

STUDIES

Below are just a handful of studies that demonstrate the unmistakable role that diet plays in preventing disease and helping you live a long life.

Will more studies be done? Of course.

But the information we have today is more than sufficient to prove that fruits, vegetables, and other plant-based foods *do* play a vital role in our health.

Can plant foods cure every disease known to man? I'm not sure. But I've yet to find any studies that extol even a single health benefit of hot dogs, burgers, or lunchmeats.

So put your *nerd face* on and dig in...

BENEFITS OF PLANT BASED DIET

Diet Nutrition and the Prevention of Chronic Diseases (WHO_TRS_916)

http://apps.who.int/iris/bitstream/handle/10665/42665/WHO_TRS_916.pdf;jsessionid=70D347AE53662466AF3E9FF36DBA1757?sequence=1

Fruit and Vegetable Intake and Mortality: Results From 2 Prospective Cohort Studies of US Men and Women and a Meta-Analysis of 26 Cohort Studies

https://www.researchgate.net/publication/349719295_Fruit_and_Vegetable_Intake_and_Mortality_Results_From_2_Prospective_Cohort_Studies_of_US_Men_and_Women_and_a_Meta-Analysis_of_26_Cohort_Studies

Nutritional Update for Physicians: Plant-Based Diets

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/>

Does low meat consumption increase life expectancy in humans?

<https://academic.oup.com/ajcn/article/78/3/526S/4689992>

Multiple health and environmental impacts of foods

https://www.pnas.org/content/116/46/23357?fbclid=IwAR1bbAXosUmKUfiZOcq_xI2_zHiLAVCIUbxki9iXPS8PQ0VjEalDCVsHMK

Association of Animal and Plant Protein Intake With All-Cause and Cause-Specific Mortality in a Japanese Cohort

<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2748453?fbclid=IwAR3Qvd7qCBTl1dnFHNkbWm60fdjiLZeSiROGoRG2Yl0TB F7gcp08bsjmkYE>

Animal and plant protein intake and all-cause and cause-specific mortality: results from two prospective US cohort studies

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5048552/>

Carcinogenicity of consumption of red and processed meat

[https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(15\)00444-1/fulltext](https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(15)00444-1/fulltext)

PLANT BASED DIET EFFECTS ON CARDIO HEALTH

A Way to Reverse CAD?

https://dresselstyn.com/JFP_06307_Article1.pdf

Updating a 12-Year Experience With Arrest and Reversal Therapy for Coronary Heart Disease (An Overdue Requiem for Palliative Cardiology)

<http://www.dresselstyn.com/site/study02/>

Fruit and vegetable intake and the risk of cardiovascular disease, total cancer and all-cause mortality-A systematic review and dose-response meta-analysis of prospective studies

https://www.researchgate.net/publication/309608839_Fruit_and_vegetable_intake_and_the_risk_of_cardiovascular_disease_total_cancer_and_all-cause_mortality-A_systematic_review_and_dose-response_meta-analysis_of_prospective_studies

A multicenter randomized controlled trial of a plant-based nutrition program to reduce body weight and cardiovascular risk in the corporate setting: the GEICO study

www.researchgate.net/publication/236929252_A_multicenter_randomized_controlled_trial_of_a_plant-based_nutrition_program_to_reduce_body_weight_and_cardiovascular_risk_in_the_corporate_setting_The_GEICO_study

Rapid reduction of serum cholesterol and blood pressure by a twelve-day, very low fat, strictly vegetarian diet

<https://pubmed.ncbi.nlm.nih.gov/8522729/>

PLANT BASED DIET EFFECTS ON DIABETES

Vegetarian Diets and the Risk of Diabetes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6153574/>

Effectiveness of plant-based diets in promoting well-being in the management of type 2 diabetes: a systematic review

<https://drc.bmj.com/content/bmjdr/6/1/e000534.full.pdf>

Association Between Plant-Based Dietary Patterns and Risk of Type 2 Diabetes A Systematic Review and Meta-analysis

<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2738784>