

JUST RELEASED—AN EVIDENCE-BASED HANDBOOK FOR PHYSICIANS

The Prevention and Treatment of Disease with a Plant-Based Diet



A carefully researched and eminently practical handbook for using the plant-based diet in clinical practice.

—Helmuth Fritz, MD. Internal Medicine, Adjunct Professor of Medicine, Loma Linda University, CA

Covers the wide range of pathologies.....This book will be invaluable to me in my practice.

—Lynn Fioretti DO. Family Medicine, Veterans Administration, Silverdale, WA

Responds to the many requests for a compendium of pathologies that can be prevented or treated with a plant-based diet...

—Esther Park-Hwang, MD. Obstetrician and Gynecologist, Multicare Women's Center, Tacoma, WA, and Assistant Clinical Professor, University of Washington

Also endorsed by:

- Keith Hanson, MD. Family Medicine, Brewster, WA
- Chan Hwang, MD. Physical and Rehabilitative Medicine, Puyallup, WA
- George Lee, MD. Family Medicine, Overlake Medical Center, Bellevue, WA
- F. Patricia McEachrane Gross, MD. Family and Preventive Medicine, Port Angeles, WA
- Tim Riesenberger, MD. Emergency Medicine, Federal Way, WA

Covers a wide variety of pathologies, including:

- **Breast Cancer**
- **Chronic Kidney disease**
- **Colorectal cancer**
- **Crohn's disease**
- **Diverticular disease**
- **Fibromyalgia**
- **Gall stone disease**
- **Hashimoto's and Grave's disease**
- **Ischemic heart disease**
- **Osteoarthritis**
- **Prostate cancer**
- **Rheumatoid Arthritis**
- **Stroke**
- **Type II Diabetes**
- **Ulcerative colitis**
- **Managing pregnancy**
- **Case studies**

The prevention and treatment of disease with a plant-based diet has a scientific foundation, yet few physicians are making use of this valuable prophylaxis and treatment. This book has been written to guide the practicing physician on how to treat their patients with a plant-based diet, in addition to medication and surgery. It includes 25 articles recently published in peer-review medical journals.

To purchase this book, visit book.pbdmedicine.com