



PLANTPURE HOUSTON

Venturing Into Veggies Resource Guide

October 7, 2013

Documentaries

- From Food to Freedom <https://plantpurecommunities.org/watch-film/>
- Forks Over Knives <https://www.forksoverknives.com>
- Eating You Alive <https://www.eatingyoualive.com>
- Game Changers <https://gamechangersmovie.com>
- Code Blue <https://www.codebluedoc.com>
- What the Health <https://www.netflix.com/title/80174177>
- Live to be 100 – Secrets of the Blue Zones - <https://www.netflix.com/title/81214929>

Books

- **How Not to Die, How Not to Diet, and How to Survive a Pandemic** By Dr. Michael Greger
<https://nutritionfacts.org/book/how-not-to-die/>
(Coming soon – How Not to Age)
- **Prevent and Reverse Heart Disease** by Caldwell B. Esselstyn, Jr. <http://www.dresselstyn.com>
- **UnDo It** By Dr. Dean Ornish – The father of Lifestyle medicine
<http://deanornish.com/books/>
- **Staying Alive: Healing From Heart Disease** – A Survivor’s Story By Sherry Shrallow
- **Healthy at Last – A Plant Based Approach to Preventing and Reversing Diabetes and Other Chronic Diseases** By Eric Adams – Mayor of NYC
- **The China Study** - By Dr. T. Colin Campbell
- **Mastering Diabetes – the Revolutionary Method to Reverse Insulin Resistance Permanently In Type 1, Type 1.5 and Type 2, Prediabetes and Gestational Diabetes** – By Cyrus Khammata, Ph.D. and Robby Barbaro, MPH
- **The Blue Zones: Secrets for Living Longer: Lessons From the Healthiest Places on Earth** – By Dan Buettner
- **The Cheese Trap: How Breaking a Surprising Addiction will Help you Lose Weight, Gain Energy, and Get Healthy** – By Dr. Neal Bernard
- **Joyful, Delicious, Vegan: Life Without Heart Disease** – By Sherra Aguirre
- **Proteinaholic** – By Dr. Garth Davis
- **The Starch Solution** – Dr. John McDougall
- **Seven-Day Rescue Diet** – Rip Esselstyn
- **The Vegan Starter Kit** – Dr. Neal Bernard

Websites

- <https://plantpurehouston.com> – Houston Area POD Network
- www.NutritionFacts.org – Dr. Michael Greger
- <https://www.bluezones.com> – Dan Buettner
- www.Forksoverknives.com
- <https://www.pcrm.org> – Dr. Neal Bernard
- <https://whole.nutritionstudies.org/> - Dr. T. Colin Campbell
- <https://www.doctorklaper.com> – Dr. Michael Klaper
- <https://www.healthscience.org> – National Health Association

Recipe Ideas from: Facebook, Pinterest, Food Bloggers:

- Brand New Vegan - <https://www.brandnewvegan.com>
- Running on Real Food - <https://runningonrealfood.com>
- Chef AJ - <https://www.chefaj.com>
- Nutmeg Notebook – Tami Kramer - <https://www.nutmegnotebook.com>
- Shane & Simple - <https://shaneandsimple.com>
- Monkey and Me Kitchen Adventures - <https://monkeyandmekitchenadventures.com>
- Forks Over Knives - <https://www.forksoverknives.com>
- PlantStrong – <https://plantstrong.com>
- The Jaroudi Family - <https://www.thejaroudifamily.com>
- Cathy Fisher – Straight Up Food - <https://www.straightupfood.com/blog/>
- Ann and Jane Esselstyn - https://www.youtube.com/channel/UcKvtuE3WR0NhNnDIP5d_pAA

Local Plant Based/Lifestyle Medicine Physicians (Houston Area)

- Drs. Bandana and Munish Chawla
www.Lifestyledocs.com
- Dr. Baxter Montgomery, Cardiologist
<https://montgomeryheart.com>
- Dr. Mary Washington, Nephrologist
<https://www.marywashingtonmd.com>
- Dr. Pritesh Mutha, Gastroenterologist
<https://www.utphysicians.com/provider/pritesh-mutha/>

Local Plant Based Support:

- PlantPure Houston www.plantpurehouston.com
- Harmony N Houston susanintheheights@att.net <https://www.facebook.com/groups/harmonynhouston/>
- Bayou City Beet <https://www.facebook.com/groups/1921671244748132>
- PlantEd Ft. Bend Lisaarnold4U@yahoo.com and Nathaliemorton5@gmail.com
- PLANTifull Fare <https://www.facebook.com/groups/1025901005509839>
- The Woodlands POD sangeeta_wahi@yahoo.com