Food as Medicine Research and Resources

Videos:

Forks Over Knives, Dr. T. Colin Campbell, Dr. Caldwell B. Esselstyn Jr., Lee Fulkerson (Director)

Cowspiracy: The Sustainability Secret, Kip Andersen, Keegan Kuhn

Research on Inflammation and Diet:

Almond, M. Depression and Inflammation: Examining the Link: Inflammatory Conditions May Precipitate or Perpetuate, but the Precise Relationship is Unknown. *Current Psychiatry*, 12(6), (2013).

Christina Chrysohoou, MD, PhD; Demosthenes B Panagiotakos, MSc, PhD; Christos Pitsavos, MD, PhD, FACC; Undurti N Das, MD, FAMA; Christodoulos Stefanadis, MD, PhD, FACC, The Attica study: Adherence to the Mediterranean diet attenuates inflammation and coagulation process in healthy adults, Clinical Research: Exercise, Diet, And The Heart | July 2004

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Research on a Plant-Based Diet


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