

LOCAL RESOURCES



Use these resources to help you make a lifestyle change toward better health.

MEDICAL CARE:

Join family practitioner and aerobics instructor, Dr. Rosa Kincaid, as she coaches you on diet and lifestyle changes for optimal nutrigenomics in her Destination Natural Anti-Aging program.

www.dnaforum.com



Find local healthcare practitioners who educate their patients on the power of nutrition in preventing and reversing chronic disease.

www.plantbaseddoctors.org



Equip your local healthcare practitioners to help their patients with nutrition by suggesting they take these free, continuing education courses online. www.nutritioncme.org



COOKING:

Learn how to add a plant on every plate with enthusiasm from STL Veg Girl—Caryn Dugan—in her classes, cooking demos, or TV appearances. www.stlveggirl.com



Find Food for Life cooking and nutrition classes across St. Louis at

www.pcrm.org/ffl



FOOD FOR LIFE
The Power of Food for Health

GOOD EATS:

Fred and Ricky's makes it easy and convenient to eat plant-based by offering grab n' go foods. Get fresh, scratch-made food delivered to your home, eat at the restaurant, or find their products at local retailers. www.fredricky.com



Get personalized meal plans and shopping lists from role-model food leaders. www.lighter.world

LIGHTER

LITERATURE:

The Physicians Committee has a wealth of educational materials, visit www.pcrm.org/shop and www.pcrm.org/factsheets

