



CE Accredited Plantrician[™] Conferences & Events



The premier, CE accredited medical education event demonstrating the efficacy of a whole food, plant-based dietary lifestyle to prevent and reverse disease. pbnhc.com



Official medical education provider of the Plant Based World Conference & Expo Healthcare Summits in New York City and London. plantbasedworldexpo.com
plantbasedworlddeurope.com

Plantrician[™] Partnerships

Regenerative Health Institute

In partnership with Rodale Institute, the Regenerative Health Institute will be a state-of-the-art facility that demonstrates a new understanding of the interconnectedness of human health, linking together the concept of healthy soil = healthy food = healthy people = a healthy planet.

planttricianproject.org/regenerative-health-institute

Plantrician[™] Initiatives



A free, open access, peer-reviewed, scientific journal dedicated to documenting the science of whole food, plant-based nutrition and a healthy lifestyle to prevent, suspend and reverse chronic, lifestyle-related diseases. idjrp.org

Disease Reversal and Prevention **DIGEST**

A consumer targeted, digital magazine that links the science of the IJDRP, whole food, plant-based nutrition and regenerative agriculture with practical advice for living a vibrant, healthy life. diseasereversaldigest.com



An AI-powered global directory of plant-based physicians and other healthcare practitioners who are dedicated to a food as medicine first approach to healthcare. plantbaseddocs.com

Plantrician[™] Resources

CULINARY **RX**

A self-paced, 12-hour, plant-based nutrition basics and culinary eLearning course that's instructor guided to offer a cooking path to better health. planttrician.rouxbe.com

Plant-Based Nutrition Quick Start Guides

Comprehensive, educational booklets that enable patients to learn and apply the basics of plant-based nutrition. Two editions available in multiple languages including Spanish, Chinese (simplified and traditional), Japanese and Arabic: General Guide and Pediatric for children and families.

planttricianproject.org/quickstartguides



RX Pads-Prescription for Life

50-sheet pads that enable an efficient "prescription" of educational tools and resources. Treatment empowers patients to take back control of their health.

planttricianproject.org/quickstartguides



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

60% OF AMERICANS

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.**

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.

20 HOURS

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

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.

70% OF CHRONIC ILLNESSES

More than **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

