



PLANTPURE COMMUNITIES

PLANTPURECOMMUNITIES.ORG

INFO SHEET: INFORMATIVE NEWSLETTERS

A list of websites with informative newsletters related to whole food, plant-based nutrition and lifestyle.

- **Dr. Caldwell Esselstyn's Newsletter** - free updates from Dr. Esselstyn - sign up on the front page at the top - <http://www.dresselstyn.com/site/>
- **Center for Nutrition Studies** - monthly plant-based articles and recipes in your inbox - sign up on the front page at the bottom - <http://nutritionstudies.org>
- **Dr. Fuhrman's Newsletter** - receive weekly emails on current health news, events, & product specials - <https://www.drfuhrman.com/join-mailing-list>
- **Dr. Joel Kahn's Newsletter** - weekly updates - sign up on the front page - <http://drjoelkahn.com>
- **Dr. Michael Klaper's Mailing Lists** - receive his Medicine Capsule Newsletter - <http://doctorklaper.com/ mailing-list>
- **Jeff Novick, MS, RD, LD, LN** - over 30 years of expert health advice distilled into powerful, easy-to-understand language on a variety of current topics - <http://www.jeffnovick.com/RD/Subscribe.html>
- **McDougall Newsletter** - advice on healing and staying healthy, along with comments on medical and nutrition news currently making headlines - plus monthly delicious, easy-to-prepare recipes from Mary & Heather McDougall - <https://www.drmcDougall.com/health/education/newsletter/>
- **Nutrition Facts** - the latest in nutrition related research delivered in easy to understand video segments brought to you by Dr. Michael Greger M.D. - <http://nutritionfacts.org/subscribe/>
- **Physicians Committee for Responsible Medicine Newsletter** - sign up on the front page at the top - <http://www.pcrm.org>
- **The Plant-Based Dietitian** - blog and updates from Julieanna Hever, M.S., R.D., C.P.T. - sign up in the middle of the page to the right - <http://plantbaseddietitian.com/blog/>