

**Treating The
Symptom and
Not The Cause
Will Not Solve
The Problem**

= Yes, it is true that in some cases, these medications ‘can’ help - even save lives. But they are very expensive - and since they rarely “cure” the underlying conditions - it is usually only a matter of time before a disease will come back ... just ask the average **SENIOR** today, who’s on four (4) different medications - just to get through the day! And remember - a patient “cured” - is a customer “lost” (that’s the *business* side!).

= A major legacy of the four EXPERTS above is one of profound compassion - and, a relentless pursuit of - better patient **HEALTH Care** -via- proper EDUCATION - with the “addition” of => **ongoing “DIET-Therapy”** included in ALL medical training, and ‘beyond’:

- requiring DOCTORS to complete ‘continuing education courses’ on **NUTRITION** - and on human Lifestyle Behaviors - to help “bridge the critical GAP” in the current medical school’s training, which is crucial for preventing, and managing, chronic diseases - like diabetes, heart disease, cancer, and obesity.

- requiring the general acute care HOSPITALS to dedicate significant time to **DIET-Therapy** at ongoing educational meetings held for their doctors,

- requiring “auditing” of medical PRACTICES for the appropriate use of **DIET-Therapy** (similar to what is now performed with DRUG and SURGERY therapies), and ...

- requiring the sending of **NUTRITIONAL Education** “materials” to ALL [GP] physicians [about **DIET-Therapy**] - on a regular, ongoing basis.

Presently, medical students, and practicing doctors, have **NO** practical knowledge about human **NUTRITION**, and its effects on their patients’ health. Today’s physicians’ training is mostly limited to [BIG Pharma’s] **PILLS, DRUGS** and to **SURGICAL treatments**.
Period.

= The above four experts warn us that, paradoxically => [**improper**] **F-O-O-D** is the major “cause” of almost ALL chronic illnesses suffered in Western societies today - and that the medical education being provided simply does not reflect the “urgency” necessary - to be addressing the “devastating health problems” our societies face ‘from’ this reality.

Dr. John McDougall testified - before the California Medical Board - on the grim reality of today’s “**Diet-POISONING**”, on human health!

➤➤➤ **The PROBLEM (More TRUTH):** It’s not only the **LACK of KNOWLEDGE** (about the power of ‘proper’ nutrition) in our “medical circles” ... it’s again, exactly the same problem within our “general population” at large” (see “this” compelling story ... of an obese, HEART ATTACK victim - *who decided to follow Dr. McDougall!*). MORE, from our **4** experts above:

What is holding us back? **Factors 6 -10**

6. Most people simply are not aware that diseases like diabetes, hypertension and obesity can be quickly reversed by simply shifting to a “whole food, plant-based” way of eating.
7. Most people simply cannot believe that agencies like the USDA and the UN are **NOT** telling us the truth about nutrition.
8. Most are unaware that our top schools of nutrition have been bought and paid for by the meat, dairy & egg industries.
9. Most believe that if we should not be eating meat, dairy, eggs and fish – that we would be hearing that crucial info from elected officials, MD's and the international media.
10. Finally, if any candidate ran on a platform that included slashing/eliminating animal-based foods -- for health and environmental reasons – **they would NEVER be elected!**

So just how “sick” is our planet? **Five Grossly Unsustainable Situations**

1. Overpopulation (adding net 6 million/month)
2. Never ending growth economy–Capitalism
3. Extremely harmful & wasteful manner we are living
4. Steadily rising meat, dairy, egg & fish consumption
5. Selfish, ignorant & irresponsible global leadership

I am near certain that there is only one action that can possibly buy us enough time to resolve all five of these “situations”

Downsizing the global animal agriculture industry

by at least 50% before 2030!

Via individual food choices by billions of people...

»»» It's Time for **C-H-A-N-G-E!**



= **C-H-A-N-G-E?**: Yes, "change" is 'very' **HARD** ... it's a real **CHALLENGE** for most of us ... however, if we "are" **HURTING** enough ... if we "are" in enough human **PAIN / SUFFERING** ... whether it is from INDIVIDUAL pain ... or ENVIRONMENTAL / PLANETARY pain (or both) ... "**change**" really does become more **APPEALING** ... and in very short order ... for ALL of us.

Bottom Line ... **MOTHER NATURE** - all be herself - is "so" **KIND** => she offers us "everything" **we** need to BE "healthy" (**Whole Food, PLANT-Based Nutrition!**) ... and to **STAY** "healthy" ... very **POWERFULLY** ... very **IN-EXPENSIVELY** ... with all the **PROTEIN** you'll ever need (compared to, in **MEAT**)!

To change is difficult.
Not to change is fatal.

IF our populations would only start "**changing**" to a far "healthier" **VEGAN** Diet (**Whole Food PLANT-Based Nutrition**) >>> it would "also" be wonderful for our **PLANET** [[**Climate Change / Global Warming!**]] >>> because it would "cut" global **GASES** (huge "methane" gasses, from COWS, alone) >>> by **80%** overall = more than ALL of the "carbon" gasses from cars / planes / trains / etc "combined" (deep scientific research 'authenticates' this)!

NOTE: All of the above does **not** mean you ever need to live like a (Vegan) **HERMIT** - or, that you cannot have "some" nice (occasional) **TREATS** - **NO!** Just be **HEALTHY!**

Thank You!

To our four Whole Food Plant-Based **EXPERTS** above (and to their many colleagues) - I personally, am extremely **GRATEFUL** to them ... for their kindness / wisdom / truth / courage / legacy – and ... I appreciate being able to share this vital info. ... with **YOU**.



**HEALTHY EATING
HEALTHY WORLD**

UNLEASHING THE POWER OF PLANT-BASED NUTRITION

