

## **Moving Upstream: The Prevention Prescription**

Handout for "Live Well Natomas"

Created by Don Forrester MD

[www.DonForresterMD.com](http://www.DonForresterMD.com)

### **Heath Tip: Eat a Whole-Food Plant-based Diet with B-12**

#### **General Information**

**Need answers to your nutritional questions?** Dr. Michael Greger has been reviewing all peer reviewed scientific studies on human nutrition for over 10 years. His website link is: [www.NutritionFacts.org](http://www.NutritionFacts.org). Below each video he lists the full reference and is linked to the abstract or article if free. Go to "Browse All Topics" to find the answers to most of your questions.

**Need to understand what the science means or have questions about medical treatment?** Dr. John McDougall has over thirty years of experience in the effects of proper diet on health and disease. His free website, [www.DrMcdougall.com](http://www.DrMcdougall.com) is a terrific source for those who want to avoid medications, medical procedures, and doctors visits. Since 2002 his monthly newsletters have covered most topics on nutrition and medical treatments. By following his "Hot Topics" link you can find the appropriate article. He has a link to his "StarMcDougallers" whose stories provide testimonials as to what is possible by eating the correct diet.

**Worried about protein intake?** I recommend reading two articles by Dr. John McDougall. They are, "A Brief History of Protein" in his December 2003 newsletter and "Where do I get my Protein" in his April 2007 newsletter.

#### **Getting Started for Everyone**

*The Vegetarian Starter Kit* and *Nutrition for Kids* are pamphlets available for free download at <http://www.pcrm.org/health/diets/vsk/vegetarian-starter-kit> and [http://support.pcrm.org/site/DocServer/Nutrition\\_for\\_Kids.pdf?docID=801](http://support.pcrm.org/site/DocServer/Nutrition_for_Kids.pdf?docID=801). The Physicians Committee for Responsible Medicine (PCRM) produces them. PCRM is a non-profit organization that promotes preventive medicine through nutrition, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

**Label Reading:** "Should I Eat This?" by Jeff Novick MS RD available from his website, [www.JeffNovick.com](http://www.JeffNovick.com).