

Doctors urged to prescribe plant- based food as medicine

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Plant Based Nutrition Support Group (PBNSG) will be holding a seminar on “Doctors Teaching Doctors: A Professional Seminar” at Detroit on 7 December. The event will feature lectures from medical professionals—such as Joel Kahn, MD; , MD; diabetes specialist Caroline Trapp, DNP; and Elizabeth Swenor, DO—to inspire other doctors to treat and prevent disease with plant-based nutrition instead of pharmaceuticals. Paul Chatlin, founder of PBNSG, adopted a plant-based diet under the direction of Caldwell Esselstyn, MD after finding himself on a gurney awaiting heart bypass surgery. “The scientific evidence that plant-based nutrition can prevent, halt, and reverse the top 15 chronic diseases that afflict patients at low cost, low risk, and often equal or superior efficacy versus medications is powerful,” Kahn told.

Kahn explained that teaching other medical professionals the power of plant-based nutrition addresses the cause of up to 80 percent of disabling diseases such as heart disease, cancer, and type 2 diabetes. “The glaring lack of education and practical skills taught to doctors to assess and address nutrition in the office or hospital must be addressed as soon as possible,” Khan said, “and our seminar is an important step.” Chatlin envisions that the free seminar—which qualifies for academic credit with the Wayne State School of Medicine—will become a regular occurrence, as more than 60 doctors are scheduled to attend.