



WHAT PLANT-BASED DOCTORS EAT FOR BREAKFAST

Esselstyn Diet Criticism

William Shurtleff; Akiko Aoyagi



Esselstyn Diet Criticism:

How I Unblocked 5 Arteries Wong Kam Luen, Sukaimi Sukri, 2015-03-08 On 28th of February 2013 I was lying naked in the operating room at Mount Elizabeth hospital in Singapore My cardiologist Dr Ann Chan was giving me an Angiogram She discovered that five of my arteries were blocked One was completely blocked while four others were at least 90% blocked When she told me what she found my heart sank My whole world went upside down The solution to my arterial blockages was a bypass operation It was very invasive It was a mechanical solution to my biological problem A heart bypass solution would only give me temporary relieve but would not stop the arteries from becoming completely blocked and eventually for me to die I was looking for a solution that would reverse my blockages I found it I combined the research findings of Dr Ignarro L Arginine Dr Dean Ornish and Dr Caldwell B Esselstyn Jr reversing heart Diseases and came out with a program that could clear my blockages After a year of following my program my angiogram results showed that my blockages were reduced by about 20% I could walk 7 km day whereas before I could not manage 100 meters without severe pain in my chest My blood pressure was lowered to 120 75 65 averagely and cholesterol level about 150 mg Dl without medication The solution was really quite simple There are three important components in my program 1 L Arginine 2 oil and cholesterol free diet and 3 exercise The detail dosages for the supplements are in the book Basically if we take the correct food the body will heal itself In other words Since the suggested food items are not drugs they can be taken by the patients with their medication However over time those drugs can be reduced or done away with completely like If you are already suffering from heart diseases strokes and Peripheral Arterial Disease PAD this book will definitely help It would also help those people who have high blood pressure and high cholesterol levels All the above diseases arise from blockages of the arteries in the brain heart or leg The unblocking processes are the same If you follow the recommended way as detailed in the book the unblocking of the arteries will occur Dr Yu and his Cardiologist wife Dr Wang Cuixia explained in great detail the causes of the atherosclerosis plaque forming which resulted in heart diseases strokes or Peripheral Arterial Diseases He also delved into the details of the research on the trials for L Arginine and the different levels of LDLP HDLP and lipids in the reversing process of atherosclerosis In short the programs listed in the book can and will reduce the plaque in the arteries Julie my wife made the food that I consume daily which actually help clear my blockages She wrote the recipes for the food that she fed me with The book had all the above which together helped to clear my arterial blockages *The OMD Plan* Suzy Amis Cameron, 2019-10-01 Change the World by Changing One Meal a Day Suzy Amis Cameron environmental advocate former actor and mom of five presents a timely and empowering guide to take charge of your health both for your own sake and for the planet s Ariana Huffington by swapping one meat and dairy based meal for a plant based one every day The research is clear that a plant based diet is the healthiest diet on Earth But what many people don t realize is that nothing else we do comes close to the environmental impact of what we eat Now Suzy Amis Cameron explains how we can boost energy feel

better live healthier and heal the Earth starting with just one meal a day Developed at MUSE School the school she founded with her sister Rebecca Amis Suzy s program makes it possible for anyone and everyone to reverse climate change while they embrace a healthier lifestyle This one simple step will begin to help you lose weight and stay naturally thin reverse chronic health concerns improve overall wellbeing enjoy newfound energy and slash your carbon footprint in half In The OMD Plan Suzy shares her field tested plan outlining the latest science and research on why a plant based diet is better for one s health and the environment Featuring fifty delicious nourishing recipes and complete with inspiring success stories shopping lists meal plans and pantry tips The OMD Plan is a book that nourishes our minds as well providing ways to nourish our bodies

Jane Goodall **How I Unblocked My 5 Blocked Arteries** Wong Kam Luen,2019-11-20 This is the story of how I unblocked my 90% blocked arteries in 2013 My cardiologist and Cardiac surgeon recommended open heart bypass surgery I found the bypass surgery very invasive and feared that the blockages might recur So I scoured through the medical literature to find a solution which could reverse my heart blockages permanently I found it Basically the theory for my program was from the following four books and Dr Linus Pauling megavitamin C therapy concept They are as follows 1 NO to Heart Diseases by Dr Ignarro Noble Prize for Medicine 1998 2 Reversing Heart disease by Dr Dean Ornish Strong Indian influence Vegetarian food Yoga 3 Prevent and Reverse Heart Disease by Dr Esselstyn Vegan diet 4 The China Study by Dr Colin Campbell Thomas Campbell Vegan diet Books 2 3 4 essentially talked about how a vegetarian diet can prevent and reverse heart diseases by itself It did not mention L Arginine at all Dr Ignarro did mention that a vegetarian diet helped but you could also indulge in a bit of meat fish He thought that L Arginine could do the job by itself For academic purity they insisted on mutual exclusivity My interest was to clear the blockages in my heart and not on academic purity So I combined both their theories and come out with the WONG KAM LUEN S Program for unblocking my 5 blocked arteries The book detailed my agonising journey and the readings and tests I took along the journey At the end you could say that I have succeeded The angiogram said so I have also summarised my experiences and suggested a shorter way to achieve my results From my results you can surmise that within three months on my program you will definitely see vast improvements on your blood pressure lipid levels and general well being I hope that you can learn something from my journey and achieve the same miracle for yourself

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Aoyagi,2011-10 **History of Soybeans and Soyfoods in Ohio** William Shurtleff; Akiko Aoyagi,2022-05-13 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 114 photographs and illustrations mostly color Free of charge in digital PDF format *History of Tofu and Tofu Products (965 CE to 2013)* William Shurtleff,Akiko Aoyagi,2013-05 **Vegetarian and Vegan Diets** Alice C. Richer,2021-02-02 What are the potential health benefits of plant based diets What are the potential negative health consequences Do plant based diets increase life expectancy This book answers all these questions and more More and more people are reducing or completely eliminating meat and other animal products from their diet Some are motivated by concerns surrounding animal welfare and the environmental impact of meat while others hope to improve their health by following a plant based diet Although a vegetarian or vegan diet can provide many benefits it can also pose unique challenges and health risks These topics are explored here in an accessible way with clear unbiased answers Part of Bloomsbury s Q A Health Guides series Vegetarian and Vegan Diets Your Questions Answered follows a reader friendly question and answer format that anticipates readers needs and concerns Prevalent myths and misconceptions are identified and dispelled and a collection of case studies illustrates key concepts and issues through relatable stories and insightful recommendations Each book in the series also includes a section on health literacy equipping teens and young adults with practical tools and strategies for finding evaluating and using credible sources of health information both on and off the internet important skills that contribute to a lifetime of healthy decision making **The Good Karma Diet** Victoria Moran,2015-05-19 Many popular diets call for avoiding some foods or eating others exclusively But as The Good Karma Diet reveals the secret to looking and feeling great is actually quite simple Treat our planet and all its inhabitants well In this revolutionary book bestselling author Victoria Moran reveals that by doing what s best for all creatures and the planet you align your eating with your ethics a powerful health and wellness tool if there ever was one The Good Karma Diet shows readers how favoring foods that are karmically good for you will help you Sustain energy Extend youthfulness Take off those stubborn extra pounds Reflect an enlightened outlook This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped good karma in every aspect of their lives Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living

History of Miso and Its Near Relatives William Shurtleff; Akiko Aoyagi,2021-05-05 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 363 photographs and illustrations many in color Free of charge in digital PDF format [The China Study: Revised and Expanded Edition](#) T. Colin Campbell,Thomas M. Campbell,2016-12-27 The revised and expanded edition of the bestseller that changed millions of lives The science is clear The results are unmistakable You can dramatically reduce your risk of cancer heart disease and diabetes just by changing your diet More than 30 years ago nutrition researcher T Colin Campbell and his team at Cornell in

partnership with teams in China and England embarked upon the China Study the most comprehensive study ever undertaken of the relationship between diet and the risk of developing disease What they found when combined with findings in Colin s laboratory opened their eyes to the dangers of a diet high in animal protein and the unparalleled health benefits of a whole foods plant based diet In 2005 Colin and his son Tom now a physician shared those findings with the world in The China Study hailed as one of the most important books about diet and health ever written Featuring brand new content this heavily expanded edition of Colin and Tom s groundbreaking book includes the latest undeniable evidence of the power of a plant based diet plus updated information about the changing medical system and how patients stand to benefit from a surging interest in plant based nutrition The China Study Revised and Expanded Edition presents a clear and concise message of hope as it dispels a multitude of health myths and misinformation The basic message is clear The key to a long healthy life lies in three things breakfast lunch and dinner

(1226-2013) William Shurtleff, Akiko Aoyagi,2013-08-29

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The Forks Over Knives Plan

Alona Pulde,Matthew Lederman,Marah Stets,Brian Wendel,2017-01-17

From the creators of the groundbreaking documentary comes the New York Times bestselling diet plan Sanjay Gupta called the prescription you need to live a long healthy life a plan to transition to a delicious whole foods plant based diet in just twenty eight days The trailblazing film Forks Over Knives helped spark a medical and nutritional revolution Backed by scientific research the film s doctors and expert researchers made a radical but convincing case that modern diseases can be prevented and often reversed by leaving meat dairy and highly refined foods off the plate and adopting a whole food plant based diet instead Now The Forks Over Knives Plan shows you how to put this life saving delicious diet into practice in your own life This easy to follow meal by meal makeover is the approach Doctors Alona Pulde and Matthew Lederman featured in the documentary use every day in their nutritional health practice a simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium In just four short weeks you ll learn how to stock your refrigerator plan meals combat cravings and discover all the tips and tricks you ll need to eat on the go and snack healthily You ll also get 100 simple tasty recipes to keep you on the right track beautiful photographs a 28 day eating guide and advice throughout the book from people just like you Whether you re already a convert and just want a dietary reboot or you re trying a plant based diet for the first time The Forks Over Knives Plan makes it easier than ever to transition to this healthiest way of eating and to maintain it for life

Straight Up Food: Delicious and Easy Plant-based Cooking without Salt, Oil or Sugar

Cathy Fisher,2016-11-01 Straight Up Food is a health promoting cookbook full of familiar dishes that are easy to make and calls for easy to find ingredients Explore nearly 100 plant based vegan recipes that don t

sacrifice flavor for health Dig into old favorites including beef stew without the beef Caesar salad split pea soup potato salad coleslaw pancakes blueberry muffins and carrot cake All recipes call for 100% plant foods vegetables fruits whole grains legumes nuts and seeds and contain no animal derived ingredients meat beef pork fowl fish or seafood eggs honey or dairy products cow s milk cream butter cheese or yogurt Recipes also are without added salt oil and sugar are gluten free and emphasize the use of unprocessed foods This cookbook makes cooking easier for you because it has a spiral binding so the book lays completely flat full color photos throughout shopping tips at the start of most recipes and an index that is cross referenced with individual ingredients for example if you wanted to know all the recipes that call for beans or blueberries This book also offers lots of support to people who are new to this way of eating including information right up front as to why this way of eating is beneficial to health and the specific reasons that salt oil and sugar are not used in the recipes detailed nutrient and calorie breakdowns for all recipes and guidance on hot topics such as menu planning cooking and baking without oil using dried herbs and spices in the absence of salt reading food labels eating out and making your own healthy salad dressings

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