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INFO SHEET: JUMPING IN & DEEPENING YOUR NUTRITION EDUCATION

Transitioning to WFPB

You have decided you would like to learn more about the health benefits of a whole food, plant based (WFPB) diet and want to start making changes. Fantastic! There are many paths and resources available to help you transition and to educate yourself along the way. This Info Sheet outlines various program options* for taking the next step, including immersion/travel seminars, educational courses and summits for deepening your knowledge.

Immersion Programs: Some people will want to start in the comfort of their own home and utilize programs and resources available via the internet; while others may choose to travel to an in-person immersion program for an intensive adventure.

- The Physicians Committee for Responsible Medicine (PCRM) 21-Day Vegan Kickstart (online) provides tips and recipes. Based on research by Neal Barnard, M.D., one of America's leading health advocates, this program is designed for anyone wanting to explore the health benefits of a vegan diet. Website: <http://www.pcrm.org/kickstartHome>
- What The Health's (online) meal planning tool includes thousands of balanced, delicious recipes developed by a dedicated nutrition team, plus great tools for planning, shopping, and cooking plant-based meals. And everything is completely customized! Check out their free 30 Day Vegan Challenge for more tips. Website: <https://meals/whatthehealthfilm.com/>
- The University of Rochester Medical Center Program for Nutrition in Medicine (NY) is a unique initiative to help patients prevent and treat illness using optimal diet and lifestyle. The clinical director of the organization is Thomas M. Campbell, MD, co-author of The China Study and author of The Campbell Plan. The Program for Nutrition in Medicine frequently holds immersion programs that are 7 days long, and include cooking instruction, medical consultation and education. Website: <https://www.urmc.rochester.edu/nutrition-in-medicine/immersion-program.aspx>
- TrueNorth Health Center (CA) is the largest facility in the world that specializes in medically supervised water-only fasting. The integrative medicine approach they established offers participants the opportunity to obtain evaluation and treatment for a wide variety of problems. For over 33 years, the Center has helped more than 20,000 people regain their health. They occasionally hold immersion programs. Website: <http://www.healthpromoting.com/>





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- Holistic Holiday at Sea (Caribbean) presents the ultimate gift for your mind, body and spirit. Share the experience and wisdom of some of the world's leading authorities and experts in holistic living and natural health, while on a cruise ship in the Caribbean - which generally runs each year for 7-10 days, in February. Website: <https://holisticholidayatsea.com/> Email: info@holisticholidayatsea.com.
- McDougall's Health and Medical Center (CA) frequently holds a Healthy Employee Immersion Program, as well as an Intensive Weekend Program and a 10-Day Live-in Program. The McDougall Program is all about giving you control over your health, and to help you understand your health problems and how to resolve them. Website: <https://www.drmcDougall.com/health/programs/>
- Hippocrates Health Institute (FL) offers three unique programs: Health Educator Program, Life Transformation Program and Weight Loss Transformation Program designed to assist people in taking responsibility for their lives and to help them internalize and actualize an existence free from premature aging, disease and needless pain. Website: <http://hippocratesinst.org/>
- Pritikin Longevity Center and Spa (FL) - More than 100,000 people worldwide have come to Pritikin for one-week programs, two-week programs, or longer. For some, the primary goal is losing weight. Others want to prevent and address health issues. Still others seek the ultimate spa-health vacation. Everyone leaves feeling better and, best of all - living better. Website: <https://www.pritikin.com/>



Deepening Your Nutrition Education:

There are many ways to deepen your knowledge of plant-based diets, such as: online educational summits, newsletters and videos, plant-based certificate courses and more.

Educational Videos and Newsletters - Refer to *Info Sheet: Informative Newsletters and Info Sheet: Movie List* located on PPC's *Resources* webpage for a list of newsletters, educational videos, and documentaries.

Organizations That Offer Online Educational Summits:

- PlantPure Nation - Following the release of the 2015 film PlantPure Nation, the organization PlantPure Inc. formed with the focus on helping more people in the mainstream to experience the benefits of a whole food, plant-based lifestyle. Their 2016 PlantPure Summit featured 60 top experts in plant-based nutrition, lifestyle and health care. Visit their website: <http://tinyurl.com/PPNProducts> to purchase the 2016 PlantPure Summit Pack, and subscribe to their newsletter: <http://tinyurl.com/PlantPureNews> , for future updates on upcoming events and summits.



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- Moving Medicine Forward - As part of the Moving Medicine Forward Initiative, the Master Class in Plant-based Clinical Nutrition is a twice-monthly educational program that places the healing power of plant-based nutrition into the hands of every physician, medical student, and health professional who wants to help their patients heal on the deepest levels. Through bi-weekly webinars — led by clinician Michael Klaper, M.D. — the principles of how to use the patient's diet to transform their body's chemistry and physiology to arrest and reverse degenerative disease are revealed. Website: www.doctorklaper.com/mmf-masterclass
- The Food Revolution Network is committed to healthy, sustainable, humane, and conscious food for all. Sign up for their network so you can receive regular action updates, informational and inspirational resources - such as their 2017 Food Revolution Summit - and support to help you participate in the Food Revolution. Website: <https://foodrevolution.org/> , Summit: <https://www.foodrevolutionsummit.org/>

Certificate Programs:

- T. Colin Campbell Center for Nutrition Studies: Enroll in the Center For Nutrition Studies Plant-Based Nutrition Certificate Program brought to you by eCornell. The Certificate is the most comprehensive program in plant-based nutrition with lessons from 25+ experts, including T. Colin Campbell, PhD. The Program, offered in partnership with eCornell, is a revolutionary online program that will help you understand the importance of diet and nutrition for your life. The Program is online, self-paced, requires no pre-requisites, is comprised of three, two-week courses, and each course is accessible 24 hours a day. Continuing education credits are available for physicians, nurses, pharmacists and dietitians. Website: <http://nutritionstudies.org/courses/plant-based-nutrition/>
- PCRM Food For Life Certification Training: The Food For Life training Program offered through Physicians Committee for Responsible Medicine (PCRM) contains 8 different curricula. Classes are focused on topics such as: cancer, children's health, diabetes and healthy weight management. Certification in the course allows you the ability to teach others the Food For Life Programs. Website: <https://www.pcrm.org/good-nutrition/plant-based-diets/ffl/become-an-instructor>
- Starch Solution Certification - Dr. McDougall: The Starch Solution Certification Course will help the healthcare professional better assist their patients, and the non-healthcare professional with their clients. Certification establishes your credibility as a knowledgeable graduate of The Starch Solution who understands how this diet relates to optimum health. The course combines the national best-selling book The Starch Solution, with 19 video lectures, and the class is online and can be completed at your own pace. Website: <http://www.mcdougallmedia.com/products.php?sku=sscc>

*These programs descriptions have been drawn from the program websites.

We welcome your suggestions and ideas! Please send them to info@plantpurecommunities.org. This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated July 2020.