



2023
FOOD REVOLUTION  **ON**
SUMMIT

Docuseries

with John and Ocean Robbins

PROGRAM AND WORKBOOK

Welcome to the 2023 Food Revolution Summit Docuseries

Over the span of eight riveting episodes, you'll discover the world's most powerful foods for disease prevention, outstanding health, and longevity. And, you'll get fresh insight into how each of us can take a stand for a healthy future, starting with the food on our plates.

You can use this program to plan your Summit experience and take notes on what you learn from each enlightening Docuseries episode.





What's in store for you

- This year's biggest breakthroughs on food, health, and the future of life on earth.
- An end to confusion about which foods are healthy and which contribute to disease.
- The latest scientifically-based insights about specific foods that are linked to longevity.
- Inspiration, ideas, motivation, and a new understanding of how food can transform energy, sleep, mental health, athletic abilities, and more.
- The opportunity to hear from 45 of the world's most respected food experts and activists. These visionaries have inspired hundreds of millions of people and revolutionized how we think about food.

Your Episode Guide

Episode 1: The Food Revolution:

What Happens When You Give Your Body the Right Fuel

Episode 2: The End of Heart Disease:

How To Prevent & Reverse The World's #1 Killer

Episode 3: The Truth About Your Brain:

How To Prevent Alzheimer's & Improve Mental Health

Episode 4: Eating To Beat Cancer & Type 2 Diabetes:

What You Need To Do Now

Episode 5: The Gut-Inflammation-Autoimmunity Connection:

Getting To The Root

Episode 6: Solving Obesity:

Escaping Diet Tyranny & Finding Food Freedom

Episode 7: The Science of Nutrition:

Separating Fact From Fiction

Episode 8: Earth On The Line:

How Your Food Choices Can Change The World

Episode 1



The Food Revolution: What Happens When You Give Your Body the Right Fuel

Hosted by John and Ocean Robbins

Featured Speakers:

Apple Bodemer, MD
Brenda Davis, RD
Brooke Goldner, MD
Columbus Batiste, MD
Cyrus Khambatta, PhD
David Bowman, MD
Dean Ornish, MD
Haile Thomas
Joel Fuhrman, MD
Kim Williams, MD
Kristi Funk, MD
Michael Greger, MD
Michael Klaper, MD
Mimi Guarneri, MD
Neal Barnard, MD
Nelson Campbell
Qadira Ali Huff, MD
Ritamarie Loscalzo, DC
Scott Stoll, MD
T. Colin Campbell, PhD
Wayne Dysinger, MD

A critical issue affects us all: the modern diet. It's the leading cause of human deaths on planet Earth. It's fueling cardiovascular disease, Alzheimer's, cancer, diabetes, and many other chronic conditions. More and more people are not only dying too soon, they're living in chronic pain — often because of what they eat. But thousands of credible studies reveal a clear path to a healthier future. The data is clear. Giving the body the right fuel can considerably decrease the risk of disease, increase energy levels, enhance sleep quality, and lead to a more fulfilling life. Join John and Ocean as they search for the answers to understand: What's at stake here? What do the studies tell us? What actions do we need to take now?

What are your top takeaways? Write them in the space below.

Episode 2



The End of Heart Disease: How To Prevent & Reverse The World's #1 Killer

Hosted by John and Ocean Robbins

Featured Speakers:

Brenda Davis, RD
Columbus Batiste, MD
Dean Ornish, MD
Hans Diehl, DrHSc
Joel Fuhrman, MD
Joel Kahn, MD
Kim Williams, MD
Michael Greger, MD
Michael Klaper, MD
Mimi Guarneri, MD
Monica Aggarwal, MD
Neal Barnard, MD
Wayne Dysinger, MD

Almost 18 million people will die from cardiovascular disease this year, and more than 2 billion people are living with hypertension and compromised blood flow. But here's the good news: by knowing what to eat (and what to avoid), it's possible to steer clear of most of this suffering and possibly even reverse heart disease. Join John and Ocean as they meet experts exploring innovative approaches to managing heart health and ask the question: can food can stop the world's #1 killer?

What are your top takeaways? Write them in the space below.

Episode 3



The Truth About Your Brain: How To Prevent Alzheimer's & Improve Mental Health

Hosted by John and Ocean Robbins

Featured Speakers:

Ari Whitten
Ayesha Sherzai, MD
Cyrus Khambatta, PhD
Daniel Amen, MD
David Bowman, MD
David Perlmutter, MD
Dean Sherzai, MD
Jim Kwik
Michael Greger, MD
Michael Klaper, MD
Mimi Guarneri, MD
Neal Barnard, MD
Regan Stieglmann, DO
Ritamarie Loscalzo, DC
Uma Naidoo, MD

Dementia is on the rise. The rate of Alzheimer's is projected to triple in the next generation. This trend will have a profound impact on millions of families and the global economy. But what's driving this epidemic? How does it relate to the recent surge in the number of people suffering from depression and other mental health challenges? And can we do anything to stop it? In this episode, John and Ocean delve into groundbreaking research connecting lifestyle to brain health. They explore how the food we eat can affect not only the clarity of our minds but also our mental health, now and in the future.

What are your top takeaways? Write them in the space below.

Episode 4



Eating To Beat Cancer & Type 2 Diabetes: What You Need To Do Now

Hosted by John and Ocean Robbins

Featured Speakers:

Brenda Davis, RD
Cyrus Khambatta, PhD
David Bowman, MD
Dean Ornish, MD
Joel Fuhrman, MD
Kristi Funk, MD
Michael Greger, MD
Michelle Tollefson, MD
Mimi Guarneri, MD
Neal Barnard, MD
Ritamarie Loscalzo, DC
T. Colin Campbell, PhD
Wayne Dysinger, MD

The “war on cancer” isn’t going all that well. Certainly, there have been some life-saving advances. But despite trillions of dollars spent and millions of lives lost, cancer is still the world’s second leading cause of death. And type 2 diabetes is catching up. It is now the world’s fastest-growing chronic disease. It might be a surprise to learn that these two conditions are more connected than we might think. It turns out there are specific foods to eat — and not eat — to dramatically reduce the risk of both diseases — leading to balanced blood sugar and more vitality in every cell of our bodies. Get the facts, and the latest scientific breakthroughs, in this compelling episode.

What are your top takeaways? Write them in the space below.

Episode 5



The Gut-Inflammation- Autoimmunity Connection: Getting To The Root

Hosted by John and Ocean Robbins

Featured Speakers:

Ayesha Sherzai, MD
Brooke Goldner, MD
Dahlia Marin, RDN
David Bowman, MD
David Perlmutter, MD
James Marin, RD
Joel Fuhrman, MD
Kim Williams, MD
Michael Greger, MD
Michael Klaper, MD
Mimi Guarneri, MD
Monica Aggarwal, MD
Neal Barnard, MD
Uma Naidoo, MD

Chronic inflammation weakens our immune systems and fuels our most common diseases, including autoimmune conditions. In this episode, we'll explore the root cause of chronic inflammation, and autoimmunity: a microbiome that's out of balance. We'll discover how inflammation, immunity, and the microbiome are supposed to work and identify proven steps to restore balance and health to the gut and body.

What are your top takeaways? Write them in the space below.

Episode 6



Solving Obesity: Escaping Diet Tyranny & Finding Food Freedom

Hosted by John and Ocean Robbins

Featured Speakers:

Brenda Davis, RD
Columbus Batiste, MD
Cyrus Khambatta, PhD
David Bowman, MD
Joel Fuhrman, MD
Kim Williams, MD
Kristi Funk, MD
Michael Greger, MD
Michael Klaper, MD
Neal Barnard, MD
Ritamarie Loscalzo, DC
Susan Peirce
Thompson, PhD
Wayne Dysinger, MD

How is it possible that people living in the wealthiest nations on earth are both overfed and undernourished? This episode takes a look at our modern obesity epidemic and our society's obsession with body image and weight loss. We'll see how calorie restriction backfires, and illuminate corporate food-manipulation tactics that make it nearly impossible not to overeat. And our experts reveal weight loss and maintenance plans that really work.

What are your top takeaways? Write them in the space below.

Episode 7

The Science of Nutrition: Separating Fact From Fiction

Hosted by John and Ocean Robbins



Featured Speakers:

Apple Bodemer, MD

Ari Whitten

Brenda Davis, RD

Brooke Goldner, MD

Chef AJ

Daniel Amen, MD

David Perlmutter, MD

Dean Ornish, MD

Joel Fuhrman, MD

Joel Kahn, MD

Kim Williams, MD

Kristi Funk, MD

Michael Klaper, MD

Mimi Guarneri, MD

Monica Aggarwal, MD

Rajiv Bajekal,

MCh, FRCS, ORTH

Rani Banik, MD

Rich Roll

Scott Stoll, MD

T. Colin Campbell, PhD

Uma Naidoo, MD

Wayne Dysinger, MD

Let's dive into the science and the controversies. What do the most comprehensive studies ever conducted on food and health tell us? Do some people need animal products or supplements to be healthy? What vitamins, minerals, and other nutrients do we all need to pay attention to? Do we need meat to get enough protein — and what kinds of protein are best? Do we need fish to get enough omega-3 fatty acids? Is grass-fed beef healthier? In this episode, experts will provide evidence-based answers to burning questions, and clear up the confusion.

What are your top takeaways? Write them in the space below.

Episode 8

Earth On The Line: How Your Food Choices Can Change The World

Hosted by John and Ocean Robbins

Featured Speakers:

AJ Albrecht
Brenda Davis, RD
Columbus Batiste, MD
Cyrus Khambatta, PhD
David Bowman, MD
Dean Ornish, MD
Doug Evans
George Monbiot
Haile Thomas
Hans Diehl, DrHSc
Kim Williams, MD
Kristi Funk, MD
Leah Penniman
Lyla June, PhD
Michael Beckwith
Michael Klaper, MD
Scott Stoll, MD
Senator Cory Booker
Wayne Dysinger, MD

The state of our planet is dire, with looming environmental collapse threatening our very existence. But amidst the gloom, there is hope. By changing what we eat, we can make a profound impact on the health of our planet, from reducing deforestation and pollution to tackling world hunger and improving public health. Join us as we explore the critical connection between our food choices and the fate of the planet, and discover how each of us can be part of the solution.

What are your top takeaways? Write them in the space below.

Learn From These 45 Trusted Authorities



AJ Albrecht

Extended Interview Title:

Taking Misery Off the Menu: How to Make the World a Better Place for Animals

About AJ

AJ Albrecht is a lawyer turned lobbyist who uses her policy chops to make the world a better place for animals. She is the Managing Director of Mercy for Animals USA and Canada, an international nonprofit working to end industrial animal agriculture by constructing a just and sustainable food system. Before becoming Managing Director, AJ led Mercy for Animals' Government Affairs and Public Policy Team. She is the immediate past chair of the American Bar Association's Animal Law Committee, a former chair of the New Jersey State Bar Association's Animal Law Committee, and the founder of the East Orange Animal Alliance. AJ speaks and writes on animal advocacy issues, our food system, farmed animals, and animal law.

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Apple Bodemer, MD

Extended Interview Title:

Vibrant from the Outside In: Lifestyle Strategies for Optimal Skin and Hair Health

About Apple

Apple Bodemer, MD, is board certified in both Dermatology and Integrative Medicine. Her mission is to educate people to take care of their skin and hair through a healthy diet and lifestyle. Dr. Bodemer's travels through India, Nepal, and China when she was a dermatology resident exposed her to new forms of healthcare, leading her to study and practice integrative medicine as a complement to mainstream western medical practices. In 2018, Dr. Bodemer shaved her head for three months, both to develop empathy for patients with hair loss, and to demonstrate options and approaches to living without hair. In addition to her clinical practice, Dr. Bodemer shares her message of hope and empowerment as a passionate public speaker and health educator.

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Ari Whitten

Extended Interview Title:

The Energy Solution: Why You're Fatigued, and How to Get Your Mojo Back

About Ari

Ari Whitten, M.S., is a natural health researcher who has devoted the last 25 years of his life to studying the cutting edge of the science on health and energy enhancement. He holds an M.S. in Human Nutrition and Functional Medicine, and has deep expertise in mitochondrial health, circadian rhythm and sleep, nutrition, gut health, light therapies, exercise physiology, and hormesis. Ari founded The Energy Blueprint, which is an evidence-based program that guides people to overcome fatigue and increase their energy. More than 10,000 people have completed his flagship program, and over 2 million people have gone through his free courses and masterclasses. He's the author of *The Ultimate Guide to Red Light Therapy*, and his latest book is *Eat For Energy: How To Beat Fatigue, and Supercharge Your Mitochondria For All-Day Energy*.

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Brenda Davis, RD

Extended Interview Title:

Nutrition: What Science Really Says About the Healthiest Way to Eat

About Brenda

Brenda Davis, registered dietitian, is a world leading plant-based pioneer and an internationally acclaimed researcher and speaker. A prolific writer, Brenda is best known for the bestselling *Becoming Vegan* books, which have become classic "go-to" volumes for people seeking to make a healthy plant-based transition. Overall, her books have sold nearly a million copies and been translated into 15 languages. Brenda has been lead dietitian in a diabetes intervention research project in the Marshall Islands. Brenda has authored and co-authored numerous professional and lay articles and is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. She was the recipient of the 2022 Luminary Award at the International Plant-based Nutrition Healthcare Conference.

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Brooke Goldner, MD

Extended Interview Title:

Reverse Autoimmune Disease with Supermarket Foods

About Dr. Goldner

When Brooke Goldner, MD, was 16 years old, she was told by her doctors that she probably had about six months to live. Lupus had damaged her kidneys, and it didn't look like they (or she) could be saved. While weekly chemo saved her life and allowed her to fulfill her dream of becoming a doctor, she continued to suffer from painful and debilitating flare-ups. When she adopted a whole food, plant-based diet to lose weight before her wedding, she was shocked to find that the lupus went into remission. She has since devoted her practice and platform to helping people free themselves from the scourge of autoimmune disease. The author of three best-selling books, including *Goodbye Lupus and Goodbye Autoimmune Disease*, Dr. Goldner has been featured in documentaries like *Eating You Alive*, *Whitewashed*, and *The Conspiracy Against Your Health*.

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Chef AJ

Extended Interview Title:

Making it Happen for You: Practical Strategies to Smash Obstacles and Excuses

About Chef AJ

Chef AJ has been devoted to a plant-exclusive diet for over 45 years. She was the host of the television series "Healthy Living with CHEF AJ," which aired on Foody TV. A chef, culinary instructor, and professional speaker, she is the author of three bestselling books, *The Secrets to Ultimate Weight Loss: A Revolutionary Approach to Conquer Cravings, Overcome Food Addiction and Lose Weight Without Going Hungry*, *Own Your Health*, and *The 10th Anniversary Edition of Unprocessed*, all which have received glowing endorsements by many luminaries in the plant-based movement.

Chef AJ was Executive Pastry Chef at Santé Restaurant in Los Angeles where she was famous for her vegan, sugar-free, oil-free, salt-free, and gluten-free desserts which use the fruit, the whole fruit, and nothing but the whole fruit. She broadcasts "CHEF AJ LIVE!" on YouTube, Facebook, and Twitter daily. She is the creator of the Ultimate Weight Loss Program, which has helped hundreds of people achieve the health and the body that they deserve, and is proud to say that her IQ is higher than her cholesterol. In 2018 she was inducted into the Vegetarian Hall of Fame.

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Columbus Batiste, MD

Extended Interview Title:

Healthy Hearts and Healthy Communities: How to Liberate Ourselves from Enslaving Foods, Mindsets, and Norms

About Dr. Batiste

Columbus Batiste, MD, is the Regional Chief of Cardiology for Southern California's Permanente Medical Group. He is a board-certified Cardiologist and Interventional Cardiologist. Although Dr. Batiste has performed over 3,000 coronary interventions and hundreds of pacemaker implantations, he's become convinced that cardiovascular disease — as well as stroke, hypertension, and type 2 diabetes — are preventable conditions. As co-founder of the Slave Food Project and a leader in the nonprofit Healthy Heart Nation, he shines a light on how the major causes of death in the United States disproportionately affect African Americans, and what can be done about it. Dr. Batiste is completing authorship on his first book entitled *SELFISH: A Cardiologist's Cure For a Stressed and Broken Heart*.

[Click to learn more](#)



Cyrus Khambatta, PhD

Extended Interview Title:

Reversing Insulin Resistance: The Master Key to Mastering Diabetes

About Cyrus

When Stanford scholar/athlete Cyrus Khambatta, Ph.D., was 21, his world was rocked by a series of shocking autoimmune diagnoses, including type 1 diabetes. He adopted a low-carb, meat-heavy diet at his doctors' instructions. After a year of having his glucose plummet and soar uncontrollably, he'd had enough: one day, after a dangerously high reading, he hurled his glucose monitor against the wall, fell onto his couch, and cried. When he stood, he vowed to learn everything he could about nutrition, so he could master his diabetes. Cyrus earned a Ph.D. in nutritional biochemistry from UC Berkeley and then co-created the Mastering Diabetes Method to reverse insulin resistance in all forms of diabetes. He has helped more than 10,000 people improve their metabolic health using this evidence-based protocol. His *New York Times* bestselling book, *Mastering Diabetes*, written with Robby Barbaro, has brought him international acclaim as a leading nutrition and fitness coach.

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Daniel Amen, MD

Extended Interview Title:

Protecting Your Brain from a Toxic World: Lessons from 200,000 Brain Scans

About Dr. Amen

Dr. Daniel Amen is an adult- and child psychiatrist who has developed a comprehensive approach to treating root causes of brain imbalance and mental illness, including biological, psychological, social, and spiritual dimensions. He is a twelve-time *New York Times* best-selling author, and founder of Amen Clinics, with 11 clinics across the United States. Amen Clinics has the world's largest database of brain scans related to behavior, totaling more than 225,000 scans on patients from 155 countries. Dr. Amen's research team has published more than 70 scientific articles on his work, and *Discover Magazine* named his research one of the *Top Stories in Science*. Dr. Amen has hosted 15 popular public television shows about the brain and is regarded as one of the world's most gifted teachers. His most recent bestseller is *The End of Mental Illness*.

[Click to learn more](#)



David Bowman, MD

Extended Interview Title:

Family Wellness: How to Feed a Family for a Healthy Future

About Dr. Bowman

CDr. David Bowman is a lifestyle medicine physician and pediatrician. The Indianapolis native attended Howard University for undergrad and Indiana University for medical school. Initially, after his residency at Children's National in Washington, D.C., his career focused on global health and HIV, and he worked in Botswana, Nigeria, and Haiti. After his personal health transformation using lifestyle medicine and faith, he has been passionate and innovative in empowering healthcare providers, patients, churches, and the general public about the power of applying the pillars of Lifestyle Medicine in their lives. Dr. Bowman directed the Student Health Center at Howard University for two years before joining the faculty in the department of pediatrics at Howard. Dr. Bowman is earning his Master's in Nutritional Sciences at Howard University to formalize his nutrition education. He was elected to the Board of Directors of the American College of Lifestyle Medicine (ACLM) in 2021 and is the incoming co-chair of the Health Equity Achieved by Lifestyle (HEAL) Initiative with ACLM.

[Click to learn more](#)



David Perlmutter, MD

Extended Interview Title:

The Frontiers of Nutritional Science: Bacteriophages, Uric Acid, and other Groundbreaking Discoveries that Will Revolutionize Your Health

About Dr. Perlmutter

David Perlmutter, M.D. is a board-certified neurologist and six-time *New York Times* best-selling author. His books have been translated into 32 languages. His most recent bestseller is *Drop Acid: The Surprising New Science of Uric Acid — The Key to Losing Weight, Controlling Blood Sugar, and Achieving Extraordinary Health*. Dr. Perlmutter serves on the board of directors and is a fellow of the American College of Nutrition. He serves on the editorial board for the *Journal of Alzheimer's Disease* and has published extensively in peer-reviewed scientific journals, including *Archives of Neurology*, *Neurosurgery*, and the *Journal of Applied Nutrition*.

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Dean Sherzai, MD

Ayesha Sherzai, MD

Extended Interview Title:

How to Keep Your Brain Young and Healthy: Diet and Lifestyle Strategies from the Front Lines of Alzheimer's Prevention

About Team Sherzai

Dean Sherzai, MD, and Ayesha Sherzai, MD, are cutting-edge neurologists, brain science researchers, and best-selling authors of the books *The Alzheimer's Solution* and *The 30-Day Alzheimer's Solution: The Definitive Food and Lifestyle Guide to Preventing Cognitive Decline*. They are co-directors of the Alzheimer's Prevention Program at Loma Linda University, directors of the Healthy Minds Initiative, and creators of The NEURO Plan, a customizable brain health program that utilizes technology and neurological research to empower users to improve their brain health. They host the popular *Brain Health Revolution Podcast* and have been featured in *The Sunday Times*, *O Magazine*, *The Wall Street Journal*, and *The Huffington Post* and on *ABC News*, *CNN*, and *BBC Good Food*.

[Click to learn more](#)



Dean Ornish, MD

Extended Interview Title:

The Lifestyle Medicine Revolution

About Dr. Ornish

Dean Ornish, M.D., has been recognized by *LIFE* magazine as “one of the fifty most influential members of his generation” and by *Forbes* as “one of the seven most powerful teachers in the world.” He is the founder of the Preventive Medicine Research Institute, Clinical Professor of Medicine at UCSF, and author of seven bestselling books, including *Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases*, which Dean wrote with his beloved partner, Anne Ornish. The Ornish Program’s 43 years of research have proven that the lifestyle changes they recommend can improve heart disease, type 2 diabetes, and prostate cancer. It was the first lifestyle-based program to be covered by Medicare, and the “Ornish diet” has been rated the “#1 Diet for Heart Health” by a panel of experts at *U.S. News & World Report* for eleven years since 2011. Together, the Orinishes educate and empower people to eat well, move more, stress less, and love more, for optimal health and a joyful and rich life.

[Click to learn more](#)



Doug Evans

Extended Interview Title:

Nutritional Magic Seeds: How to Harness the Life-Changing Power of Sprouts

About Doug

Doug Evans grew up eating the junkiest version of the Standard American Diet imaginable — candy, pizza, hamburgers, milkshakes, fried chicken, etc. A successful entrepreneur by the age of 29, he then watched his family endure a series of tragedies — the death of both his parents, uncles and aunts, and the deterioration of his older brother’s health — and decided that he was cursed with bad genes and should put his affairs in order. A chance conversation led him to try a sprout-rich plant-based diet, with almost-instantaneous improvements: pain gone, breathing restored, and mood and energy lifted. Since then, Doug’s mission in life has been to help people learn how to grow and eat the most nutritious food on the planet. Best-selling author of *The Sprout Book*, Doug loves to teach people about the power of sprouts, helping people grow them easily and affordably in their own kitchen.

[Click to learn more](#)



George Monbiot

Extended Interview Title:

Our Food and Our Future: How to Feed the World without Devouring the Planet

About George

George Monbiot is one of the most influential and passionate environmental activists in the world. A best-selling author and journalist, his works include *Feral: Rewilding the Land, the Sea, and Human Life*, and *Heat: How to Stop the Planet Burning*. In addition to his regular column in *The Guardian*, George’s video *How Wolves Change Rivers* has been viewed over 40 million times, and *Nature Now*, co-presented with Greta Thunberg, has garnered over 60 million views. His life story reads like an adventure thriller, including getting lost in and barely surviving the forests of Papua New Guinea, posing as a shipping agent to investigate the illegal trade in Amazonian mahogany, and getting beaten up by security guards while protesting a development project in Britain.

[Click to learn more](#)



Haile Thomas

Extended Interview Title:

Living Lively: How to Be a Passionate, Compassionate — and Effective — Healthy Eating Advocate

About Haile

When Haile Thomas was in third grade, her father was diagnosed with Type 2 diabetes. With the side effects of his prescribed medications promising only to worsen his condition, her family decided to go plant-based to heal. As her dad’s health improved and his diagnoses reversed, Haile was inspired to address the lack of wellness education in her community and beyond. Eager to spread the message of empowerment, holistic health, and plant-based nutrition, she founded HAPPY (Healthy, Active, Positive, Purposeful Youth) at age 12. By 16, she was a certified nutrition health coach. In addition to speaking at Michelle Obama’s Partnership for a Healthier America Summit and giving a TED talk, Haile has been featured on *Good Morning America*, *CNN*, *the Today Show*, and in *O Magazine* and *Teen Vogue*. The author of *Living Lively: 80 Plant-Based Recipes to Activate Your Power and Feed Your Potential*, she’s one of the most influential rising stars in the food revolution movement. She’s also co-founder of Matcha Thomas, a wellness teahouse in Beacon, New York.

[Click to learn more](#)



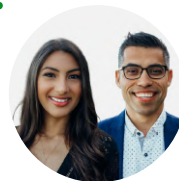
Hans Diehl, DrHSc, MPH, FACN

Extended Interview Title:
How to End the Heart Disease Epidemic: Ways to Eat and Live so You Can Dodge the #1 Killer

About Dr. Diehl

Hans Diehl, DrHSc, MPH, founded the Lifestyle Medicine Institute at Loma Linda, California, in 1988, and throughout his three-decade career has partnered with pioneering physicians and health scientists to show that simple lifestyle changes can prevent and reverse many chronic killer diseases such as heart disease, diabetes, hypertension, arthritis, and excess weight. With more than 110,000 alumni of his Community-based Complete Health Improvement Program (CHIP) and with more than 50 medical papers published in medical and scientific journals, he has demonstrated the self-healing powers of the body. His book *Health Power*, co-authored with Aileen Ludington M.D., has been published in 37 languages and has sold over two million copies. Dr. Diehl is a Clinical Professor of Preventive Medicine at the School of Medicine at Loma Linda University.

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James Marin, RD, EN Dahlia Marin, RDN, LD

Extended Interview Title:
Heal with Each Meal: How to Take Care of Your Microbiome so Your Microbiome Takes Care of You

About Dahlia and James

Dahlia Marin, RDN, LD, and CGN, supports patients and clients in optimizing their gut microbiome to overcome various gut issues, including IBS, SIBO, IBD, and various autoimmune disorders. She has personally used food as medicine on a whole food, plant-based diet for over 10 years to overcome IBS, prediabetes, PCOS, obesity, and Hashimoto's disease — and to encourage a healthy pregnancy.

James Marin likewise grew up struggling with his health on the Standard American Diet. Morbidly obese at a young age, he had asthma, joint pain, frequent migraines, seasonal allergies, and colds. After regaining his health through a plant-based diet, he became an Integrative Registered Dietitian to help his patients do the same.

Dahlia and James co-founded their integrative private practice and the first ever 100% plant-based SIBO/IBS program, to help their patients Heal With Each Meal.

[Click to learn more](#)



Jim Kwik

Extended Interview Title:
Super Brain: Six Techniques to Support a Clear Mind and a Stellar Memory

About Jim

Jim Kwik suffered a brain injury at five years old that left him learning-challenged. His quest to “fix” himself led him to seek and create strategies to enhance his mental performance. Now a widely recognized expert in memory improvement, brain optimization, and accelerated learning, Jim has dedicated his life to helping others unleash their true genius and brainpower. For almost three decades, Jim has been teaching students worldwide — including Fortune 500 CEOs and Hollywood celebrities — to master their minds. He hosts the *Kwik Brain* podcast and is the author of *Limitless - Upgrade Your Brain, Learn Anything Faster, Unlock Your Exceptional Life*. His mission: No brain left behind.

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Joel Fuhrman, MD

Extended Interview Title:
The Nutritarian Solution: How to Add Nutrients and Subtract Calories for More Healthy Years of Life

About Dr. Fuhrman

Joel Fuhrman, MD, is a board-certified family physician and internationally recognized expert on nutrition and natural healing. Through his wildly popular series of PBS specials, seven *New York Times* bestsellers, and the creation of the ANDI score to quantify the nutritional quality of food, Dr. Fuhrman has brought the message of nutritional healing and his “nutritarian” approach to millions of people. He is president of the Nutritional Research Foundation, and serves on the faculty of Northern Arizona University's Health Sciences division. Dr. Fuhrman operates the “Eat to Live Retreat” in San Diego, where people come from all around the world to lose weight and recover their health.

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Joel Kahn, MD

Extended Interview Title:

Prescriptions for a Healthy Heart: Evidence-based Wisdom from America's Healthy Heart Doc

About Dr. Kahn

Joel Kahn, MD is widely known as "America's Healthy Heart Doc." He is founder of the Kahn Center for Cardiac Longevity and a clinical professor of medicine at Wayne State University School of Medicine. Dr. Kahn has triple board certification in internal medicine, cardiovascular medicine, and interventional cardiology. In addition to his practice saving lives as a cardiologist, Joel lectures around the world, inspiring health through proper nutrition. He's the author of several best-selling books, including *Your Whole Heart Solution*, *Dead Execs Don't Get Bonuses*, and *The Plant-Based Solution*.

[Click to learn more](#)



Kim Williams, MD

Extended Interview Title:

How to Prevent Heart Disease: The Latest Science

About Dr. Williams

Kim Williams, MD, is the founding Editor-in-Chief of the *International Journal of Disease Reversal and Prevention*. As Chair of the University of Louisville Department of Medicine, Dr. Williams specializes in cardiology, cardio-nutrition, cardio-rheumatology, cardio-nephrology, cardiovascular radiology, and his personal passion, preventive cardiology. He founded the Urban Cardiology Initiative in Detroit to reduce heart disease in marginalized minority groups and works with Rush University in Chicago to offer screenings, nutrition, and lifestyle education to low-income and inner-city communities. A former professional tennis player and national tennis coach, Dr. Williams has over 40 years of experience as an educator, researcher, and clinician focused on expanding healthcare access for all.

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Kristi Funk, MD

Extended Interview Title:

Kick Cancer!: How to Fight Cancer with Food

About Dr. Funk

Kristi Funk, MD, is a board-certified breast cancer surgeon and physician, a women's health advocate, and the best-selling author of *Breasts: An Owner's Manual*. She's appeared on *Good Morning America*, *The Doctors*, *The View*, *Today*, *CNN*, *Rachel Ray*, *Extra*, *Access Hollywood*, and many other programs. As a breast surgeon at the Pink Lotus Breast Center in Los Angeles, Dr. Funk has helped thousands of women, including celebrities like Angelina Jolie and Sheryl Crow, through breast cancer treatment and recovery. Dr. Funk hosts the *Cancer-Kicking! PowWow* video podcast and the annual Cancer-Kicking! Summit. She's an avid contributor to Pink Lotus Power Up, a worldwide community of women who are passionate about women's health. She wants to keep you healthy, well, and out of the operating room.

[Click to learn more](#)



Leah Penniman

Extended Interview Title:

Healthy Food for All: Food, Justice, and Farming While Black

About Leah

Leah Penniman is a Black Kreyol farmer, author, mother, and food justice activist who has been tending the soil and organizing for an anti-racist food system for 25 years. She currently serves as founding co-ED and Farm Director of Soul Fire Farm in Grafton, New York, a Black and Brown-led project that works toward food and land justice. Her books are *Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land* and *Black Earth Wisdom: Soulful Conversations with Black Environmentalists*. The work of Leah and Soul Fire Farm has been recognized by the Soros Racial Justice Fellowship, The Fulbright Program, Pritzker Environmental Genius Award, Grist 50, and the James Beard Leadership Award, among others.

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Lyla June

Extended Interview Title:

Architects of Abundance: Indigenous Regenerative Food Systems and the Excavation of Hidden History

About Lyla

Dr. Lyla June Johnston (aka Lyla June) is an Indigenous musician, author, and community organizer of Diné (Navajo), Tsétséhéstâhese (Cheyenne), and European lineages. Her multi-genre presentation style has engaged audiences across the globe toward personal, collective, and ecological healing. She blends her study of Human Ecology at Stanford, graduate work in Indigenous Pedagogy, and the traditional worldview she grew up with to inform her music, perspectives, and solutions. Her doctoral research focused on the ways in which pre-colonial Indigenous Nations shaped large regions of Turtle Island (aka the Americas) to produce abundant food systems for humans and non-humans.

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Michael Beckwith

Extended Interview Title:

Food as Communion: Eating to Magnify Your Light, Love, and Faith

About Michael

Rev. Michael Bernard Beckwith knows that eating is more than the catalyst for a chemical reaction - it is an act of communion with life. He is Founder and Spiritual Director of Agape International Spiritual Center, a trans-denominational, multicultural, global community with more than 10,000 local members and hundreds of thousands of live streamers. Rev. Michael is the author of many bestselling books, including *Life Visioning and Spiritual Liberation*. He's shared his inspirational message that our thoughts and attitudes can help create our reality in his PBS special, *The Answer Is You*, as well as his appearances on *The Ellen DeGeneres Show*, *SuperSoul Sunday*, *Larry King Live*, *Oprah*, and the immensely popular film, *The Secret*. Rev. Michael nourishes a community and movement that takes a stand for love, peace, and being a beneficial presence on the planet.

[Click to learn more](#)



Michael Greger, MD

Extended Interview Title:

How to Live Long and Well: What the Research Tells Us About Food and Health

About Dr. Greger

Michael Greger, MD, is a physician, *New York Times* best-selling author, and popular speaker on nutrition, food safety, and public health issues. He's a founding member and Fellow of the American College of Lifestyle Medicine and the best-selling author of *How Not to Die* and *How Not to Diet*. His latest books include *How to Survive a Pandemic* and *The How Not to Diet Cookbook*. Dr. Greger has lectured at the Conference on World Affairs, testified before Congress, and was invited to be an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. He's created videos on more than 2,000 health topics that are freely available at NutritionFacts.org, with new videos and articles uploaded every day. All proceeds from his books, DVDs, and speaking engagements go to charity.

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Michael Klaper, MD

Extended Interview Title:

What Every Doctor Should Know About Nutrition: Revamping Medical Education to Save Millions of Lives

About Dr. Klaper

Michael Klaper, MD, has practiced preventive and nutritional medicine for more than four decades. He has served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars, and on the Nutrition Task Force of the American Medical Students' Association. He is the co-founder of Moving Medicine Forward, which brings nutritional education into medical schools. Dr. Klaper is also the author of several books, a popular speaker, and one of the foremost experts in the world on how you can use food and lifestyle to take your health to the next level.

[Click to learn more](#)



Michelle Tollefson, MD

Extended Interview Title:

Secrets of the Estrobolome: Diet and Lifestyle Upgrades to Fight Painful Periods and Miserable Menopause

About Dr. Tollefson

Michelle Tollefson, MD, is an obstetrician-gynecologist and lifestyle medicine expert in Colorado. Dr. Tollefson's life was turned upside down when she was diagnosed with an aggressive breast cancer. She decided to turn her misfortune into an opportunity to educate and advocate for women's health, even inviting a local TV crew into the operating room for her bilateral mastectomy as well as chemotherapy treatments.

While choosing conventional medicine, she also deployed diet and lifestyle strategies to improve her odds of recovery. She is now thriving and serves as a guide and inspiration to other women who are facing a diagnosis of breast cancer.

Dr. Tollefson is a professor in the Health Professions Department at the Metropolitan State University of Denver, where she created and oversees the Lifestyle Medicine Program. She is the editor-in-chief of Improving Women's Health Across the Lifespan, and co-author of the *PAVING the Path to Wellness Workbook* and *PAVING a Woman's Path through Menopause and Beyond*.

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Mimi Guarneri, MD

Extended Interview Title:

The Truth About Cardiovascular Health: Protecting Your Heart (and Everything Else) with the 5 Pillars of Health

About Dr. Guarneri

Mimi Guarneri, MD, was performing 700 coronary stents a year as an interventional cardiologist at Scripps Clinic when she asked herself a simple question: Why do people develop heart disease in the first place? Her quest for an answer led her to pioneer an integrative healthcare paradigm, shifting from a "pill for the ill" to a proactive approach that honors and supports the whole person: body, mind, emotions, and spirit. Dr. Guarneri is president of the Academy of Integrative Health and Medicine and a clinical associate professor at the University of California, San Diego. She is also the co-founder and medical director of Guarneri Integrative Health, Inc. She is the author of *The Heart Speaks* and *108 Pearls to Awaken Your Healing Potential*.

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Monica Aggarwal, MD

Extended Interview Title:

Put Out the Fire: Eat to Beat Inflammation and Restore Health

About Dr. Aggarwal

Monica Aggarwal, MD, conducts research on the impact of nutrition on chronic illness at the University of Florida's Division of Cardiovascular Medicine, where she is an adjunct Associate Professor. She also serves as the Chief Medical officer of the not-for-profit 4Roots Farm, which seeks to improve food quality to improve human health. In her own life, she's used the latest breakthroughs in the understanding of gut health and the microbiome to reverse symptoms of an advanced form of rheumatoid arthritis. She now shares these breakthroughs with her patients and with the world. Monica is the author of *Body on Fire: How Inflammation Triggers Chronic Illness*, *The Tools We Have to Fight It*, and an accompanying cookbook.

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Neal Barnard, MD

Extended Interview Title:

Food and Health: Debunking Misleading Marketing and Uncovering the Truth about Diet and Disease

About Dr. Barnard

Neal Barnard, MD, is the founding president of the Physicians Committee for Responsible Medicine. He's the author of 20 books, including his latest bestseller, *Your Body in Balance: The New Science of Food, Hormones, and Health*. Dr. Barnard's research, funded by the National Institutes of Health, has demonstrated that type 2 diabetes is a potentially reversible condition. His work has contributed to the Dietary Guidelines for Americans' acceptance of plant-based diets. Dr. Barnard's latest study showed that a simple diet change eliminated menopausal hot flashes for many women. Dr. Barnard is an adjunct professor of medicine at the George Washington University School of Medicine in Washington, DC, and a tireless advocate for making nutritional excellence a cornerstone of all medical care.

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Nelson Campbell

Extended Interview Title:

Bringing Health to the Masses: How to Empower Communities and Shake Up the Status Quo

About Nelson

Nelson Campbell wrote and directed *PlantPure Nation* and *From Food to Freedom*, two films that highlight the healing power of a plant-based diet and examine the political and economic factors that have suppressed information on these powerful health benefits. He is the founder of the nonprofit PlantPure Communities (PPC), which has mobilized over 200,000 people in a grassroots network of local groups working to share the health, environmental, and ethical benefits of a plant-based lifestyle. PPC is launching an expanded media-driven strategy in 2023 to support these efforts. In addition to his nonprofit work, Nelson founded the PlantPure Business, which is focused on making healthy food tasty, affordable, and accessible. Nelson works closely with his father, the renowned nutritional biochemist and bestselling author of *The China Study*, Dr. T. Colin Campbell.

[Click to learn more](#)



Qadira Ali Huff, MD

Extended Interview Title:

Raising Healthy Children in a Toxic World: Big Ideas and Practical Strategies

About Dr. Huff

During her years of medical training, Qadira Huff, MD, was living the “anti-lifestyle”: insufficient sleep, unhealthy convenience foods full of sugar, infrequent exercise, and sky-high stress levels. The pounds packed on quickly — and pregnancy added even more. Just before her daughter's first birthday, she began making changes — one goal at a time. Eighteen months, hundreds of hours of study, and more than fifty pounds down later, she zeroed in on an effective blueprint for long-lasting good health: no gimmicks, no supplements, and no tricks. Now, board certified in both pediatrics and lifestyle medicine, her mission is to teach as many kids and families as possible how to take charge of their health using research-backed tools. Dr. Huff serves as the incoming co-chair of the Health Equity Achieved through Lifestyle Medicine (HEAL) Initiative at the American College of Lifestyle Medicine, and is the founder of Sprouting Wellness.

[Click to learn more](#)



Rajiv Bajekal, MCh, FRCS, ORTH

Extended Interview Title:

Healthy Structure: The Best Foods, Exercises, and Supplements for Strong Bones

About Dr. Rajiv Bajekal

Dr. Rajiv Bajekal knows how to treat a spine. As an accomplished Consultant Spinal Surgeon who practices through Britain's National Health Service and privately at many London hospitals, his clinical work involves treating sciatica, low back pain, spinal stenosis, and osteoporotic fractures and infections.

He's not just a surgeon, though — he also treats patients' spinal issues through lifestyle medicine. After a diagnosis of diabetes following a weight gain of 60 pounds during his years in Great Britain, he adopted a plant-based diet. Within a year his diabetes was in complete remission and he had returned to the healthy weight of his youth.

That experience led Dr. Bajekal to qualify for lifestyle medicine. He now applies the principles to his day-to-day practice, helping patients heal their backs — and get healthier overall — through diet, exercise, and other lifestyle factors.

[Click to learn more](#)



Rani Banik, MD

Extended Interview Title:

Beyond Carrots: The Best Foods to Protect Your Eyes and Your Vision

About Dr. Banik

Dr. Rani Banik is the author of *Beyond Carrots: Best Foods for Eye Health A to Z*. She is a board-certified neuro-ophthalmologist who takes a “root-cause” view of eye problems. In other words, rather than just treating the symptoms of eye strain, dry eye, macular degeneration, cataract, glaucoma, migraine, and autoimmune diseases of the visual system, Dr. Banik applies the principles of functional medicine to treat the underlying causes.

Dr. Rani runs a private practice based in New York City and is an Associate Professor at Mount Sinai in New York, where she serves as an educator and researcher. Dr. Rani is frequently featured as an expert in the media and has been interviewed on *Good Morning America*, *CBS*, *NBC*, *ABC*, *The New York Times*, *The Washington Post*, and *Fox*, amongst many others. Dr. Rani has been voted Castle Connolly Top Doctor and New York Magazine's Best Doctor in Ophthalmology every year since 2017.

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Regan A. Stiegmann, DO, MPH

Extended Interview Title:

Peak Performance: Optimizing Results with Lifestyle Medicine

About Dr. Stiegmann

Dr. Regan A. Stiegmann, known as “Doc Stieg,” is a double-board-certified physician and former Active Duty flight surgeon in the United States Air Force where she spent the last 11 years of her medical career, from 2011-2022. She is an Associate Professor of Preventive Medicine and Lifestyle Medicine and the co-director of the Digital Health Track at Rocky Vista University. She is a former Olympic development-level athlete in women’s soccer and has for nearly two decades been promoting health optimization with physical activity, healthy whole-food choices, stress management, and mindfulness. Dr. Stiegmann has served in several national leadership roles in the American College of Preventive Medicine and the American College of Lifestyle Medicine and serves as the Military Liaison Officer for *The Game Changers* documentary and institute. She is passionate about human performance optimization, positive psychology, and sustainable health promotion.

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Rich Roll

Extended Interview Title:

Find Ultra: Mindsets and Strategies for Personal Transformation at Any Age

About Rich

At age 40, Rich Roll was looking ahead to an increasingly gloomy and uninspired middle age. A successful but overwhelmed entertainment lawyer, a former college athlete, and a recovering alcoholic, he had replaced his dependence on booze with fast food and TV.

On his 40th birthday, he made the decision to reject the weight gain and diminished capacity of “normal” middle age and pursue a life of health and fitness instead. While keeping his day job, he reinvented himself as a premier ultra-distance endurance athlete and plant-based advocate. It worked and the world noticed; *Men’s Fitness* named him one of the “25 Fittest Men in the World.”

Rich is the host of the wildly popular *Rich Roll Podcast*, one of the world’s most listened-to podcasts with over 200 million downloads, and he is the author of *Finding Ultra*.

[Click to learn more](#)



Ritamarie Loscalzo, DC

Extended Interview Title:

Eating to Beat Hormonal Imbalances: What to Eat, and What to Avoid

About Dr. Loscalzo

Dr. Ritamarie Loscalzo is an internationally recognized nutrition and functional health authority, a certified clinical nutritionist, a trained herbalist, and a bestselling author and speaker. She is the founder of the Institute of Nutritional Endocrinology, a Doctor of Chiropractic with certifications in acupuncture and clinical nutrition, and a Diplomate of the American Clinical Board of Nutrition. Dr. Ritamarie combines the best of conventional and complementary healthcare, and she offers wildly popular courses on metabolic health, digestion, hormonal balance, dispelling brain fog and belly fat, and other programs. Dr. Ritamarie is committed to transforming our current disease-focused medical system, which focuses on keeping people alive, into a true healthcare system — one where people can truly get well and thrive.

[Click to learn more](#)



Scott Stoll, MD

Extended Interview Title:

Lifestyle Medicine: Prescriptions for Living Your Best, Most Vibrant Life

About Dr. Stoll

Scott Stoll, MD, is co-founder of The Plantrician Project, The International Plant-Based Nutrition Healthcare Conference, *The International Journal of Disease Reversal and Prevention*, and, with the Rodale Institute, the Regenerative Health Institute. He is a member of the Google FoodLab and serves on the advisory board at Whole Foods for their healthcare clinics. In addition to authoring several books, including *Your Next Bite*, Dr. Stoll hosted the 2018 PBS special *Food As Medicine*. He has also appeared in many documentaries, including *Eating You Alive* and *The Game Changers*. Fun fact: He was a member of the 1994 Olympic Bobsled Team.

[Click to learn more](#)



Senator Cory Booker

Extended Interview Title:

How To Heal A Nation: The Politics of Healthy Food

About Senator Cory Booker

On October 16th, 2013, Cory Booker won a special election to represent New Jersey in the United States Senate. As a Senator, Booker has taken on some of the most difficult issues facing our country, such as reforming our broken criminal justice system, expanding economic opportunity for New Jerseyans, and improving our nation's infrastructure. Senator Booker has long been a dedicated advocate for healthier lunches and better nutritional education in schools, for community gardens and farmers' markets, and for increasing access to healthy food in low-income communities. Prior to his time in the Senate, Booker served as the mayor of Newark, where he presided over the city's greatest period of economic growth since the 1960s. Throughout his more than seventeen years in public service, Booker has established himself as a creative problem solver who seeks bipartisan solutions.

[Click to learn more](#)



Susan Peirce Thompson, PhD

Extended Interview Title:

Food Freedom: How to End the Crash and Burn Diet Cycle

About Dr. Thompson

Susan Peirce Thompson, Ph.D., went from a drug-addicted teenager to a food-addicted young woman. In a quest to reclaim her life, she got clean, stopped eating sugar and flour, and went from size 16 to size 4. Now, as a Professor of Brain and Cognitive Sciences, President of the Institute for Sustainable Weight Loss, and CEO of Bright Line Eating, she and her team are on a mission to help one million people achieve long-term, sustainable weight loss by 2030. Susan's program utilizes cutting-edge research to explain how the brain blocks weight loss. Every day, she teaches people how to undo that damage so they can lose excess weight and truly find peace with food. She's the author of multiple *New York Times* best-selling books, including the landmark *Bright Line Eating*. Her latest book is *Rezoom: The Powerful Reframe to End the Crash-and-Burn Cycle of Food Addiction*.

[Click to learn more](#)



T. Colin Campbell, PhD

Extended Interview Title:

The New Science of Nutrition: Cutting Through the Confusion

About Dr. Campbell

T. Colin Campbell, Ph.D., has been at the forefront of nutrition research for more than 60 years. He served as director of the China Project, which is widely considered the most comprehensive study of health and nutrition ever conducted, and is a Jacob Gould Schurman Professor Emeritus in the Division of Nutritional Sciences at Cornell University. Colin has had seventy grant years of peer-reviewed research funding and has authored over 350 research papers, most peer-reviewed. He is co-author of the four-million-copy bestselling book, *The China Study*, and of many other bestsellers including *Whole: Rethinking the Science of Nutrition*, and *The Future of Nutrition: An Insider's Look at the Science, Why We Keep Getting It Wrong and How to Start Getting It*.

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Uma Naidoo, MD

Extended Interview Title:

Nutritional Psychiatry: The Surprising Foods that Fight Depression, Anxiety, ADHD, and More

About Dr. Naidoo

Uma Naidoo, MD, is a pioneer in a field you may never have heard of: nutritional psychiatry (a new medical specialty leveraging the fact that food influences mood). A board-certified Harvard-trained psychiatrist, award-winning professional chef, and nutrition biologist, Dr. Naidoo teaches at Harvard Medical School and directs the Department of Nutritional and Metabolic Psychiatry at Massachusetts General Hospital. Dr. Naidoo has appeared on *Live with Kelly and Ryan*, *The Today Show*, and many other programs, sharing the cutting-edge science of how a sound diet can help treat and prevent ADHD, anxiety, depression, OCD, and other psychological and cognitive health issues. She is the international best-selling author of the blockbuster book, *This is Your Brain on Food* — published in 18 languages and 22 countries.

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Wayne Dysinger, MD

Extended Interview Title:

Eating to Beat Disease: A Seismic Shift in Medicine

About Dr. Dysinger

Wayne Dysinger, MD, is founder of Lifestyle Medical, a groundbreaking clinical practice whose mission is to empower patients to make healthy lifestyle choices. In addition to treatment, his team educates and empowers patients to address the root causes of disease. Dr. Dysinger is an international leader in holistic care and lifestyle medicine, having served as Founder and Chairman of the American Board of Lifestyle Medicine. He is past Chair of the Preventive Medicine Department at Loma Linda University Medical Center, where he first applied the principles of lifestyle medicine to the prevention of disease. Dr. Dysinger is passionate about treating the whole person as naturally as possible.

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Hosted by



John Robbins

About John

John Robbins could have inherited the Baskin-Robbins empire. But he walked away from the money and the power. Why? He simply didn't want to devote his life to selling ice cream after realizing it makes people unhealthy. So, he decided to make a change.

Over the last 35 years, his books about healthy eating and healthy living (including bestsellers *Diet for a New America* and *The Food Revolution*) have sold millions of copies and been translated into more than 31 languages.

[Click to learn more](#)



Ocean Robbins

About Ocean

Ocean Robbins was born in a log cabin built by his parents and grew up eating food they grew on the land together. He is CEO of the 700,000+ member Food Revolution Network.

Ocean has spoken in person to more than 250,000 people in 65+ nations. He is the author of the bestseller, *31-Day Food Revolution*, has served as a professor for Chapman University, and is a recipient of the national Jefferson Award for Outstanding Public Service and the Freedom's Flame Award.

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And, for even more enlightening content, be sure to visit www.foodrevolution.org

Now, it's time to take ACTION!

As you watch the docuseries, make a list of action steps you'd like to take to apply all you're learning.

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Thanks for joining us!



We are John and Ocean Robbins, the father and son team that founded Food Revolution Network to empower YOU with cutting-edge, must-have information about the most critical diet and health issues of our times.

We want a health industry that acts like food matters.

We want a food industry that acts like health matters.

And we want government policy that looks out for the well-being of we, the people.

Most of all, we want you to be informed, so you can make healthy choices for yourself, your loved ones, and our planet.

When voices are rising up everywhere to preserve access to safe and healthy food, it's never been more important to roll up your sleeves, get involved, listen, and be heard.

Thank you for being part of the food revolution and for helping us spread the word.

Ocean & John

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