Plant-based nutrition is becoming increasingly recognized as a crucial aspect of healthcare. Plant-based diets can provide a host of health benefits, from improved heart health to reduced risk of chronic diseases. To support healthcare professionals in incorporating these diets into their practice, the Plantrician Project offers comprehensive resources.

### Plant-based Nutrition Quick Start Guides
These booklets are designed to enable patients to learn and apply the basics of plant-based nutrition. They cover topics such as the science of whole food, plant-based nutrition, and healthy lifestyle, with practical advice to prevent, suspend and reverse chronic, lifestyle-related diseases. Available in multiple languages, including Spanish, Chinese (simplified and traditional), Japanese, and Arabic.

### Plantrician Project Initiatives
- **International Journal of Disease Reversal and Prevention (IDJRP)**: A scientific journal dedicated to documenting the science of whole food, plant-based nutrition, and healthy lifestyles, focusing on preventing and reversing chronic diseases.
- **Disease Reversal and Prevention Digest**: A consumer-targeted magazine that links the science of the IDJRP with practical advice on living a vibrant, healthy life.

### Plantrician Project Partnerships
- **Regenerative Health Institute**: In partnership with Rodale Institute, the Regenerative Health Institute promotes regenerative agriculture, linking healthy soil with healthy food and people.
- **Plant-based Docs**: An AI-powered directory of plant-based physicians and other healthcare practitioners dedicated to providing a food as medicine approach to healthcare.

### Plantrician Project Resources
- **Culinary RX**: A self-paced, 12-hour course that combines plant-based nutrition basics with culinary education, guided by an instructor.
- **Plant-based Nutrition Quick Start Guides**: Comprehensive booklets that enable patients to learn and apply the basics of plant-based nutrition.
- **RX Pads: Prescription for Life**: 50-sheet pads that offer an efficient “prescription” of educational tools and resources to patients.

For more information, visit [www.plantricianproject.org](http://www.plantricianproject.org) | Follow us on [Facebook](https://www.facebook.com), [Twitter](https://twitter.com), [Instagram](https://www.instagram.com), [LinkedIn](https://www.linkedin.com), and [YouTube](https://www.youtube.com).
We are a 501(c)3 not-for-profit organization with a mission to educate, equip and empower our physicians, healthcare providers and other health influencers with knowledge about the indisputable benefits of whole food, plant-based nutrition.

**PROBLEM:**
“Physicians are trained to treat symptoms and diseases, rather than addressing the underlying imbalances that perpetuate illness. The diagnose-and-treat disease-care system is unsustainable.”
- Scott Stoll, MD, Co-Founder & Chairman of the Board

**SOLUTION:**
The whole food, plant-based (WFPB) dietary lifestyle. Maximizing the intake of whole, plant-foods and minimizing the intake of highly processed and animal-derived foods including refined flours, beef, chicken, pork, fish, dairy and eggs results in a host of benefits for both human and environmental health.

60% of Americans have at least one chronic illness such as heart disease, type 2 diabetes, obesity, auto-immune diseases and more.

2 PLANET EARTHS
If all 7.8 billion people on earth consumed the western industrial diet, we would need at least 2 planet earths to feed us all.

70% of chronic illnesses can be prevented or reversed with a whole food plant-based dietary lifestyle.

1.5 BILLION FOOTBALL FIELDS
1.5 billion football fields worth of arable land could be returned to forested land or used to expand food production if everyone in the world consumed a predominantly whole food, plant-based diet.

**EDUCATE, EQUIP, EMPOWER**
The Plantrician Project’s events, tools and resources educate, equip and empower physicians, healthcare providers and other health influencers with the knowledge they need to transform and regenerate human health, health care and the food ecosystem.

**HEALTH BENEFITS OF A WHOLE FOOD, PLANT-BASED (WFPB) LIFESTYLE**
- Prevents, arrests and even reverses heart disease and type 2 diabetes
- Prevents and treats asthma, allergies, acne and acid reflux
- Decreases cancer risk
- Slows progression of certain cancers
- Prevents and halts the progression of a number of autoimmune diseases
- Age-defying
- Prevents and reverses erectile dysfunction
- Lowers cholesterol
- Lowers blood pressure
- Resolves constipation
- Enables healthy weight loss
- Enables healthy weight maintenance
- Longevity enhancing
- Improves immune function, with lower risk of cold and flu
- May reduce the need for many medications
- Increases energy
- Improves sleep
- Decreases stress
- Improves mood and mental clarity

60% of Americans have at least one chronic illness such as heart disease, type 2 diabetes, obesity, auto-immune diseases and more.

75% of healthcare expenditures: It is estimated that treatment of chronic, preventable conditions comprises nearly 75% of the nation’s $3.6 trillion in healthcare expenditures.

Despite all the above, our medical professionals receive on average, only 20 hours of nutrition education during their medical training.

For more info visit: www.plantricianproject.org | Follow us: Facebook, Twitter, Instagram, LinkedIn & YouTube