

FABULOUS HEALTH:

**A Simple Plan To Get Well
And Stay Well**

Terri Chrisman

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Dedication:

To my Dad, Peter, who dedicated his life to helping others. May this book follow in your enormous footsteps.

You were a giant among men.

Acknowledgements

Thank you to everyone who has helped me on my journey to make this book a reality.

To my husband, John Chrisman for your steadfast support of my every endeavour, no matter how misguided or wacky. Thank you for supporting me 100%.

To all the doctors and researchers who paved the way to show that a whole plant foods lifestyle can help people prevent and even reverse lifestyle disease: Dr. Dean Ornish, Dr. Neal Barnard, Dr. Caldwell Esselstyn, Dr. T Collin Campbell, Dr. Nicholas Wright, Dr. John McDougall, Dr. Wendy Walrabenstein, Dr. Michael Greger and every health professional on earth who promotes a whole plant foods lifestyle for their patients.

Thank you.

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To Peter Asprey (aspreycreative.com.au), the best cover designer in the world. Thank you so much for giving my message a face.

Thank you to YOU – for buying this book and having faith in me to guide you on your journey to Fabulous Health.

Praise for FABULOUS HEALTH

“Fabulous Health is a straightforward guide to changing your health and even saving your life. It is a treasury of solid health information, accompanied by practical tips to put that information to work for a broad range of health issues. I highly recommend it.”

Neal D. Barnard, MD, FACC

Adjunct Associate Professor of Medicine, George Washington University School of Medicine

President, Physicians Committee for Responsible Medicine

“If you’ve ever wished for a compassionate, practical, and empowering guide to reclaim your health—look no further. Fabulous Health by Terri Chrisman is the real deal. With clarity, wisdom, and a whole lot of heart, Terri takes you by the hand and walks you through every step of transforming your life—starting with the food on your plate and reaching all the way to the thoughts in your head.

Terri’s book is filled with actionable tools: how to stock your kitchen, what to eat, how to shop smart, and how to navigate real-world challenges without losing sight of your goals. She doesn’t just help you eat better—she helps you live better.

What I love most is how approachable Fabulous Health is. Whether you’re brand new to plant-based living or just need a refresh, Terri offers a judgment-free, science-backed roadmap to help you thrive.

This isn’t just a book. It’s a lifestyle manual, a cookbook, a pep talk, and a wake-up call all rolled into one.

I wholeheartedly recommend Fabulous Health to anyone ready to take control of their well-being and feel fabulous doing it!”

Chef AJ, Best-selling author of *Sweet Indulgence* and *The Secrets to Ultimate Weight Loss*

“Fabulous Health offers guidance and useful tips everyone can benefit from when they begin their plant based journey.”

Jill McKeever. Plant-based YouTuber.

“Terri Chrisman’s ‘Fabulous Health’ strikes a perfect balance between practical nutrition advice and thoughtful journal prompts. The reflection sections helped me examine my habits and behaviors in ways I never had before—they’re not just supplementary but essential for creating lasting lifestyle changes. Packed with actionable tips, this book provides everything needed to transform your health journey and maintain wellness for the long term.”

Dr Nitu Bajekal, Senior Consultant ObGyn and author of *Living PCOS Free* and *Finding Me in Menopause*

“A very thoughtful book for people who are looking to try a change and get their health back on track”

Dr. Nicholas Wright.

General Practitioner Fellow and author of The BROAD study

“If you’re just getting started on a plant-based path and need more guidance than just recipes -- but those, too! -- then look no further. “Fabulous Health” is your partner, walking by your side, educating without preaching, so you can make informed decisions nutrition, forming good habits, and how to joyfully adopt this new lifestyle.”

Miyoko Schinner, Bestselling Author, Founder and Board President of Rancho Compasión

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Disclaimer

I am not a medical doctor. I am a university-qualified nutritionist with a master's degree in nutrition. I'm a board-certified diplomat of the American College of Lifestyle Medicine. This means I'm qualified to advise you on lifestyle modifications to improve your health. My advice is supported by scientific literature, and I provide references where appropriate. No self-help book should be a substitute for personal, individualized medical care. Please consult your primary care physician before undertaking this or any other lifestyle change. If you are on any medications, please monitor them carefully. As you become healthier, you may require less medication. NEVER alter or cease your medication without first consulting your primary care physician. They will adjust your medicines if and when it is appropriate for you.

This book considers lifestyle modifications to prevent non-communicable diseases but does not account for congenital genetic defects. If you suffer from a genetically based condition, the information in this book may help you maintain your health but cannot alleviate your condition.

This book is for information purposes only and does not replace medical advice of any form.

Introduction

Why You Need This Book

I lost my Dad to a massive heart attack when he was only fifty one years young. I've spent more of my life without my Dad than with him. I have a broken heart that will never mend. My Dad didn't know he had heart disease. He didn't know that the plaque in his arteries could kill him at any minute, and neither did I. If I could turn back time, I'd give my Dad this book. I'd help him see what lifestyle choices may have played a part in his untimely demise.

My Dad was unlucky. He didn't get a second chance. You have a second chance, and I'll see to it.

I've spent much of my adult life learning about the connection between lifestyle and noncommunicable diseases. (That's a scientific way of saying 'diseases we can't catch from other people').

Diseases like type 2 diabetes, coronary artery disease, high blood pressure, dementia, rheumatoid arthritis, cancer – and many others can be helped by lifestyle changes.

I'm convinced by the enormous mountain of scientific literature linking nutrition to health. In my private practice, I've helped people lose weight and reduce their risk of these debilitating diseases. I've even helped myself and my family. By following the practices I share in this book, I lowered my blood pressure, so I no longer need medication. I lost excess fat and know I'm doing my best for my body.

Adopting a healthy lifestyle is not just for me. It's for you, too. Search the internet for whole plant foods diet success stories, and you'll find thousands of people who have improved their health, reduced medications, and sometimes reversed disease by changing what they eat.

I hope this book speaks to you and awakens a desire to be the captain of your ship. To steer your life away from disease and toward health so that you can partner with your health professionals and take positive steps towards health and vitality. Please don't be a passive passenger. Take control and choose your own destiny.

Who This Book Is For

- This book is for people who want to live their lives at a healthy weight, free of worry about lifestyle diseases.
- This book is for people who have tried everything, and yet they still are at risk of ill health or continue to carry the burden of disease.
- This book is for people who do not want to spend their lives weighing and measuring their food.
- This book is for people who are sick of yo-yo dieting.
- This book is for people who are sick and tired of being sick and tired.
- This book is for people who hate cooking and also for people who want to be gourmet chefs.
- This book is for people already diagnosed with lifestyle-based conditions such as high blood pressure, high cholesterol, diabetes, pre-diabetes, fatty liver, metabolic syndrome, PCOS, IBS, Crohn's disease, ulcerative colitis, rheumatoid arthritis or any manner of immune system conditions.
- This book is for people who want to be healthy without the disabling symptoms of lifestyle disease or the debilitating side effects of the drugs used to manage them.

Who This Book Is NOT For

- This book is not for you if you are recovering from or currently have an eating disorder. Please seek assistance from your primary physician and access resources specific to your situation.
- This book is not intended for children. Children have specific nutrient requirements to ensure optimal nutrition whilst growing. If you believe your child could benefit from nutrition counseling, please contact me privately or consult your doctor.
- If you are trying to gain weight, use this book as a guide. However, you will need to add more high-calorie plant foods. Please contact me personally, and I can formulate a weight gain plan for you using whole plant foods.
- This is not a diet book. If you want to lose 20 pounds this weekend, then go back to eating your usual unhealthy diet, this is not the book for you.
- This book is not for you if you think reading it will change your life. You must take action steps to change your health. Just reading won't cut it. There is "doing" to be done. I promise that if you follow the program described in this book to the letter, you will reap the rewards of better health.

What You Can Expect

From the outset, you need to know that this book promotes a whole plant foods lifestyle. That means that I will ask you to stop eating animal products in all forms. If this scares you, don't worry; I have your back. I will help you make the transition to a whole plant foods lifestyle as easy and delicious as possible. I have collated many easy tasty recipes that mimic your favorite animal-based foods without excess fat, cholesterol, and other unhealthy ingredients.

Don't stress. I understand that we are all on our own journey of health discovery. It might take you some time to remove unhealthy foods from your life altogether, and you might fall off the wagon a couple of times, but eventually you will start feeling so fabulous that those unhealthy foods will have no power over you. Having said that, if you want true transformation in a minimal amount of time, follow the program from the outset – cold turkey (please forgive the pun) – and you will reap the most significant benefit.

You can be sure that all the information contained in this book is backed by solid scientific evidence. I have provided references where appropriate. In the resources section, I have linked to a few of my favorite doctors, non-governmental organizations, and other leaders in the field of health to provide additional evidence.

Lastly, expect to have your mind blown! Expect to learn facts about the food industry that you did not think were ethical or even possible. Expect to be awakened to the realization that no one cares about your health but you, and that you have the power to make lasting positive change in your health.

I have faith in you. **YOU CAN DO IT!**

The Book Structure

This book is part information, part practical steps to implement, and part practical workbook. At the end of each chapter are questions to answer and space for you to journal your thoughts. Please don't skip these pages. They are vital. I can't tell you how many books I have read only to forget the details soon after.

By doing short, easy quizzes and taking notes, you are more likely to retain the information. Plus, your notes will be in YOUR words, so they will resonate with you and help you on YOUR journey.

Promise me now that you will use these sections to your best advantage. You can thank me later.

FAQ

Have you got questions? I've got answers.

Will it work for me?

If you have been habitually eating the Standard American Diet (SAD) of fast food, meat, dairy, and processed foods, you will see amazing results when you start following my guidance. It's up to you how much you want to follow the advice. In the scientific community we call this a 'dose-response'. This means that the more closely you follow the advice in this book, the better results you will get.

Do I have to follow a meal plan?

The short answer is no. However, I recognize that everyone's journey is different, and I have provided some suggested plans if you prefer to follow a plan. I have made this program so easy that you can create your own plan that suits your lifestyle by following simple guidelines.

Will I be hungry?

Absolutely not! You can eat as much as you like until you are fully satisfied. Want some more chips? Go ahead and have some. The caveat here is 'fully satisfied'. As you will learn in this book, calories are important. Eating every meal until you are bursting at the seams will not help you on your health journey. Don't worry, I promise you won't go hungry. Ever.

How much effort will it take?

Like all things, it takes time to get into new habits. Initially, it might seem a little daunting, but I promise that fully immersing yourself in this way of life will become easy very quickly. And the payoff will be so huge that you will never want to return to your old way of eating again.

Am I going to have to give up my favorite foods?

If your favorite foods are donuts, fast-food hamburgers, and soft drinks, then yes. I will introduce you to a whole new world of deliciously tantalizing new foods that are so tasty and satisfying, those unhealthy options will no longer interest you. I will also offer you new ways to prepare your favorite recipes that make them healthier and just as delicious as the ones you have grown to love.

Are there cheat days built in?

No, there are not. You are the captain of your own destiny. You choose how healthy you want to be. The more you stray from a healthy lifestyle, the less effective it will be. Will that mean you can't have cake on your birthday? Not at all. Have the cake. Just make it a healthy cake and eat it with no guilt.

If you accidentally fall off the wagon – no worries – just brush yourself off and get back on the program. We are all human. Over time, these lapses will become less and less frequent as the old way of eating will no longer appeal to you.

Do I need specialized equipment?

It is not imperative, but I highly recommend some specialized kitchen appliances. Having the right equipment makes everything so much easier. If you do not have these appliances, you can certainly use the kitchen equipment you already have. Purchase the absolute best appliances you can afford. You can always scour thrift stores or eBay for second-hand ones, keep an eye on department store sales, or hint to loved ones at gift-giving times.

The equipment I use daily is included in Chapter 13.

How To Use This Book

1. Read everything. Don't skim read, fully read. Reread it if you don't completely understand the concepts.
2. Do the quizzes and answer the questions at the end of each chapter. Even if you think you understand the topic. If you believe the question doesn't relate to you – or you think you have nothing to say, give it a go anyway. Try to fill out everything you can.
3. Please don't try to do this alone. Talk about it. Discuss what you are learning with your friends and family. They may not instantly support you on your journey, but having at least one person in your corner for when times get tough is essential. I cannot stress enough how important community is when you are making changes such as the ones in this book.
4. Fill in the journal. At the end of every chapter is a space for journaling. This is where you write your thoughts, affirmations and emotions. This is a space for you to connect with the material fully and how it is relevant to you. Please don't ignore this part. It's more potent than you might think.