

Lifestyle Medicine Resources

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Guides/Challenges:



Esselstyn Foundation
Plant-Based Jumpstart Guide
<https://esselstynfamilyfoundation.org/ef-content/uploads/2022/06/PB-jumpstart-guide.pdf>



<https://www.fullplateliving>



Physician's Committee for Responsible Medicine (PCRM)
21-Day Vegan Kickstart App
<https://www.pcrm.org/vegankickstart>



Dr. Greger's Daily Dozen App



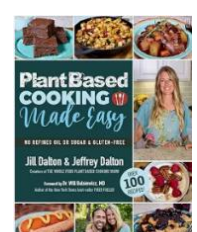
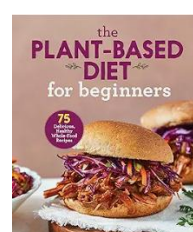
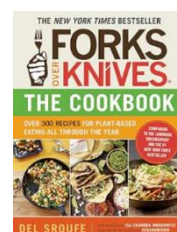
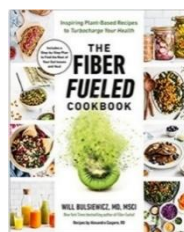
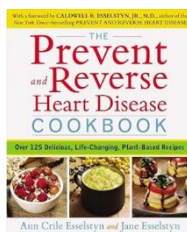
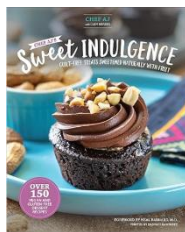
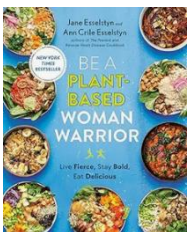
The Plantrician Project
Plant-Based Nutrition Quick Start Guide
pdf download
<https://plantricianproject.org/quickstartguide>

PCRM's Let's Beat Breast Cancer Challenge
<https://www.pcrm.org/letsbeatbreastcancer>

Recipes:

- Plant Based on a Budget - <https://plantbasedonabudget.com/>
- Physician's Committee for Responsible Medicine - <https://www.pcrm.org/good-nutrition/plant-based-diets/recipes>
- T. Collin Campbell Centers for Nutrition Studies - <https://nutritionstudies.org/>
- Forks over Knives - <https://www.forksoverknives.com/recipes/>
- Plant-Based Gabriel - <https://plantbasedgabriel.com/indexes/recipes-index/>
- Happy Herbivore - <https://happyherbivore.com/>
- Plant Strong - <https://plantstrong.com/>
- Eat Plant Based - <https://eatplant-based.com/>
- So Many Cooks in the Kitchen – <https://www.youtube.com/channel/UC8gvgwgvBo4aD1nli4uPu7A>
- So Many Kids in the Kitchen - <https://www.youtube.com/channel/UCvQoF8o130T5cyUqyhiSxHg>
- Pink Lotus Power Up recipes - <https://pinklotus.com/powerup/cancerkicking/kitchen/recipes/>
- Shane & Simple - <https://shaneandsimple.com/>
- Plant-Based with Jane Esselstyn & Ann Esselstyn - <https://www.youtube.com/c/JaneEsselstyn/videos>

Cookbooks:



Books:



Documentaries:

Forks over Knives

<https://www.forksoverknives.com/the-film/>

How Not to Die

<https://youtu.be/wb7L3t0ejdl?si=A4nTRIF9pNKPCovp>

What the Health

<https://www.whatthehealthfilm.com/>

Game Changers

<https://gamechangersmovie.com/the-film/where-to-watch/>

PlantPure Nation

<https://www.plantpurenation.com/pages/watch-the-film>

PlantWise

<https://www.adventhealth.com/plantwise-documentary>

You are What you Eat a Twin Experiment

<https://www.netflix.com/title/81133260>

Code Blue

<https://www.codebluedoc.com/>

Websites & Resources:

- Pink Lotus – Dr. Kristi Funk - <https://pinklotus.com/>
- Nutritionfacts.org - Dr. Michael Greger <https://nutritionfacts.org>
- The Gut Health MD – Dr. Will Bulsiewicz <https://theguthealthmd.com/>
- Ornish Lifestyle Medicine - <https://www.ornish.com>
- Dr. Esselstyn's Prevent & Reverse Heart Disease Program - <http://www.dresselstyn.com/site/>
- ACSM's Exercise is Medicine - <https://www.exerciseismedicine.org/>
- Alcohol and Cancer Risk 2025, The Surgeon General's Advisory - <https://www.hhs.gov/sites/default/files/oash-alcohol-cancer-risk.pdf>
- American College of Lifestyle Medicine (ACLM) - <https://lifestylemedicine.org/>

Podcasts:

- The Exam Room by the Physicians Committee for Responsible Medicine -
- Plant-Strong
- The Gut Insiders (Dr. Will Bulsiewicz)