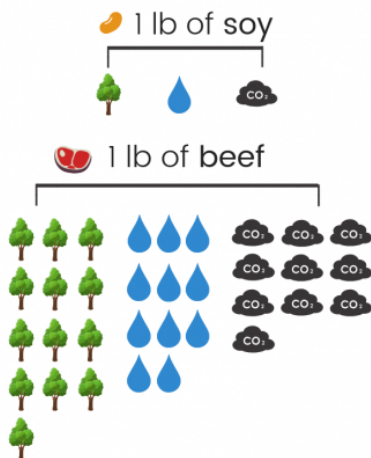
- We are destroying the Earth's biodiversity, fundamental for human life, at a rate unprecedented in history.
- There has been a 68% decrease in mammal and bird populations since 1970.
- Because of the destruction of global forests, over 1,000,000 species of animals and insects are being threatened with extinction.
- Factory farming (meat and dairy) pollutes rivers and oceans and contaminates the air we breathe.
- Destruction of soil organisms by pesticides, chemical fertilizers, and poor farming techniques produces nutrient-deficient foods.
- With less than 3% of our planet's water considered drinkable, contamination is threatening water availability for future generations.

How about Growing for people vs. Growing for livestock?

Interesting Facts:

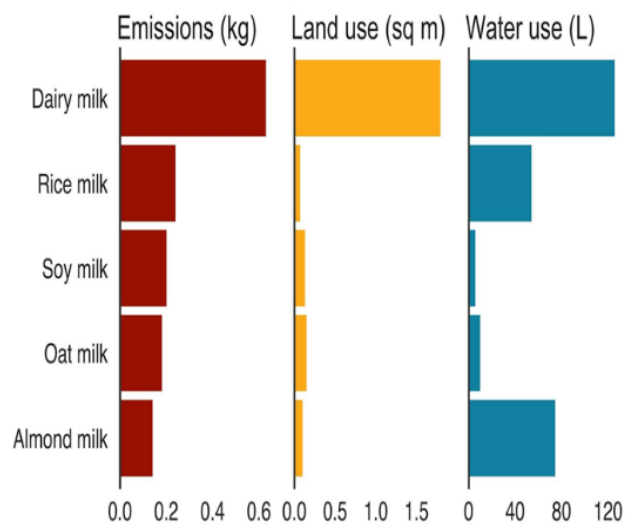
- It takes 1,847 gallons of water to produce 1 pound of beef compared to 39 gallons to produce one pound of vegetables.
- It takes 13 times as much land to produce 1 pound of beef protein compared to 1 pound of soy protein.
- Livestock takes up nearly 80% of global agricultural land, yet produces less than 20% of the world's supply of calories.
- If everyone ate more plant-based foods we could reduce the amount of land we use for agriculture by up to 75%.

Producing one pound of beef protein vs. one pound of soy protein
takes about 13 times as much land, 11 times as much water, and generates about 10 times as much CO₂ equivalent



Which milk should I choose?

Environmental impact of one glass (200ml) of different milks



Source: Poore & Nemecek (2018), Science. Additional calculations, J. Poore **BBC**

Chapter 8: Biodiversity Within Us

Learning about the microbiome world has been fantastic for me, especially when I realized that biodiversity, which is so vital for a healthy planet, is equally essential for a healthy body.

MICROBIOME 101

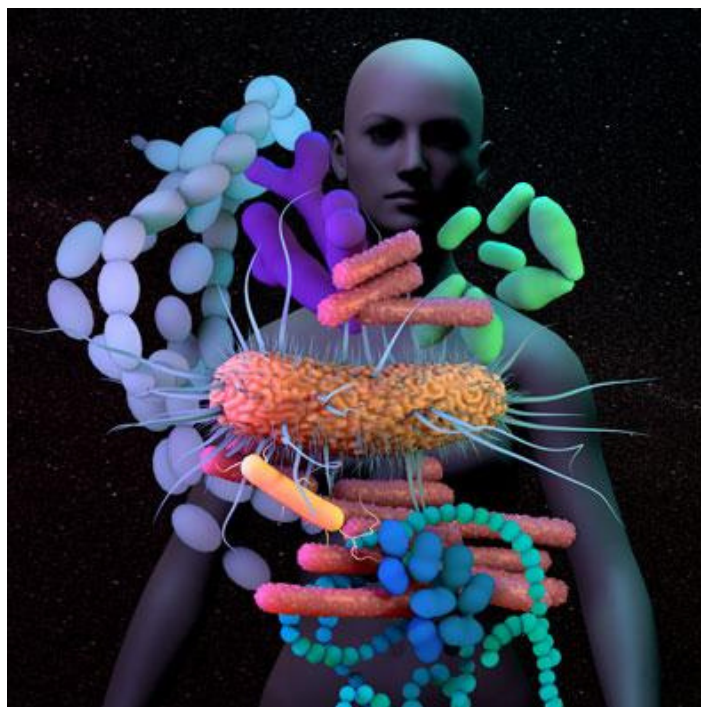
The Human Microbiome Project began in 2007. It was a 10-year plan funded by the National Institute of Health to study the microbial world that lives within and on our body (bacteria, fungi, protozoa, and viruses). The project was a consequence of the continuous upgrading of the electron microscope that allowed scientists to delve deeper and deeper into this new "universe" that was opening up before their eyes.

During these past five years, there have been more than 50,000 published studies on the microbiome, making it the most researched area in health and nutrition.

They observed that we have approximately 40 trillion microbial cells, which is more than the number of human cells in our body. In that sense, we are more germs than human.

In healthy individuals, pathogens cause no disease. They simply coexist with their host (us) and the rest of the human microbiome, which is the collection of all microorganisms living in the human body.

Research also reveals that changes in the human microbiome are associated with disease, and a healthy body and a robust immune system depend on us having a mutual symbiotic relationship with our microbes...supporting Dechamp's Terrain Theory.



A HEALTHY SYMBIOTIC RELATIONSHIP WITH OUR MICROBES

This happens when:

- a) We feed the friendly bacteria with their favorite food...fiber (found only in plants).
- b) We avoid antibiotics and pharmaceutical drugs, except as a last option.
- c) We avoid highly processed foods, GMOs, food additives, and preservatives
- d) We reduce the amount of stress in our lives.
- e) We eat whole organic plant foods as often as possible.
- f) We consume fewer animal products because they feed the unfriendly bacteria that can cause chronic diseases.



PART 4:

Empowering Our Health & Immune System

Chapter 9: Fiber is the Name of the Game

- Lack of protein isn't the problem...lack of fiber is!

Chapter 10: Our Microbiome - Immune System Relationship

- The microbiome Immune system relation simple explained
- When things go awary

Chapter 11: Is Getting Sick One Of Our Greatest Fears?

CHAPTER 9: Fiber Is The Name Of The Game

LACK OF PROTEIN ISN'T THE PROBLEM...LACK OF FIBER IS!

The question most asked of a vegan is: "Where do you get your protein from." I always enjoy answering it in two ways. "I get my protein from the same place that elephants, gorillas, rhinoceros, hippos, water buffalos and race horses do...from plants."

Even the gigantic prehistoric brontosaurus got its protein from the leaves of trees. These are some of the strongest animals that have ever lived, and they are nourished by plant-based foods.

Yes, we get the protein from the meat of cows, but where are cows supposed to get their protein from? I say supposed to because they are fed mostly soy and corn on the factory farms, not grass.



Secondly, I would respond by naming a few of the elite athletes from different sports who are plant-powered:

Tom Brady (playing football at 45)

- Novak Djokovic (#1 world tennis player)
- Venus and Serena Williams (no comment required)
- Patrik Bouboumian (world record in powerlifting)
- Hannah Teter (Olympic gold medal snowboard champion)
- Dotsie Bausch (Speed cyclist and Olympic silver medalist)
- Tia Blanco (1st surfer to win back-to-back gold medals)
- Lionel Messi (one of the all-time greatest soccer players)
- David Haye (two-time world heavyweight boxing champion)
- Scott Jurek (ultra-marathon record holder)
- Lewis Hamilton (most outstanding Formula 1 driver in history)
- Kyrie Irving (NBA basketball star)

And the list goes on...

To get a good idea of why athletes go plant-based, check out [The Game Changers](#) documentary on Netflix.

Now I have a third response. "If you're eating the Standard American Diet (SAD), which is based on meat, dairy and eggs, then you're not consuming enough fiber. 95% of the people on the SAD get only a tiny fraction of the minimum daily requirement of fiber which is 35 gms. Fiber is the favorite food of the good bacteria in our gut and the foundation for a healthy and long life.



Chapter 10: Our Microbiome - Immune System Relationship (simply explained)

Before I heard of the microbiome, I always thought that, since it had no nutritional benefit, fiber's only purpose was to avoid getting constipated because it was important to have regular bowel movements. It passes through our digestive system unaltered because humans don't have the enzyme required to digest fiber.

Now we know that certain bacteria in the colon do have that enzyme that processes and digests the fiber when it eventually gets into the colon, ferments it, and transforms it into short-chain fatty acids.

These short-chain fatty acids have healing effects throughout the entire body and are critical in maintaining harmony and balance in our immune system: They:

A) Communicate with the bone marrow to create the cells we need to fight off an infection.

B) Empower and strengthen the regulatory T memory cells so they will be more capable of identifying targets that need to be taken care of. The T cells can provide lifelong immunity to pathogens.

C) Regulate our metabolism, blood sugar levels, blood pressure, and cholesterol, all risk factors for coronary artery disease.

D) Regulate the hormones that produce the sensations of hunger and satiety, which can lead to proper weight balance.

E) Are anti-inflammatory and healing...and we get them from dietary fiber.

WHAT HAPPENS WHEN THING GO AWRY?

Because most Western countries consume the Standard American Diet based on meat, dairy, eggs and highly processed foods, 95% of us are not even close to getting the minimal recommended daily amount of fiber, which is 35 gms.

As a result, the friendly gut bacteria which thrive on fiber begin to starve, leading to an imbalance and dysfunctional microbiome. The population of the unfriendly bacteria then grows exponentially, causing a leaky gut. That happens when what's inside our intestine (i.e., microscopic toxins, food particles, and proteins) leaks into our bloodstream through tiny holes caused by inflammation.

The immune system gets activated in response to these unwanted particles, causing excess inflammation. If the inflammation becomes chronic, from the compromised immune system, it can lead to:

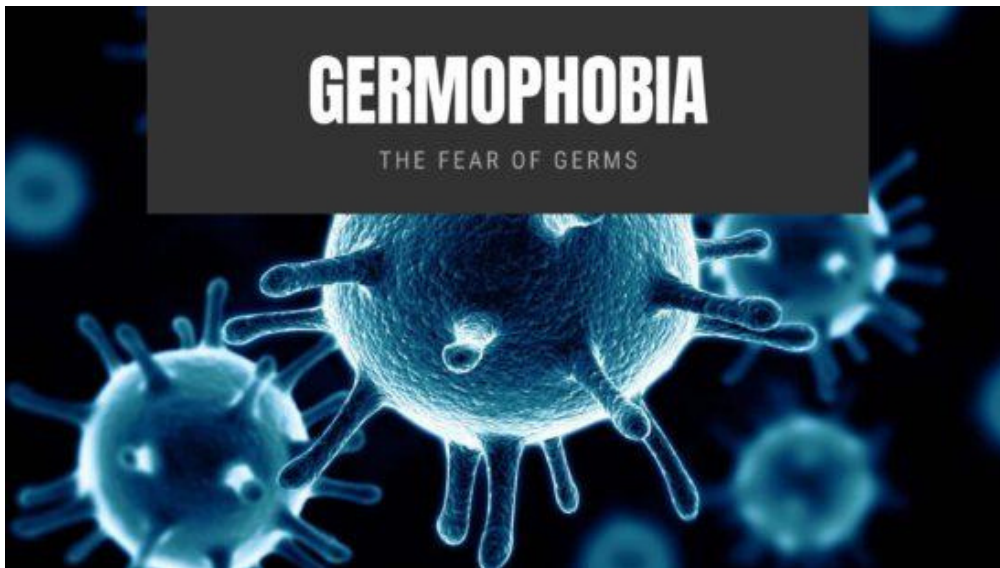
- Colon problems – (i.e., Crohn's disease, ulcerated colitis, diverticulosis, cancer)
- Autoimmune diseases (i.e., autism, lupus, multiple sclerosis, rheumatoid arthritis, celiac disease, inflammatory bowel disease, pernicious anemia)
- Skin disorders (i.e., psoriasis, eczema)
- Allergies
- Mood disorders (i.e., anxiety and depression)
- Insomnia

Causes of a Leaky Gut:

- A. Standard American Diet
- B. Toxins
- C. Stress
- D. Antibiotics and Pharmaceuticals
- E. Alcohol
- F. Lack of Sleep



CHAPTER 11: Is Getting Sick One Of Today's Greatest Fears?



I remember when it was OK to get sick. It was a normal part of life. As a kid, it was actually a good thing. Why? No school!! Today, as a consequence of the pandemic, things have changed.

Any sniffle, sore throat, or fever spurns thoughts of Covid. Somebody coughs nearby, and it's like, uh oh, got to "safe distance." As an elderly folk, sometimes when I do my walking exercise in the middle of "nowhere," and someone approaches, they'll either

- 1) go out of their way to avoid me or
- 2) quickly put on a mask only to remove it after passing me by.

I don't believe there's much thinking behind their actions because, in those circumstances, their chance of getting hit by a car is probably greater than getting sick from me...especially since I'm not sick.

It's more like an instinctive reaction, like: old person = threat of getting Covid = scary.

Just as the ancient theory that the Earth was flat led to the fear of falling off the edge if one ventured out too far, so too Pasteur's germ theory eventually led to the fear of germs, that we believe cause most diseases. That fear is also supported by big pharma's germ-killing drugs, the doctors who prescribe them, and the companies that create and manufacture germ killing products, such as:

- Antibacterial gels
- Liquid body soaps
- Mouthwashes
- Disinfectants
- Germicides
- Sanitizers
- Antiperspirants

I'm not judging whether or not one should use these products. After all, they have been part of our culture for decades.

I'm just pointing out how intense our devotion is to the germ theory of disease and how convinced we are that the only good germ is a dead germ. It's similar to our use of pharmaceuticals.

There are times when we do need germ killers. In 1970, I contracted tuberculosis. At that time, it was the antibiotic streptomycin that wiped out the invading and mortal bacteria. Without that drug, I most probably wouldn't be here writing this EBook.

My issue is with our obsessive use of drugs that often result in a much worse health scenario and a weakened immune system. 50,000 studies on the microbiome indicate that most of these germs are essential to our health and wellbeing and it's high time that we learn to live in harmony with them.



THE ORAL & SKIN MICROBIOME

The Oral Microbiome: The latest research on the microbiome shows that the 700 species of bacteria and other microorganisms in the mouth form the oral microbiome ecosystem that initiates the digestive process and helps to maintain oral health. Ideally, there is a symbiotic relationship between the microorganisms, and there is no harm. The pathogenic species are held in check. However, poor lifestyle practices, especially concerning our diet, will lead to an imbalance in the microbiome (dysbiosis), causing oral diseases, plaque and caries.

The Skin Microbiome: Due to the latest research scientists are now beginning to realize the importance of a healthy skin microbiome. It enhances our appearance and protects against invading pathogens that can penetrate the skin barrier and damage other organs and systems. A dysfunctional microbiome also leads to skin conditions such as dryness or oiliness and diseases such as acne, eczema, and psoriasis.

The beauty of the information in this ebook is that each one of us has the power to choose whether to permit others to decide our future and the future of our planet or make those decisions ourselves.

Our gut, mouth, and skin are not the only microbiomes in our bodies. Organs such as the lungs, heart, eyes, kidneys, and even the brain house their own microbiomes, and just as good species diversity is so critical for the health and survival of our planet and its species, so too is good microbial diversity essential for our physical, mental and emotional health.

Chapter 12 presents the keys to optimal health, a robust immune system, and a more prolonged, disease-free life.

These keys are so special because they also contribute to a healthier planet.

By taking care of our health through whole plant-based foods and beneficial lifestyle practices, we can make a difference for this generation and for generations to come.



PART 5:

Embracing Healthy Practices

Chapter 12: The Benefits of Plants Strong Nutrition And Healthy Lifestyle Practices

- Making conscious decisions
- The body is where the gift of life resides
- The 7 keys to better health and well being

CHAPTER 12: The Benefits Of Plant-Strong Nutrition & Healthy Lifestyle Practices

Whole Plant-Based Foods combined with healthy lifestyle practices offer us the best chance to prevent and reverse chronic diseases and to live a long and productive life.

That fact is not only based on my experience but from the experience of the healthiest and longest-living people on the planet (rural China, Japan, parts of Africa, and the planet's Blue Zones – Sardinia, Italy, Okinawa, Japan, Nicoya, Costa Rica, Icaria, Greece and Loma Linda, California).

The incidence of chronic diseases that plague Western cultures, including cardiovascular, cancer, type 2 diabetes, high blood pressure, osteoporosis, and obesity, is extremely low in these populations.

MAKING CONSCIOUS DECISIONS

WHEN SOMETHING MAKES SENSE TO US THERE IS UNDERSTANDING, WHICH HELPS US TO MAKE CONSCIOUS DECISIONS

It makes sense that when we take care of our health and provide our body with the right foods and lifestyle practices, the body will gift us with a robust immune system and optimal health.

This will empower us to depend less on pharmaceutical drugs, doctors, and hospitals and more on our body's innate healing and disease prevention powers.

As a positive side effect, these changes in our behavior can also help to heal the planet and reverse the current trend towards species extinction.

The following expression from my last book, [The Thriving Vegan](#), will give you an idea of how I perceive the relationship between health, life, and my body.



THE BODY IS WHERE THE GIFT OF LIFE RESIDES

"I have always felt that our greatest gift is the gift of life. Yes, we have the gifts of sight and hearing, the ability to think and imagine, and to feel joy and love, among other things. But, none of this would be possible if we hadn't first received the gift of life. However, I'd like to call your attention to another gift, which we don't often perceive as a gift and, as a result, take it for granted. It is this container or vessel... called the body. It is only through our body that we can experience the gift of life. Without it, life for you and me could not happen. That is the truth. The question is: If we truly accept and understand that our body is a gift and is our life's only home, shouldn't we do our utmost to respect it and take care of it, so that our experience of this "once in a lifetime" life becomes a wonderful and enjoyable journey?

On the contrary, if we do not accept it and understand its preciousness, taking proper care of our body will not be that important. Instead, it will take its place at the bottom of our list of priorities... becoming wealthy, having a career, getting an education, buying a car, etc. As a result and as the years pass by, we may find ourselves a victim of the pain and suffering from illness and chronic diseases that can make our list of priorities impossible to reach and enjoy."

Extract from "The Thriving Vegan" by Michael Dorfman

We have not been taught to perceive our body and our health in the above manner. Instead, from a very young age, we have learned to depend mainly on doctors and drugs to keep us well.

In most cases, when we decide to educate ourselves by researching and experiencing alternative health options, we realize how priceless and precious our body is and that it is incumbent on each individual to accept responsibility for their health and wellness.

COMPARING WHOLE PLANT BASED VS ANIMAL BASED FOODS

NUTRIENTS

Nutrient	Plant-Based Foods*	Animal-Based Foods**
Cholesterol (mg)	--	137
Fats (g)	4	36
Protein (g)	33	34
Beta-carotene (mcg)	29,919	17
Dietary fiber (g)	31	--
Vitamin C (mg)	293	4
Folate (mcg)	1,168	19
Vitamin E (mg)	11	0.5
Iron (mg)	20	2
Magnesium (mg)	548	51
Calcium (mg)	545	252

* Equal parts of tomatoes, spinach, lima beans, peas, potatoes

** Equal parts of beef, pork, chicken, whole milk

7 KEYS TO BETTER HEALTH AND WELLBEING

In 2008, explorer, Dan Buettner published "The Blue Zones", which was based on his search for the healthiest and longest living people on Earth. It was a search that lasted two years and was sponsored by National Geographic. The following 7 lifestyle practices were common to the five regions described in his book (Okinawa, Japan, Icaria, Greece, Sardinia, Italia, Loma Linda, California, and Nicoya, Costa Rica). These practices are the cornerstone of my health regimen.

1. Whole Food Plant-Based Foods – From my experience and research, this key is the foundation and core of a healthy lifestyle. Without it, all the other keys will provide limited to moderate gains in preventing and reversing chronic diseases and premature death.

2. Exercise daily - even moderately.

3. Move as often as possible – If you sit, get up and walk around every 30 minutes. It will help circulation.

4. Stress reduction – Deep meditation is excellent for separating ourselves from the "goings-on" of the external world and our thoughts. For the past 40+ years, I've been practicing Prem Rawat's self-knowledge techniques. They have helped me to avoid confusion, anxiety, and uncertainty during these pandemic years. Yoga, tai chi, and exercise also help to reduce stress.

5. Sufficient Sleep – It depends on your needs. I require 6 – 7 hours. My wife needs 8. A sign that I'm not getting enough sleep is constantly yawning the following day.

6. Positive in-person relationships – We are social animals, so now is the time to meet with others. I'm not talking about WhatsApp or zoom. They are poor substitutes that lack real emotional and physical exchange.

7. Having Purpose – This gives so much meaning to our lives, especially as we get older. Do you have a gift or something you like to do or are passionate about (i.e., painting, writing, singing, making people laugh, taking care of someone)? For me, it's writing and speaking in public about health.



During the past couple of years I added the following three new lifestyle keys that have helped me to deal with my own personal health issues:

Nose breathing – I had sleep apnea and had to sleep with an uncomfortable mouthpiece for two years. After reading Patrick McKeown's book "The Oxygen Advantage," I found the cure – Breathing through the nose and on my side. "The mouth is for eating, the nose is for breathing." It also is the remedy for most snoring problems

Breath holds - Increases energy and oxygen flow, especially to the brain. It also helped to eliminate occasional arrhythmias that I previously had. I integrate the techniques of Patrick McKeown, Soma and Wim Ho

Correct posture – As I got older, my posture was getting worse. Like many elders, I started to bend forward and was often reminded of that by friends and family. I read about the Alexander posture techniques and found someone who includes those techniques in his therapy. I was re-taught to focus on my bones for better posture and learned how to walk and stand correctly. Daily stretching exercises have also helped me to alleviate muscle pain especially in the neck and hip areas.

Note: Since you will have different health issues, I invite you to investigate to discover natural and non-invasive ways that will solve your particular health problems.

Suppose we actively apply the above keys in our lives. In that case, we will gain access to the best and safest protection against covid-19 (variants and sub-variants) and future viral infections. At the same time, we will support our body in its quest for optimal health, a robust immune system, and the prevention and reversal of the chronic diseases that cause so much pain, suffering, and premature death.

It's Time for Self-Empowerment!

"The impact that plant based nutrition and certain lifestyle choices can have on saving our health, the health of the planet and of other species can potentially lead to a global paradigm shift. You and I have the power to choose what our brand new normal and great reset will be like." Michael Dorfman

FINAL THOUGHTS:

IS HUMANITY AT A CROSSROADS?

If there's one thing I can say with certainty is that there's a lot of uncertainty in the world. And it's not only uncertainty about what's happening now but also, about what the future has in store for us, 5, 10, 20, etc. years from now?

After two and a half pandemic years we are still lacking solutions to some of today's most pressing and life threatening issues, such as:

- the destruction of our planet and its resources (i.e., forests, oceans, rivers, drinkable water, soil, arable land)
- the continuous increase in chronic diseases
- dependency on pharmaceutical drugs
- mass starvation
- the extinction of plant and animal species

Unfortunately, I doubt that the answers will be coming from our political leaders, health authorities and powerful corporations. Why?

Because ...

- 1) these problems have existed without solutions, for decades
- 2) the above institutions often have hidden agendas and interests that conflict with ours.

I question whether their interests and priorities are the same as yours and mine. So, the question is, do we **keep relying on the same people for the solutions or is it time to look somewhere else?**

IS THERE A SIMPLE SOLUTION TO THESE PROBLEMS, AND IF SO, WHAT CAN WE DO?

If you took the opportunity to read this Ebook you could understand the potential impact that plant-based foods and certain lifestyle practices can have on our health, the health of the planet and its species.

This understanding can lead to self-empowerment, which can change, not only our lives but the lives of others. If enough people see the value of change and commit to making it a reality in their own lives it can lead to a shift in global thinking. In other words, you and I have the power to choose what our brand new normal will be like.



About Michael Dorfman

Born in Brooklyn New York in 1942, Michael has been residing in Mexico for more than 40 years, including the last 6 in San Miguel de Allende. He decided to become a vegetarian in 1976, and for health reasons, in 2008 he chose to make the change to a Whole Food Plant Based diet.

What he has learned from his experiences and in depth research on nutrition and certain lifestyle practices during these past 14 years has made a big impact on his life. This led to his decision of not only striving to achieve optimal health for himself but to support others with the same goals in mind.

In 2019, Michael published *The Thriving Vegan- How to discover the foods your body loves*, which is available on Amazon. That same year he received certification in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies through Cornell University.

He posts articles and videos regularly on his website and is a frequent guest on podcasts, discussing topics such as nutrition, lifestyle practices, the pandemic and the environment.

For more information & details visit
www.michaeljdorfman.com



RECOMMENDED RESOURCES

Since learning and discovery is a lifelong process, I would like to suggest the following books, cookbooks, websites and documentaries that have helped to inspire me to "keep on trucking" along the path towards optimal health.

BOOKS ON HEALTH & NUTRITION

* Signifies books which also include recipes

- 1) T. Colin Campbell, PhD and Thomas M. Campbell II, MD, "The China Study" – Revised Edition (Dallas, TX: BenBella Books, 2016)
- 2) T. Colin Campbell, PhD with Howard Jacobson, PhD, "Whole" – (Dallas, TX: Ben Bella Books, 2014)
- 3) Dr. Caldwell Esselstyn, "Prevent and Reverse Heart Disease" (New York: Avery, 20079)*
- 4) Dr. Michael Greger, "How Not to Die" (New York: Flatiron Books, 2015)
- 5) Dr. John A. McDougall and Mary McDougall, "The Starch Solution" (Emmaus, PA: Rodale, 2012)*
- 6) Dr. Dean Ornish, "UnDo It!" (New York: Ballantine Books, 2019)*
- 7) Dr. Neal Barnard, "The Cheese Trap" (New York: Grand Central Publishing, 2017)*
- 8) Dr. Neal Barnard, "Program for Reversing Diabetes" (Emmaus, PA: Rodale, 2018)
- 9) Dr. David L. Katz, "The Truth About Food" (New York, Dystel and Goderich, 2018)*
- 10) Ocean Robbins, "31 Day Food Revolution" (New York: Grand Central Publishing, 2019)*

COOKBOOKS

- 1) Dr. Michael Greger, "The How Not to Die Cookbook" (New York: Flatiron Books, 2017)
- 2) Dr. Rip Esselstyn and Jane Esselstyn, "The Engine 2 Cookbook" (New York: Grand Central Publishing, 2017)
- 3) Cathy Fisher, Straight Up Food (Santa Rosa, Ca: Green Bite Publishing, 2016)
- 4) Lindsay Nixon, The Happy Herbivore Cookbook (Dallas, TX: Ben Bella Books, 2011)
- 5) Dreena Burton, Plant Powered Families (Dallas, TX: Ben Bella Books, 2015)
- 6) Forks Over Knives – The Cookbook (New York: Experiment, 2012)
- 7) Alan Roettinger, Extraordinary Vegan (Summertown, TN: Book Publishing Co., 2013)
- 8) Leanne Campbell, The China Study Cookbook (Dallas, TX: Ben Bella Books, 2013)

WEBSITES FOR INFORMATION AND RECIPES

- NutritionFacts.org brings you Dr. Michael Greger's fact based research through daily videos and posts on just about every nutrition subject. It's my favorite site for fact based research.
- Forks Over Knives (forks overknives.com) has great recipes, meal planning, success stories and more.
- Dr. McDougall's Health and Medical Center (drmcdougall.com). Lots of information on his starched based diet, recipes from his wife Mary and free bi-monthly live stream interviews with doctors and nutrition experts.
- Physicians Committee for Responsible Medicine (pcrm.org) features a 21-Day Vegan Kickstart program, latest nutrition information and recipes. They are responsible for including vegan options in U.S. hospitals.
- Center for Nutrition Studies (nutritionstudies.org) from T. Colin Campbell, author of international Best Seller, "The China Study", includes information on wide variety of health topics as well as recipes.
- Isa Chandra (isachandra.com) has a practical ingredient-based recipe finder.
- Pinterest (pinterest.com) allows you to search for and save vegan recipes and offering new ones the next time you visit.
- Plant-Based on a Budget (plantbasedonabudget.com) teaches you how to make healthy and economical vegan meals.
- Vegetarian Resource Group (vrg.org) great information from expert writers who support a vegan lifestyle.

DOCUMENTARIES

- "Forks Over Knives" is a groundbreaking documentary and a great introduction to plant-based nutrition. Includes interviews with doctors and experts in the field of nutrition. Can be seen on Netflix as well as on YouTube.
- "What the Health" confronts established institutions that have been misleading the public with regards to health and disease. Available on Netflix and YouTube.
- "H.O.P.E. What You Eat Matters" has won many awards. Shows the relationship between what we eat and our personal health, the health of the planet and the exploitation of animals. Available on Netflix and YouTube.
- "Plant Pure Nation" pulls the curtain back on the corporate interests behind the food industry and how that influences laws and social norms. Includes interview with doctors & experts. Available on Amazon Prime.
- "Cowspiracy" exposes the exploitation and deplorable treatment of animals on "factory farms." Available on Netflix and YouTube.
- "Seaspiracy" from the producers and director of Cowspiracy. Unveils how we are polluting and overfishing the world's oceans. Available on Netflix.
- "The Need to Grow" and "Kiss the Ground" show how we are destroying our planet's land and how and why we are depleting the soil of nutrition. Both are available on Netflix
- "The Game Changers" An extraordinary film that not only shows elite athletes performing better on plant-based protein, but also how their overall health improves.