



Plant Based Doctors

*There are hundreds of practitioners who are passionate about this way of eating, this list includes the most well-known whom have influenced me personally. I also **DO NOT** work under any of these doctors professionally.

Columbus Batiste MD- known as “Healthy Heart Doc” is a board-certified interventional cardiologist. He advocates for WFPB, stress management, and regular exercise as the foundational elements in preventing and reversing heart disease, hypertension, and diabetes.

He established the Integrative Cardiovascular Disease Program at Kaiser Medical Center and Healthy Heart Nation, a nonprofit organization dedicated to addressing heart disparities by educating communities.

Notable Book: Selfish: A Cardiologist’s Guide to Healing a Broken Heart- where he outlines 7 pillars of heart health- spirituality, exercise, love, food, intimacy, and humor.

Website: www.drbatiste.com

Can be found on Instagram, X, YouTube, and LinkedIn

Neal Bernard MD-Founder and president of the Physicians Committee for Responsible Medicine.

Website: www.pcrm.org provides education and recipes, also membership for other like-minded health care workers/Physicians. This is how the committee gets its funding. It does not get federal funding for research or programs offered (also on FB, Instagram, and X). PCRM also has a podcast called “The Exam Room”

Notable Books:

- 1) **Power Foods for the Brain**- Focuses on preventing Alzheimer’s and cognitive decline through plant-based nutrition.
- 2) **Dr. Neal Barnard’s Program for Reversing Diabetes**- A revolutionary approach using low-fat, plant-based meals to improve insulin sensitivity and blood sugar.
- 3) **The Cheese Trap**- Examines the additive nature of cheese and its health consequences, with tools for breaking the cycle.

- 4) **Your Body in Balance**- Addresses hormonal health, from fertility to mood, with practical food-based strategies.
- 5) **21-Day Weight Loss Kick Start**- A beginner friendly guide to transitioning to a whole food plant-based diet for weight loss and energy.
- 6) **Foods That Fight Pain**- Explores dietary solutions for managing pain without drugs.

Monisha Bhanote MD- a QUINTUPLE board certified physician renowned for her integrative approach to health, emphasizing gut health, cellular wellness, and longevity. Founded WELLKULA, where she merges ancient healing traditions with modern medical science to promote international living and holistic well-being.

Dr. Bhanote's extensive medical training includes: Anatomic & Clinical Pathology, Cytopathology, Breast, Bone & Soft Tissue Cancer, Integrative Medicine, Functional Medicine, Culinary Medicine, and Yoga Medicine Therapeutic Specialist

Notable Publication-

The Anatomy of Wellbeing: Intentional Practices to Embrace Your Body's Unique Design and Revitalize Your Health, a guide that combines scientific insights with practical strategies for holistic health.

She has been featured in various media outlets, including Shape, Reader's Digest, and Martha Stewart Living, and serves as a health expert for platforms like Healthline and Medical News today.

Through WELLKULA, she offers: Cell Revive Program, Longevity Retreats, Lifestyle Design Lab.

Website: www.drmbhanote.com , also on Instagram, FB, LinkedIn, YouTube

Dr. Bhanote's integrative approach provides valuable insights for those seeking to enhance their health through a combination of modern medicine and holistic practices.

Will Bulsiewicz MD- often known as "Dr. B" or The Gut Health MD, is a board-certified gastroenterologist. He is also the U.S. Medical Director and a member of the Scientific Advisory Board for the personalized nutrition company ZOE (Zoe is also a podcast)

Website: www.theplantfedgut.com

Can be found on FB, Instagram, X

Notable Books:

- 1) **Fiber Fueled**- which focuses on the importance of dietary fiber and plant diversity for optimal digestive health.
- 2) **Fiber Fueled Cookbook**- recipes geared toward his book topic

T. Colin Campbell PhD- renowned American biochemist and nutrition researcher, best known for his extensive work on the relationship between diet and disease. He is the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University and has been a pivotal figure in the promotion of a WFPB diet.

Major Works and Contributions:

- 1) **The China Study**- Co-authored with his son, Dr. Thomas Campbell II, this book presents the findings from the China-Cornell-Oxford Project, a comprehensive study on diet and health across 65 rural Chinese countries. The study concluded that populations consuming plant-based diets had lower rates of chronic diseases.
- 2) **The Low Carb Fraud**- In this publication, Dr. Campbell challenges the efficiency and safety of low-carbohydrate diets.
- 3) **The Future of Nutrition**- This work examines the state of nutritional science and its implications for public health.

Notably, his studies demonstrated that high consumption of casein, a protein found in milk, could promote cancer growth in rats, while plant proteins did not have the same effect.

Online presence and resources:

Center for Nutrition Studies: Dr. Campbell founded this non-profit organization to promote nutrition through science-based education.

Plant Based Nutrition Certificate: Offered in partnership with eCornell, this online program educated individuals on the benefits of a plant-based diet

Can also be found on FB, Instagram, and YouTube

Garth Davis MD- a board-certified bariatric surgeon, emphasizes the importance of lifestyle changes alongside surgical interventions for weight management. In addition to his

medical practice, he is very active on social media, where he shares insights on nutrition, debunks dietary myths, and discusses the benefits of a plant-based diet.

Notable book:

Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It- which challenges conventional beliefs about protein consumption and promotes a plant-based diet for optimal health.

Dr. Caldwell Esselstyn Jr., MD- is a distinguished American physician, and former Olympic Gold Medalist in rowing. He has been a prominent advocate for the prevention and reversal of heart disease through a WFPB diet. Dr. Esselstyn has been associated with the Cleveland Clinic since 1968, where he served in various leadership roles, including President of Staff and a member of the Board of Governors.

His landmark 20-year longitudinal study demonstrated that a WFPB diet could not only halt but also reverse coronary artery disease in patients.

Notable Books:

- 1) **Prevent and Reverse Heart Disease-** shows that a strict WFPB, low-fat diet can halt and even reverse coronary artery disease by healing the endothelial lining of the arteries
- 2) **The Prevent and Reverse Heart Disease Cookbook**

Dr. Esselstyn's contributions have been instrumental in shifting the paradigm towards nutrition-based interventions for heart disease.

Can be found online at: www.dresselstyn.com Instagram and X

Esselstyn Family Foundation: www.esselstynfamilyfoundation.org an amazing resource and public charity to support individuals and communities adopting a plant-based lifestyle.

Joel Fuhrman MD- board certified family physician and internationally recognized expert in nutrition and natural healing. He specializes in preventing and reversing disease through nutritional methods, advocating for a dense nutrient, plant rich diet known as the *Nutritarian diet*. This approach emphasizes the consumption of foods high in micronutrients to promote optimal health and longevity.

Notable books:

- 1) **Eat to Live-** Introduces the Nutritarian Diet
- 2) **The End of Diabetes-** Presents a plan to reverse diabetes

- 3) **Super Immunity-** Offers guidance on boosting the immune system to prevent illness
- 4) **The End of Dieting-** Challenges conventional dieting methods and promotes sustainable eating habits.
- 5) **Eat for Life:** Provides a comprehensive program for longevity, disease reversal, and sustained weight loss.

Website: www.drfuhrman.com , can also be found on FB, Instagram, and X

Podcast: Eat to Live

Dr. Fuhrman's website offers a wealth of resources, including recipes, health articles, and information about his books and programs. He also runs the Eat to Live Retreat in Southern California, providing immersive experiences for individuals seeking to adapt to a Nutritarian lifestyle.

Of note: Dr. Fuhrman came up with the famous acronym (in the plant based world)

G-Bombs- Greens, Beans, Onions, Mushrooms, Berries, and Seeds; in which he recommends these foods be eaten on a daily basis which helps people remember the healthiest foods available to man.

Brooke Goldner MD- a board-certified physician renowned for her groundbreaking work in reversing autoimmune diseases with nutrition. Diagnosed with systemic lupus erythematosus at 16, she endured severe health challenges, including stage 4 kidney failure and mini strokes. Through a dedicated shift to a nutrient-dense, plant-based diet, she achieved complete remission and has remained lupus free since 2005.

Notable books:

- 1) **Goodbye Lupus-** a personal account detailing how she reversed her lupus using supermarket foods.
- 2) **Goodbye Autoimmune Disease-** Expands on her protocol to address various autoimmune conditions.
- 3) **Green Smoothie Recipes to Kick-Start Your Health and Healing-** a collection of recipes.
- 4) **Goodbye Lupus, Hello Delicious-** a recipe book offering hyper-nourishing meals for autoimmune recovery.

The Hyper-Nourishing Protocol emphasizes: Consuming large quantities of raw leafy greens, incorporating high doses of Omega3 fatty acids, Eliminating animal products, oils,

and processed foods. It aims to reduce inflammation and promote cellular repair, aiding in the reversal of autoimmune symptoms.

Website: www.goodbyelupus.com , also found on FB, Instagram, and YouTube

Her platforms offer free webinars, recipe guides, and access to her rapid recovery programs.

Michael Gregor MD, FACLM- a physician, author, and internationally recognized speaker who specializes in clinical nutrition and public health. Founder of NutritionFacts.org, a nonprofit organization that provides free, evidence-based information on nutrition and health. The platform offers over 2,000 videos and articles, updated regularly with the latest research findings.

As a founding member and Fellow of the American College of Lifestyle Medicine, Dr. Gregor has been instrumental in promoting lifestyle changes, including plant-based nutrition, as a cornerstone of medical treatment.

Notable Books:

- 1) **How Not to Die**- Explores the top causes of premature death and how dietary and lifestyle changes can prevent and reverse these diseases.
- 2) **How Not to Diet**- Provides an evidence-based approach to weight loss, focusing on the quality of food rather than calorie counting.
- 3) **How Not to Age**- Discusses strategies to slow aging and promote longevity through diet and lifestyle.
- 4) **How to Survive a Pandemic**-Analyzes the origins of pandemics and offers guidance on how to protect oneself through lifestyle choices.

Important to Note: All proceedings from his books and speaking engagements are donated to charity in honor of his grandmother who lived many years after a grave diagnosis of end-stage heart disease after going through *Nathan Pritikin's* lifestyle medicine program. Remarkably, she went on to enjoy another 31 years of life, passing away at the age of 96!

Online presence: www.nutritionfacts.org for in-depth analysis of nutrition facts (an amazing resource). He can also be found on Instagram, X, FB, YouTube

Podcast: Nutrition Facts with Dr. Gregor

Joel Kahn MD- a board-certified cardiologist who also holds certifications in internal medicine, Interventional Cardiology, Metabolic Cardiology, and Lifestyle Medicine, He is an advocate for plant-based nutrition in the prevention and reversal of heart disease. Known as “America’s Healthy Heart Doc,” he combines conventional cardiology with integrative and lifestyle medicine to promote heart health. He founded the **Kahn Center for Cardiac Longevity**, focusing on preventing and reversing heart disease through lifestyle changes, including diet, exercise, and stress management.

Dr. Kahn is a Clinical Professor of Medicine at Wayne State University School of Medicine and lectures widely on the benefits of plant-based diets for cardiovascular health.

Notable Books:

- 1) **The Whole Heart Solution**- Offers over 75 simple, low-cost strategies to prevent and reverse heart disease.
- 2) **Dead Executives Don’t Get Bonuses**- Addresses the impact of stress and poor lifestyle choices on heart health, particularly in high-pressure careers,
- 3) **The Plant Based Solution**- Provides a comprehensive guide to adopting a plant-based diet for overall health improvement.
- 4) **Vegan Sex**- Coauthored with Ellen Jaffe Jones, this book explores the connection between a plant-based diet and enhanced sexual health, emphasizing how nutrition influences vascular function, libido, and overall vitality.

Website: www.drjoelkahn.com he can also be found on Instagram, FB, X

Podcast: Heart Doc VIP

Michael Klaper MD- a long-time physician, educator, and leading voice in the WFPB movement. He trained in surgery, anesthesiology, orthopedics, and obstetrics in both the U.S and Canada. After years in conventional medicine, he shifted his practice toward lifestyle-based, nutrition-focused care, emphasizing that diet plays a powerful role in preventing and reversing chronic disease. He served for years at **TrueNorth Health Center** in Santa Rosa, California-a clinic known for WFPB diets and medically supervised fasting.

He founded Moving Medicine Forward – a project that educates medical students and healthcare professionals about evidence-based nutrition and lifestyle medicine.

Through lectures, webinars, conferences, and medical education programs, he teaches how diet affects chronic disease, digestive health, hormones, and overall physiology.

Notable book:

Vegan Nutrition: Pure & Simple- a practical, science-based guide that explains how to eat healthfully.

Website: www.drklaper.com he can also be found on Instagram, FB, LinkedIn, and Youtube

Dr. William Li, MD- an internal medicine physician and a world-renowned medical scientist. He is best known for his work studying angiogenesis- the body's ability to grow and regulate blood vessels, and how food can influence healing or disease.

He co-founded the Angiogenesis Foundation, a nonprofit that researches how lifestyle, nutrition, and medications can prevent or treat chronic diseases.

Notable books:

- 1) **Eat to Beat Disease**- explains how specific foods activate the body's natural defense systems-like immunity, angiogenesis, gut health, and regeneration-to help prevent and heal chronic disease.
- 2) **Eat to Beat Your Diet**- Focuses on improving metabolism, fat burning, and weight control by using foods that naturally support metabolic health.

Website: www.drwilliamli.com, can also be found on Instagram, YouTube

Dr. Doug Lisle, PhD- a clinical psychologist, author, and leading educator in the WFPB movement. He is best known for explaining how human behavior, motivation, and modern food environments influence eating patterns.

Co-founder and director of Behavioral Medicine at TrueNorth Health Center, a renowned clinic specializing in medically supervised fasting and WFPB nutrition.

Notable Books:

The Pleasure Trap (co-author)- explains how modern foods and habit hijack the brain's reward system, making healthy choices difficult, and offers strategies to break free from these hidden influences.

Website: www.esteemdynamics.com, can also be found on Instagram, FB, and YouTube

John McDougall MD-(1947-2024) was a pioneering American physician renowned for advocating a low-fat, WFPB diet centered on starchy foods. His approach is known as the *McDougall Plan*, emphasizing the consumption of foods like rice, potatoes, corn, and legumes, while eliminating animal products, oils, and processed foods.

Of note: Dr. McDougall suffered a massive stroke at age 18, which left him partially paralyzed on his left side- an event that deeply influenced the course of his life and medical philosophy.

Notable Books:

- 1) **The McDougall Plan:** Introduced his dietary approach (1983)
- 2) **The McDougall Program:** 12 Days to Dynamic Health- offered a structured plan
- 3) **The McDougall Program for Maximum Weight Loss**
- 4) **The New McDougall Cookbook**
- 5) **The McDougall Quick and Easy Cookbook**
- 6) **The Starch Solution** (best known for in modern times) Emphasizes the benefits of starchy foods for health and weight management.
- 7) **The Healthiest Diet on the Planet-** argues that a starch-centered, low-fat, WFPB diet is the way to achieve lasting health, prevent disease, and maintain a healthy weight.

Website: www.drmcDougall.com

Dean Ornish MD – an American physician, clinical researcher, and founder of the Preventive Medicine Research Institute (PMRI). He is a pioneer in lifestyle medicine and is widely known for demonstrating- through rigorous clinical trials- that heart disease and other chronic conditions can be prevented and even reversed through comprehensive lifestyle changes.

Ornish's program became the first lifestyle-based treatment ever covered by Medicare, highlighting its evidence-based credibility.

He helped establish lifestyle medicine as a respected clinical discipline long before it went mainstream.

Notable Books:

- 1) **Dr. Dean Ornish's Program for Reversing Heart Disease-** explains how a comprehensive lifestyle approach – including low-fat WFPB diet, stress

management, exercise, and social support can not only prevent, but reverse heart disease.

- 2) **Eat more, Weigh Less**- teaches that you can lose weight while eating satisfying amounts of food by following a low-fat, WFPB diet focused on high fiber, nutrient dense meals.
- 3) **Love & Survival**- explores how emotional connection, intimacy, and supportive relationships profoundly influence physical health, healing, and longevity.
- 4) **The Spectrum**- explains how diet and lifestyle exist on a flexible continuum, allowing you to personalize your eating, exercise, and stress-management habits to improve health, prevent disease, or reverse it based on your goals.
- 5) **Undo it!**- shows how four simple pillars- eating WFPB, moving more, stressing less, and connecting with others- can work together to prevent, halt, and even reverse diseases.

He also authored or co-authored over 100 peer-reviewed scientific papers appearing in top medical journals. His most famous studies include the **Lifestyle Heart Trial**.

Website: www.ornishelifestylemedicine.com and www.preventativemedicineresearchinstitute.com , he can also be found on Instagram, X, and YouTube

Dean & Ayesha Sherzai- husband and wife neurologists, researchers, and plant-based lifestyle medicine advocates who specialize in Alzheimer's prevention and cognitive health. They are known for showing that most dementia risk is driven by lifestyle and for developing the NEURO plan (nutrition, exercise, unwind, restorative sleep, and optimizing mental/social activity) to help people protect and improve long-term brain function.

Notable Books:

- 1) **The Alzheimer's Solution**- Their groundbreaking book explains how lifestyle changes, especially a WFPB diet can prevent most cases of Alzheimer's disease.
- 2) **The 30-Day Alzheimer's Solution**- A practical month-long program featuring their NEURO lifestyle plan, recipes, and daily structure to reduce dementia risk.

Website: www.thebraindocs.com, can also be found on Instagram, FB, YouTube

Podcast: Your Brain on

