

Whole Food Plant-Based Diets:

Joie De Vivre:

Blue Zones - www.bluezones.com See how some people live better and longer. They have fun too!

Health:

Dr. Dean Ornish - www.Ornish.com/undo-it Undo-it: A program and book of Lifestyle Medicine

Dr. Michael Greger - www.nutritionfacts.org/introduction See Dr. Greger's story and why you should care about nutrition.

Dr. Esselstyne - www.dresselstyne.com Read/hear about his program of reversing heart disease

<https://nutritionstudies.org/the-china-study-3-lessons-we-need-to-know/>

Carbon Pollution:

The book, "Drawdown" - ways to reduce carbon pollution

<https://www.drawdown.org/solutions/food/plant-rich-diet>

<https://www.cnn.com/2018/10/18/health/plant-based-diet-climate-change-food-drayer/index.html>

Animal Abuse:

Neal Barnard

PETA

www.peta.org

How we treat animals:

<https://www.pcrm.org/ethical-science>

Food Waste

Yet another way to reduce carbon emissions:

<https://www.drawdown.org/solutions/food/reduced-food-waste>