

## Resources for Plant-Based Eating and a Vegan Life

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### Medical sources that recommend plant-based eating:

Kaiser Permanente is a \$50 billion corporation and the largest HMO in the U.S. In May, 2013, they began recommending a plant-based diet to their 180,000 employees, 17,000 physicians and all their patients, and 9.3 million members. I tried to get printouts of the following 3 articles from Kaiser and learned that they are only available online. You might print out the articles and give them to your doctor, or just send the links.

The Plant-Based Diet, a Healthier Way to Eat

<http://share.kaiserpermanente.org/wp-content/uploads/2015/10/The-Plant-Based-Diet-booklet.pdf>

Plant-Based Nutrition - Frequently Asked Questions & Concerns

[https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL\\_tcm75-614811.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL_tcm75-614811.pdf)

another version:

[https://mydoctor.kaiserpermanente.org/ncal/Images/Plant%20Based%20Diet%20patient%20questions%20101811-Final\\_tcm75-480571.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Plant%20Based%20Diet%20patient%20questions%20101811-Final_tcm75-480571.pdf)

Simple Steps to Plant-Based Eating

[https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plant-based%20Eating\\_tcm75-480573.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plant-based%20Eating_tcm75-480573.pdf)

Nutritional Update for Physicians: Plant-Based Diets

<http://www.thepermanentejournal.org/files/Spring2013/Nutrition.pdf>

The Mayo Clinic

<http://healthletter.mayoclinic.com/editorial/editorial.cfm/i/404/t/The%20risks%20of%20not%20going%20meatless/When>

Kim A. Williams, M.D., the next president of the American College of Cardiology, explains why he became vegan and now recommends it to patients

<http://www.medpagetoday.com/Cardiology/Prevention/46860>

Dr. Neal Barnard, M.D., a vegan doctor and founder of Physicians Committee for Responsible Medicine (PCRM) opened a clinic in NW DC in January, 2016. They are preventing, treating, and reversing a number of medical conditions using a plant-based diet.

<http://www.pcrm.org/barnardmedical>

<http://www.pcrm.org/health>

<http://www.pcrm.org/media/experts/neal-barnard-biography>

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### Annual events in the Washington, DC area

Poplar Spring Animal Sanctuary (Poolesville, MD)

[www.animalsanctuary.org](http://www.animalsanctuary.org)

Thanksgiving with the Turkeys, an outdoor vegan potluck lunch

The Saturday before Thanksgiving, noon – 4:00 p.m.

The 2015 event was attended by about 1,000 people

Vegetarian Society of DC (VSDC)

[www.vsdc.org](http://www.vsdc.org)

Thanksgiving Day vegan lunch at the Hyatt Regency Bethesda

Thanksgiving Day, noon – 4:00 p.m.

The 2015 event was attended by almost 300 people

Compassion Over Killing (COK) (Takoma Park, MD and Los Angeles, CA)

[www.cok.net](http://www.cok.net)

Annual fundraising dinner and party

Early December on a Saturday, 7:00 p.m., at Silver Spring Regional Center in Silver Spring, MD

In October 2015, COK organized DC VegFest ([www.dcvegfest.com](http://www.dcvegfest.com)), which was attended by more than 10,000 people despite cold and rain. In 2015 the weather was better and there were 15,000 attendees.

Farm Animal Rights Movement (FARM) (Bethesda, MD)

[www.farmusa.org](http://www.farmusa.org)

Annual fundraising dinner

Usually mid-December on a Saturday evening, in DC or MD

### DC area vegan and vegetarian groups on Meetup.com

[www.meetup.com/Vegan-Eats/](http://www.meetup.com/Vegan-Eats/)

[www.meetup.com/Vegan-DC-MD-VA/](http://www.meetup.com/Vegan-DC-MD-VA/) (VSDC events)

[www.meetup.com/Vegan-Powered/](http://www.meetup.com/Vegan-Powered/) (vegan athletes)

[www.meetup.com/ANYTHING-VEGAN/](http://www.meetup.com/ANYTHING-VEGAN/)

[www.meetup.com/thegoodlife/](http://www.meetup.com/thegoodlife/) (raw vegan)

[www.meetup.com/DCs-Vegan-Calendar/](http://www.meetup.com/DCs-Vegan-Calendar/)

[www.meetup.com/Dulles-Corridor-Vegetarian-Meetup-Group/](http://www.meetup.com/Dulles-Corridor-Vegetarian-Meetup-Group/)

[www.meetup.com/MoCoVeggies/](http://www.meetup.com/MoCoVeggies/) (Montgomery County)

[www.meetup.com/Eat-to-Live-in-DC/](http://www.meetup.com/Eat-to-Live-in-DC/)

[www.meetup.com/vegetarianindcmdva/](http://www.meetup.com/vegetarianindcmdva/)

[www.meetup.com/farmanimals-4/](http://www.meetup.com/farmanimals-4/)

[www.meetup.com/vegans-of-fairfax-virginia/](http://www.meetup.com/vegans-of-fairfax-virginia/)

### DC area vegan groups on Facebook

<https://www.facebook.com/pages/Loudoun-Veg/203535776345804>

<https://www.facebook.com/groups/1503656749886418/>

<https://www.facebook.com/groups/695642033793662/>

There are many vegan groups on Facebook. Go to Facebook.com and search for “vegan.”

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### Other vegan resources

10 Billion Lives

[www.10billionlives.com](http://www.10billionlives.com)

GreenFare salon café

[www.greenfare.com](http://www.greenfare.com) (Herndon, VA)

Mercy for Animals

[www.mercyforanimals.org](http://www.mercyforanimals.org)

Vegan Outreach

[www.veganoutreach.org](http://www.veganoutreach.org)

VegDC

[www.vegdc.com](http://www.vegdc.com)

Vegetarian guide to DC area restaurants, groceries, bakeries, catering, and lists of organizations and other resources

A Well Fed World (Washington, DC)

[www.awellfedworld.org](http://www.awellfedworld.org)

Physicians Committee for Responsible Medicine

[www.pcrm.org](http://www.pcrm.org) (Washington, DC)

Pangea (The Vegan Store) (Rockville, MD)

[www.veganstore.com](http://www.veganstore.com)

United Poultry Concerns (Eastern Shore, VA)

[www.upc-online.org](http://www.upc-online.org)

Nutrition Facts (Michael Greger, M.D.)

[www.nutritionfacts.org](http://www.nutritionfacts.org)

Fish Feel (Silver Spring, MD)

[www.fishfeel.org](http://www.fishfeel.org)

Food Empowerment Project

<http://www.foodispower.org/veganism/>

Two vegan advocacy music videos:

“Please Don’t Eat The Animals” - <https://www.youtube.com/watch?v=3c5nNZua1bY>

“I’m an Animal, Please Don’t Eat Me” - [https://www.youtube.com/watch?v=A\\_jNzjQ1avU](https://www.youtube.com/watch?v=A_jNzjQ1avU)

Click the link “Show more” below the video for links to 55 vegan, vegetarian, animal rights, & animal welfare organizations.

There are many other videos on YouTube about plant-based eating. Search for:

Vegan

101 reasons to go vegan (presentation by James Wildman)

Animal Rights Conference (annual conference – many videos)

Carnism (the work of Melanie Joy)

Mercy for Animals

Alex Hershaft (local)

Bruce Friedrich (local)

Gary Francione

Gary Yourofsky

Jonathan Balcombe (local ethologist)

Karen Davis (local)

Milton Mills (local M.D.)

Neal Barnard (local M.D., founder of PCRM)

Paul Shapiro (local)

Michael Weber (local)

Vegan athletes

[www.greatveganathletes.com](http://www.greatveganathletes.com)

[www.veganbodybuilding.com](http://www.veganbodybuilding.com)

[www.adaptt.org/athletes.html](http://www.adaptt.org/athletes.html)

Vegan ultramarathoners

[www.scottjurek.com](http://www.scottjurek.com)

[https://en.wikipedia.org/wiki/Scott\\_Jurek](https://en.wikipedia.org/wiki/Scott_Jurek)

[www.richroll.com](http://www.richroll.com)

[www.nomeatathlete.com](http://www.nomeatathlete.com)

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### Links to some vegan movies:

<http://veganfeed.com/videos.php>

<https://www.youtube.com/playlist?list=PL140649EFFB596EED>

<http://www.thematrix.com/>

<http://www.yourdailyvegan.com/2013/06/5-netflix-documentary-picks-for-vegan-viewers/>

<http://vegnews.com/articles/page.do?pageId=3282&catId=5>

[http://www.beautiful-vegan.com/2010/04/documentaries-and-videos\\_9347.html](http://www.beautiful-vegan.com/2010/04/documentaries-and-videos_9347.html)

<http://www.cowspiracy.com/>

<http://factoryfarmdrones.com/>

<http://www.cultureunplugged.com/documentary/watch-online/festival/gsearch.php?q=vegan>

<http://www.plantpurenation.com>

### Olive oil

Yes, we need to eat certain kinds of fats--fats from nuts, especially walnuts, seeds, and avocados, not processed vegetable oils!

Here's some information about olive oil:

Caldwell Esselstyn, M.D. - No Oil - Not Even Olive Oil!

[https://www.youtube.com/watch?v=b\\_o4YBQPktQ](https://www.youtube.com/watch?v=b_o4YBQPktQ)

"NO OIL! Not even olive oil, which goes against a lot of other advice out there about so-called good fats. The reality is that oils are extremely low in terms of nutritive value. They contain no fiber, no minerals and are 100% fat calories. Both the mono unsaturated and saturated fat contained in oils is harmful to the endothelium, the innermost lining of the artery, and that injury is the gateway to vascular disease. It doesn't matter whether it's olive oil, corn oil, coconut oil, canola oil, or any other kind. Avoid ALL oil."

Joel Fuhrman, M.D.

<http://www.drfuhrman.com/faq/question.aspx?sid=16&qindex=8>

"Olive oil is not a whole food – it is a processed food, consisting of 100% fat. All oil is fattening at 120 calories per tablespoon. Olive oil is not a heart healthy food – its high content of monounsaturated fats simply makes it less harmful than saturated or trans fats. However, it still is 14 percent saturated fat...."

"Since raw nuts and seeds have been linked to reduced cholesterol levels and dramatic protection against sudden cardiac death, by reducing or eliminating oils and in their place using raw seeds and nuts, in dressings and dips, we can have a dramatic effect at reducing cardiovascular disease risk."

Michael Klaper, M.D.

<http://www.youtube.com/watch?v=OGGQxJLuVjg>

"Olive Oil is Not Healthy"

Jeff Novick

<http://www.youtube.com/watch?v=lbALqjmZUek>

"Oil to Nuts: The Truth about Fats"

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**A few books** (there are videos of talks by most of these authors on YouTube):

- *The Lucky Ones: My Passionate Fight for Farm Animals*, by Jenny Brown (founder and director of Woodstock Farm Sanctuary; high emotional impact autobiography)
- *Animals, Men, and Morals*, edited by Godlovitch and Harris (a collection of essays from 1972 in England, still very relevant today)
- *Second Nature: The Inner Lives of Animals*, by Jonathan Balcombe
- *Pleasurable Kingdom: Animals and the Nature of Feeling Good*, by Jonathan Balcombe
- *Eating Animals* by Jonathan Safran Foer
- *Animal Wise: How We Know Animals Think and Feel*, by Virginia Morell
- *Vegetarian Judaism: A Guide for Everyone*, by Roberta Kalechofsky
- *Why We Love Dogs, Eat Pigs, and Wear Cows: An Introduction to Carnism* by Melanie Joy (watch her great presentations on YouTube)
- *The World Peace Diet*, by Will Tuttle
- *The Sexual Politics of Meat: A Feminist-Vegetarian Critical Theory*, 20th anniversary edition (2010) by Carol J. Adams
- *Living Among Meat Eaters*, by Carol J. Adams
- *Defiant Daughters: 21 Women on Art, Activism, Animals, and [the book] The Sexual Politics of Meat*, edited by Kara Davis and Wendy Lee, forward by Carol J. Adams
- *Diet for a New America*, 25th anniversary edition (2012), by John Robbins, heir to the Baskin Robbins empire who disavowed his inheritance when he learned about the cruelty to nonhuman animals involved in making dairy products, the effects of eating animals and animal products on human health, and the effects of animal agriculture on the environment. This is a very comprehensive book.
- *Circles of Compassion: Essays Connecting Issues of Justice*, edited by Will Tuttle (29 essays by various authors)
- *Animal Liberation*, by Peter Singer
- *Animal Impact: Secrets Proven to Achieve Results and Move the World*, by Caryn Ginsberg
- *Change of Heart: What Psychology Can Teach Us About Spreading Social Change*, by Nick Cooney
- *The Animal Activist's Handbook: Maximizing Our Positive Impact in Today's World*, by Matt Ball and Bruce Friedrich
- *The Accidental Activist*, by Matt Ball
- *But You Kill Ants*, by John Waddell
- *Powerful Vegan Messages*, by H. Jay Dinshah and Anne Dinshah
- *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*, by Gene Baur
- *When Vegans (Almost) Rule the World*, by Marla Rose

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- *Why I Will ALWAYS Be Vegan: 125 Essays from Around the World*, compiled by Butterflies Katz
- *The Adventures of Vivian Sharpe, Vegan Superhero* by Marla Rose
- *Always Too Much and Never Enough: A Memoir* by Jasmin Singer
- *Living the Farm Sanctuary Life* by Gene Baur
- *How Not to Die* by Michael Greger, M.D.

### DVDs

1. Cowspiracy
2. Earthlings
3. Fat, Sick and Nearly Dead
4. Food, Inc.
5. Foodmatters
6. Forks Over Knives
7. Fowl Play
8. Got the Facts on Milk?
9. Live and Let Live
10. Peaceable Kingdom: The Journey Home
11. PlantPure Nation
12. Speciesism
13. The Ghosts in Our Machine
14. Vegucated