

Lifestyle Medicine Resources

Dr. Bob Breakey

Health Care Lifestyle Medicine Programs:

1. Barnard Medical Center in DC-- <http://www.pcrm.org/barnard-medical-center>
2. Rochester Lifestyle Medicine -- NY-- <https://rochesterlifestylemedicine.com/>
3. Dean Ornish—California -- <https://www.ornish.com/>
4. Montefiore Cardiac Wellness Program—NYC- <http://www.montefiore.org/cardiacwellnessprogram>
5. Henry Ford Center for Integrative Medicine- Detroit --
<https://www.henryford.com/services/integrative-medicine>
6. The Cleveland Clinic- OH: <https://my.clevelandclinic.org/departments/wellness/integrative/about>
7. Institute of Lifestyle Medicine @ Harvard—MA: <http://www.instituteoflifestylemedicine.org/>
8. Mayo Clinic - MN:
<https://www.mayoclinic.org/departments-centers/integrative-medicine-health/services>

Lifestyle Medicine Websites:

1. Physicians Committee for Responsible Medicine: www.pcrm.org
2. Dr Michael Greger: www.nutritionfacts.org
3. American College of Lifestyle Medicine <https://www.lifestylemedicine.org/>
4. True Health Initiative <http://www.truehealthinitiative.org/>
5. Dr. John McDougall: www.drmcDougall.com
6. Dr. Joel Fuhrman: <https://www.drFuhrman.com/>
7. The Blue Zones: <https://bluezones.com/>
8. Prevent / Reverse chronic disease: www.preventreverse.com

Books:

1. “How Not to Die” -- Michael Greger MD
2. “How Not to Diet” – Michael Greger, MD
3. “How to Survive a Pandemic” – Michael Greger, MD
4. “Reversing Diabetes” -- Neal Barnard, MD
5. “Forks Over Knives Plan”-- Alona Pulde and Matthew Lederman
6. “Eat to Live” -- Joel Fuhrman, MD
7. “The Pleasure Trap” -Douglas Lisle, PhD
8. “The Cheese Trap” - Neal Barnard, MD
9. “The Whole Heart Solution”- Joel Kahan, MD
10. “Whole”- T. Colin Campbell, PhD
11. “Prevent and Reverse Heart Disease”- Caldwell Esselstyn, MD
12. “The Starch Solution”- John McDougall, MD
13. “Empty Medicine Cabinet”- Dustin Rudolph, PharmD
14. “Proteinaholic”- Garth Davis, MD
15. “The End of Diabetes”- Joel Fuhrman, MD
16. “Fiber Fueled” – Will Bulsiewicz, MD

Article:

Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival
<http://www.thepermanentejournal.org/files/2018/17-025.pdf>

Apps:

1. Dr. Greger’s Daily Dozen
2. 21 Day Vegan Kick start from PCRM

Support Groups:

1. www.PBNSG.org
2. www.ChickpeaAndBean.org
3. www.VRG.org
4. www.vegmichigan.org

Online Cooking Classes and support:

1. www.Rouxbe.com
2. <https://www.forksoverknives.com/cooking-course/>
3. <http://www.chefajwebsite.com/index.html>

Documentaries:

1. "Forks Over Knives" <https://binged.it/2EY2Azp>
2. "What the Health" <https://www.youtube.com/watch?v=Jf44vLndiRM#action=share>
3. "Eating You Alive" <https://www.youtube.com/watch?v=M8sGE5n-i1Q#action=share>
4. "Escape Fire" <https://youtu.be/Q6n4o3gymdg>
5. "Code Blue" www.codebluedoc.com
6. "Game Changers" <https://www.youtube.com/watch?v=bMQ1rzz9t5w>

Additional Reference Websites:

- www.FoodRevolution.org (John and Ocean Robbins)
- www.NutritionStudies.org (T. Colin Campbell)
- www.PlantricianProject.org

Local Support Programs / Coaches:

Fit Body Boot Camp: <https://www.fitbodybootcamp.com/annarborfitnessbootcamp/>

Ann Arbor Vegan Kitchen: <https://annarborvegankitchen.com/>

PBNSG Small Groups Monthly Meetings: <https://www.pbns.org/>

Washtenaw Optimal Wellness (Local "Blue Zone" initiative): <https://washtenawoptimalwellness.org/>

Seminars and Conferences:**National:**

International Conference in Nutrition in Medicine: Physicians Committee for Responsible Medicine: Washington, DC, Annually every summer: <http://www.pcrm.org/icnm>

P-POD: Annual "Plant Based Prevention of Disease Conferences": May and June: www.P-POD.org

American College of Lifestyle Medicine: <https://lifestylemedicineconference.org/about/>

The Plantrician Project: <https://plantricianproject.org/>