

Where Agriculture Regenerates Health



HUNTER + KELSEY'S FAVORITE RESOURCES

Websites

Podcasts

<https://NutritionFacts.org>
<https://www.lifestylemedicine.org/>
<https://pcrm.org>

[Eating Ourselves to Death with Dr. Casey Means](#)
[PlantStrong Podcast Season 3: Episode 11: A Cardiologist's Switch](#)
[Honestly with Bari Weiss: Will Ozempic Solve Obesity in America](#)

"People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food."

Wendell Berry

Books

[How Not to Die \[sickly\]](#) by Dr. Michael Greger, MD
[The China Study](#) by Dr. T. Colin Campbell, PhD
[How to Prevent and Reverse Heart Disease](#)
by Dr. Caldwell B. Esselstyn, Jr., MD
[Undo It](#) by Dr. Dean Ornish and Anne Ornish
[Mastering Diabetes](#) by Cyrus Khambatta, MD and Robby Barbaro

[Unsettling of America](#) by Wendell Berry
[The Alzheimer's Solution](#)
by Drs. Ayesha and Dean Sherzai
[Fiber Fueled](#) by Dr. Will Bulsiewicz
[21 Day Kickstart to Weight loss \(and health\)](#)
by Dr. Neal Barnard
[Breasts: The Owner's Manual](#) by Dr. Kristi Funk

*If it came from a plant, eat it.
If it was made in a plant, don't."*

Michael Pollan

Documentaries

Forks Over Knives: Free at forksoverknives.com/wellness/film-now-streaming-free/
Plant Pure Nation: Free at plantpurenation.com/pages/watch-the-film
The Game Changers: Netflix/other platforms
Back to Eden: Free at backtoedenfilm.com/watchfreeorganicgardeningmovie
Kiss the Ground: kissthegroundmovie.com

"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."

Thomas Edison

Recipe Blogs

<https://monkeyandmekitchenadventures.com/>
<https://www.veganricha.com/>
PlantYou Cookbook

[Eat Plant-Based](#)
[PlantBasedRDBlog](#)