

**MOVING
MEDICINE
FORWARD**

Master Class in

Plant-based Clinical Nutrition

Dr. Klaper & PlantPure Communities Medical School Nutrition Education Initiative

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PIONEERING NUTRITION MASTER CLASS POISED TO SHIFT HEALTHCARE

Offers great promise to improve patient outcomes, reduce healthcare costs & slow climate change

A groundbreaking master class in nutrition was unveiled this week which has the potential to reshape healthcare and significantly mitigate climate change. Part of the Moving Medicine Forward (MMF) Initiative, the MMF Master Class is a unique collaboration between clinician Michael Klaper, M.D. and the nonprofit PlantPure Communities (PPC). Dr. Klaper brings to the MMF Initiative 46 years as a primary care physician, 35 of which centered upon applying plant-based nutrition to arrest and often reverse chronic disease. PPC, which was founded by Nelson Campbell, director of the *PlantPure Nation* film and son of famed nutrition researcher Dr. T. Colin Campbell, is providing administrative, infrastructure, and strategic support.

From clogged arteries, obesity and diabetes, to colitis, osteoporosis and inflammatory arthritis, the [MMF Master Class in Plant-based Clinical Nutrition](#) will cover how a whole-food, plant-based diet can prevent and sometimes reverse disease and restore health. At the center of the twice-monthly sessions that run from July through December are the principles of how to use the patient's diet to transform the body's chemistry and physiology. The art of de-prescribing medications when they are no longer needed because the disease state has resolved will also be covered. The Class will be delivered live and on-line, placing the healing power of plant-based nutrition into the hands of every physician, medical student, and health advocate.

The role of the patient's daily diet as a primary cause of most of the chronic diseases responsible for our healthcare crisis is seldom recognized, as this connection is generally not taught in medical schools. As a result, the health benefits that come from proper nutrition are denied to patients, and millions of lives and trillions of dollars are needlessly lost each year.

The MMF Master Class also holds promise in the fight against climate change; as research shows that livestock production has a larger impact on climate change than all transportation impacts combined. As people transition to a plant-based diet on the advice of their physician, the demand for animal-based food will decline -- by nearly 200 animals per year, per person. The average family doctor cares for 2,000 patients, amplifying the potential impact of the MMF Master Class. Through just 5,000 healthcare professionals, it has the potential to impact the food choices

of 10 million people, plus more, considering their families and neighbors. Not only would this benefit people, the reduced demand means that two billion fewer animals would be needed each year, reducing deforestation pressure from animal agriculture that is fueling climate change.

While the Master Class is geared towards medical students and health professionals, it also will be valuable for others without medical training who simply desire to go deeper in their understanding of nutrition. The 12-session MMF Master Class in Plant-based Clinical Nutrition commences **Sunday, July 12th, 7-9pm** Eastern Time.

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