

Chronic Conditions: Innovations in Prevention and Cure Diabetes

Resources:

- **Book: Neal Barnard's Program for Reversing Diabetes**
- **DVD: A New Approach to Nutrition for Diabetes (available via the PCRM website)**
- **21-Day Vegan Kick Start – free web based program (January, March, September) sign up 21DayKickStart.org**
- **Food for Life Nutrition & Cooking Class for Diabetes (2 hour class)- we have 3 certified instructors in Sacramento area: Emily Webber, Chuck & Charlie Bowman**
- **PCRM offers Free Literature for Physicians who are members.**
- **"The Starch Solution", John McDougall MD, free lecture, view at www.drmcDougall.com**
- **Esselstyn, CB Jr. Prevent and Reverse Heart Disease. New York, New York: Avery, Penguin Group, 2007.**
- **Novick, J., Calorie Density: Eat More, Weigh Less and Live Longer, DVD, Available at www.JeffNovick.com**

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