



Dr. Klaper => Training MDs about **NUTRITION!**

===== "Errors and Omissions Excepted" (E&OE) =====

Like every primary care physician, I repeatedly do battle with the disease-ogres of hypertension, atherosclerosis, and type 2 diabetes. I “can” use powerful **DRUGS**, like pharmacologic swords - to drive down dangerous blood pressures, and normalize runaway blood sugars, etc.. However, I know that such “potent medicines” can only stun the disease-foes - “temporarily”.

If my patient makes *no changes* in their **DIET**, or **LIFESTYLE** - then, like in a bad science fiction movie, “the ogre rises once again” in their body ... wreaking ongoing damage on most every organ ... and often, eventually killing the patient.

Today’s Medical Doctors find themselves using *ever-stronger drugs* with *ever-more dangerous side effects* - only to see the fearsome diseases “progressing”. It is a losing battle that drives many excellent physicians from the profession.



Proper DIET => Not DRUGS! - If “only” these dedicated physicians had learned, in medical school, that a stream of primarily **Whole Food PLANT-Based nutrition** - flowing through the body - day after day - is the “ultimate weapon” to *vanquish* these disease entities, once and for all!

On such a moderate-fat, phytonutrient-rich, high-fiber food stream ... insulin receptors open - inflammation subsides - arteries heal and open ... these once-fearsome ogres meekly *vanish*.

Every medical student *should encounter* this powerful therapeutic tool during their training - and “making sure they DO” - is precisely what the mission of our **Moving Medicine Forward** IS!



Over the course of 2024, the presentation, “**What I Wish I Learned in Medical School About Nutrition**” was given 98 times, with 67 of those lectures presented at medical schools, hospitals, and other healthcare audiences reaching over a thousand medical students, residents and practicing physicians - with the message of **PLANT-Powered** “healing”.

These potent NUTRITIONAL understandings, and insights, would have made me a much more effective physician, and would have changed the course of my medical career for the better.



It would have affected most every diagnosis I ever made, and modified most every treatment plan I ever recommended, for my patients.

I now feel that I owe it to these doctors-to-be - to equip them with the powerful healing tools and insights that I myself did not have in medical school.

Student Feedback: “Life changing information and ideas...”; “Now I know what I want to do with my medical career...”. The work of our **MMF team** has certainly been effective - and we strive to become even more so in 2025.

Note: MMF (**Moving Medicine Forward**) is not a flashy organization. We do our work – medical-school-by-medical-school ... largely out of the public eye. With each presentation, we plant images, in the still-open medical minds, of a medical practice - with plant-strong DIETITIANS - as “a part of” their primary care TEAM - helping patients to actually REVERSE their diseases, and live truly “healthier” lives.

I feel confident that these “seeds” will eventually “sprout” ... to produce a new generation of **nutrition-aware**, disease-reversing, Medical Doctors ... which will benefit us ALL. - Dr. K.

