

The Plantrician Project is a 501(c)3 not-for-profit organization on a mission to transform and regenerate human health, health care, and the food ecosystem.

PROBLEM:

"Physicians are trained to treat symptoms and diseases, rather than addressing the underlying imbalances that perpetuate illness. The diagnose-and-treat disease-care system is unsustainable."

– **Scott Stoll, MD, Co-Founder & Chairman of the Board**

60% OF AMERICANS

60% of Americans have at least one chronic illness such as heart disease, type 2 diabetes, obesity, auto-immune diseases and more.

2 PLANET EARTHS

If all 8.16 billion people on earth consumed the western industrial diet, we would need **at least 2 planet earths to feed us all.**

75% OF HEALTHCARE EXPENDITURES

It is estimated that treatment of chronic, preventable conditions comprises nearly **75% of the nation's \$3.6 trillion** in healthcare expenditures.

20 HOURS

Despite all the above, our medical professionals receive on average, only **20 hours of nutrition education during their medical training.**

SOLUTION:

The whole food, plant-based (WFPB) dietary lifestyle.

Maximizing the intake of whole, plant-foods and minimizing the intake of highly processed and animal-derived foods including refined flours, beef, chicken, pork, fish, dairy and eggs results in a host of benefits for both human and environmental health.

70% OF CHRONIC ILLNESSES

More than **70% of chronic illnesses** can be prevented or reversed with a whole food plant-based dietary lifestyle.

1.5 BILLION FOOTBALL FIELDS

1.5 billion football fields worth of arable land could be returned to forested land or used to expand food production if everyone in the world consumed a predominantly whole food, plant-based diet.

EDUCATE, EQUIP, EMPOWER

The Plantrician Project's events, tools and resources educate, equip and empower physicians, healthcare providers and other health-influencers with **knowledge about the indisputable benefits of whole food, plant-based nutrition.**

SOME OF THE HEALTH BENEFITS OF A WHOLE FOOD, PLANT-BASED (WFPB) LIFESTYLE

- Prevents, arrests and even reverses heart disease and type 2 diabetes
- Prevents and treats asthma, allergies, acne & acid reflux
- Decreases cancer risk
- Slows progression of certain cancers
- Prevents and halts the progression of a number of autoimmune diseases
- Lowers cholesterol and blood pressure



Resources and Programs that Educate, Equip and Empower

Physicians and clinicians are often the gatekeepers of dietary recommendations.
Our work empowering them impacts millions of patients globally.



CE Accredited Plantrician® Conferences & Events



The premier, CE accredited medical education event demonstrating the efficacy of a whole food, plant-based dietary lifestyle to prevent and reverse disease. pbnhc.com



Deep-dive webinars offered regularly and free of charge, providing physicians and clinicians with a comprehensive exploration of emerging topics that support the use of whole food, plant-based nutrition as a powerful medical intervention.

plantricianproject.org/plantrician-education-series

We also develop curated CE and Non-CE accredited content for a range of national and international healthcare conferences, including:



In partnership with Healthy Heart Nation, the HELP Conference explores community solutions for health disparities. HELP is the first national conference solely focused on increasing the conversation around health disparities, chronic disease, and the role of evidence-based nutrition and lifestyle to dramatically lower rates of chronic disease and establish more equitable and resilient health. thehelpconference.org



Plantrician® Initiatives



A free, open access, peer-reviewed, scientific journal dedicated to documenting the science of whole food, plant-based nutrition and a healthy lifestyle to prevent, suspend and reverse chronic, lifestyle-related diseases. ijdrp.org



Free for confirmed students and academic faculty, with a professional enrollment plan available for health enthusiasts. It offers the Foundation in Plant-Based Nutrition Certificate, diverse courses, and resources to empower participants as advocates and educators for the evidence-based benefits of plant-based nutrition in improving human and global health.

plantricianuniversity.org



A powerful global directory of plant-based doctors, nurses, registered dietitians, health coaches and other healthcare professionals who are committed to using whole food, plant-based nutrition as a cornerstone in practice. plantrician.org

Plantrician® Partnerships



Regenerative Health

In partnership with Rodale Institute, we are building a scientific bridge to support the understanding of the interconnectedness of human health, linking together the concept of healthy soil = healthy food = healthy people = healthy planet through research and education.

plantricianproject.org/regenerative-health-institute

Plantrician® Resources

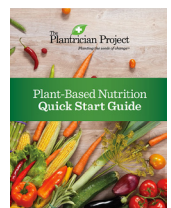
CULINARYRX

A self-paced, 12-hour, plant-based nutrition basics and culinary eLearning course that's instructor guided to offer a cooking path to better health. plantrician.rouxbe.com

Plant-Based Nutrition Quick Start Guides

Comprehensive, educational booklets that enable patients to learn and apply the basics of plant-based nutrition. Two editions available in multiple languages including Spanish, Chinese (simplified and traditional), Japanese and Arabic: General Guide and Pediatric for children and families.

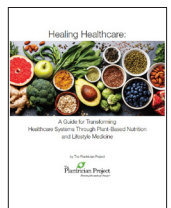
plantricianproject.org/quickstartguide



Healing Healthcare

A guide that answers some of the most challenging questions in healthcare today by incorporating real-life, practical guidance from leading healthcare systems and visionary providers across the country who have successfully implemented programs rooted in whole food, plant-based lifestyle medicine.

plantricianproject.org/healing-healthcare-guide



RX Pads-Prescription for Life

50-sheet pads that enable an efficient "prescription" of educational tools and resources. Treatment empowers patients to take back control of their health.

plantricianproject.org/quickstartguide

