

GOING PLANT- BASED RESOURCE GUIDE

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**if DIETS
DON'T WORK,
WHAT DOES?**

Going Plant-Based

Thank you so much for trusting me to help you on this journey. Upleveling your nutrition to a more whole food plant based way of eating is one of the most powerful things you can do to take control of your health.

In this guide you will find my most recommended

- Documentaries
- Podcasts
- Books
- Recipe Resources
- Local Support Groups

Knowledge is power - it's a great place to start! As you continue your journey, please don't hesitate to reach out if you are in need of more support for your healthy lifestyle changes.

Take Care,

- Danielle



Must-Watch Documentaries

Forks Over Knives (Amazon Prime)

PlantPure Nation (YouTube)

Game Changers (iTunes)

Eating You Alive (Amazon Prime)

The Marshall Plan (YouTube)

Essential Educational Podcasts

Ian Cramer - Interviews with Plant-Based Doctors & Researchers

Jamie Dulaney - Plant Based Cardiologist & Endurance Athlete

Go-To Recipe Resources

Forks Over Knives

Vegan 8

Brand New Vegan

Core Competency Books

How Not to Die, Dr. Michael Greger, MD

Food Over Medicine, Dr. Pam Popper, PhD

The China Study, Dr. T Colin Campbell

Disease-Specific Books

How to Prevent & Reverse Heart Disease, Dr. Esselstyn

Reversing Diabetes, Dr. Neal Barnard

The Starch Solution, Dr. John McDougall (weight loss)

Supportive Local Groups

Find a PlantPure Pod