



2017 The Plantrician Project Luminary Award Winner

Michael Klaper, MD

Michael Klaper, MD has been chosen at the 2017 Plantrician Project Luminary Award Winner in recognition of his unwavering dedication, exemplary patient care, sage wisdom, and humble leadership in the advancement of whole food, plant-based nutrition as the foundation of disease prevention, suspension, and reversal.

Dr. Klaper, is a gifted clinician, internationally recognized teacher, and sought-after speaker on diet and health. He has practiced medicine for more than 40 years and is a leading educator in applied plant-based nutrition and integrative medicine. He is also the author of a successful book on cholesterol-free nutrition, as well as numerous DVDs and Videos on Demand and a series of “Healthy YOU Webinars.” A source of inspiration advocating plant-based diets and the end of animal cruelty worldwide, Dr. Klaper contributed to the making of two PBS television programs Food for Thought and the award-winning Diet for a New America movie based on the book of the same name. Dr. Michael Klaper teaches that “Health Comes from Healthy Living” and is dedicated to the healing and flourishing of all living beings and our planet.

Dr. Klaper graduated from the University of Illinois College of Medicine in Chicago (1972), served a medical internship at Vancouver General Hospital in British Columbia, Canada with additional training in surgery, anesthesiology, and orthopedics at the University of British Columbia Hospitals in Vancouver and in obstetrics at the University of California Hospitals in San Francisco.

As Dr. Klaper’s medical career progressed, he began to realize (true to what science is bearing out today) that many of the diseases his patients presented – clogged arteries (atherosclerosis), high blood pressure (hypertension), obesity, adult onset diabetes, and even some forms of arthritis, asthma, and other significant illnesses – were made worse or actually caused by the high sugar, high fat, high salt, overly processed Standard American Diet (S.A.D.). Dr. Klaper resolutely believes that proper nutrition (through a whole food, plant-based diet) and a balanced lifestyle are essential for health and, in many cases, can make the difference between healing an illness or merely treating its symptoms.

In addition to his clinical practice and private consultations with patients, Dr. Klaper is a passionate and devoted educator of physicians and other healthcare professionals about the importance of nutrition in clinical practice. Dr. Michael Klaper served as the Director of the non-profit Institute of Nutrition Education and Research from 1992 through 2015, during which time he conducted a study focusing on people who ate a completely plant-based (vegan) diet. Dr. Klaper was also a member of the Nutrition Task Force of the American Medical Student Association and served as an advisor to the National Aeronautics and Space Administration (NASA) project on nutrition for long-term space colonists on the moon and Mars.

For over ten years, Dr. Klaper hosted a popular medical information radio program Sounds of Healing on WPFW in Washington, DC and KAOI 1110 AM on Maui, Hawaii.

Dr. Michael Klaper practiced acute care medicine in New Zealand for three years and currently serves on the staff of the TrueNorth Health Center in Santa Rosa, California, a nutritionally-based medical clinic specializing in therapeutic fasting and health improvement through a whole-food, plant-based diet.

He also serves on the Advisory Board for Naked Food Magazine.

