



ANNUAL REPORT 2022

The 
Plantrician Project®
Planting the seeds of change™

Transforming Human Health,
Health Care, and the
Food Ecosystem.

10th
anniversary

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Letter from Our Chairman

THE FUTURE IS BRIGHT

We can shine and share our light in two ways; be the single, tall candle in a window or share our flame to light a hundred thousand candles around the world. - Scott Stoll, MD

Dear Friends,

In the history of our organization, 2022 will be remembered as one of our most productive and important. Last September, we returned to live events with the celebration of the 10th anniversary of the Int'l Plant-Based Nutrition Healthcare Conference in Palm Desert, CA. And in October, we launched our legacy project, Plantrician University.

At the core of our work, every day, we know that we are positively impacting individuals and families around the world, adding life to years and years to their lives through the influential reach of healthcare providers. We are helping clinicians rediscover joy in the practice of medicine by empowering, equipping, and inspiring them with evidenced based resources, and cultivating active, engaged communities.

Here are a few highlights of our work this year:

Plantrician University - Plantrician University (PlantU), our legacy project brings our organization full circle, getting to the root of the issue: the endemic void of nutritional and lifestyle education in traditional medical education. Students from around the world are enrolling to learn about the science of nutrition and connect into a supportive, engaging community. PlantU's impact will be measured through the exponential reach into exam rooms globally. Equipped with knowledge of a whole food plant-based lifestyle, healthcare professionals have clear pathways to be agents of disease reversal. In my experience with patients, that means smiling again, waking up with hope and energy, being fully alive for family and friends, a schedule filled with activities, and a hopeful future unhindered by chronic disease. Our goal is to reach 100,000 healthcare professional students in the next five years and through those future clinicians 1.5-2 billion people based on their lifetime reach. Plant U posts new courses and student resources monthly and we plan to launch of Phase Two with live lectures, Q&As, a mentorship program. Heading up this incredibly important endeavor is our new Director of Education, Jill Edwards.

PBNHC - We welcomed back our wonderful community in person this year at the 10th Annual Int'l Plant-Based Nutrition Healthcare Conference. During the past ten years, we reached more than 5,000 unique practitioners from 25+ countries who will reach more than 10 million individual patients. Our conference has been a launching pad for new practices, leaders, organizations, research projects, events, books, programs, and healthcare system transformations. It's become much more than a conference; it is a community and destination of inspiration and hope.

IJDRP - The Int'l Journal of Disease Reversal and Prevention reached 30,000 subscribers globally this year and has published 94 articles with the most popular receiving 37,000 views and 2,000 downloads. Dr. Kim Williams, our Editor-in-Chief, and Dr. Katie Richardson, Managing Editor, are continually pursuing high quality research, expanded readership, and growing impact. It is the only free, open-source journal in the world dedicated to the science of disease reversal through nutrition and lifestyle.

HELP Conference - The Health Equity and Lifestyle Project Conference is a new conference and initiative under development in partnership with Danette and Dr. Columbus Batiste through their Healthy Heart Nation organization. Around the country, there are far too many communities where the burden of lifestyle diseases disproportionately steals life from families and individuals and access to affordable, healthy food and lifestyle solutions are nonexistent. This event is designed to gather healthcare providers and community leaders in a setting that will spark fresh conversations, inspire a new vision of health, and cultivate a dynamic and diverse collaborative community who will discover and build critically important solutions. Please help us spread the word about our 2024 conference in Huntsville, Alabama.

In 2022, we also designed our transition from Plant-Based Docs to Plantrician Providers, expanding our subscription program with more tools and resources for a wider range of clinicians and coaches and an expanded reach to connect with new patients and clients. AND we launched our very first Regenerative Health Conference in partnership with Rodale Institute. This groundbreaking conference convened healthcare practitioners with farmers to build the connection between healthy people, healthy soil, and healthy planet.

During the past year in my conversations with clinicians, leaders, foundations, and influencers, I hear the same message: we must educate more healthcare providers because they have one of the most important and influential voices. Why?

- The leading cause of death and disability around the world is diet, and people are now living shorter lives and spending the last 20% of their lives in poor health.
- Marginalized communities are living in triple jeopardy of food deserts, lifestyle education droughts, and food swamps (excess processed and fast food).
- Researchers found that 62.8% of healthcare providers had at least one manifestation of burnout and that job dissatisfaction rose sharply in the last two years. Our healthcare system, healthcare providers, friends and families deserve to know the truth about food and understand that a healthy whole food plant-based plate is perhaps the greatest opportunity for a more vibrant future for all.

This is why we are accelerating our work around the world, reaching students and practitioners globally with the knowledge, support, mentoring, and community that are essential to reset the trajectory of their careers.

I want to recognize and thank our amazing, small but mighty administrative team who passionately serves and supports healthcare providers around the world: Co-founder and Chief of Operations Tom Dunnam, Director of Events and Customer Service Andrea Dunnam, a warm welcome to our new Director of Marketing Brooke McGowan and Director of Education Jill Edwards, and our invaluable partner in fundraising Beth Skidmore.

Your meaningful support fuels our work. Thank you for all the ways you've partnered with The Plantrician Project over the past ten years and for your shared vision that together we can make possible. With your investment, we're taking significant strides into a healthier, more equitable and vibrant future.

Partnered in hope,



Scott Stoll, MD

CHAIRMAN, CHIEF MEDICAL OFFICER, CO-FOUNDER

CLICK TO VIEW
"CELEBRATING THE
10TH ANNIVERSARY
OF THE PLANTRICIAN
PROJECT" BY DR.
SCOTT STOLL



OUR MISSION

To educate, equip and empower our physicians, healthcare practitioners and other health influencers with knowledge about the indisputable benefits of whole food, plant-based nutrition.

OUR PURPOSE



To transform human health, healthcare and the food ecosystem.


We have a disease-management system – one that depends on expensive drugs and surgeries that treat health conditions after they manifest rather than a health-management system built on prevention through diet and lifestyle.

- It's estimated that 80% of all healthcare dollars are spent on treatment of preventable conditions.
- Childhood obesity has tripled in 30 years: 1 out of 3 American children is overweight or obese.
- The War on Cancer began 40+ years ago, yet is trending to surpass heart disease as the #1 killer.
- 100 million Americans have diabetes or pre-diabetes, with increased risk of amputation, heart disease, blindness, and limb loss.
- Life expectancy for women in the United States dropped from 79.9 years in 2020 to 79.1 in 2021, while life expectancy for men dropped one full year, from 74.2 years in 2020 to 73.2 in 2021.

Physicians have been trained to diagnose and treat disease rather than lead with a true “health” care system built on the foundational pillar of prevention.

The Plantrician Project exists to fill this void and, as the gatekeepers of dietary recommendations, equip today's healthcare professionals around the world with the foundational knowledge needed to support their patients in using whole food plant-based nutrition to prevent and reverse disease.

As supporters and partners in our mission, you're creating a ripple effect of change around the world with every healthcare provider we serve.




Plantrician

[plan'triSH(ə)n/] noun

a physician or clinician, empowered by the scientific evidence of the benefits of whole food, plant-based nutrition who uses this knowledge as a cornerstone in practice to improve the health of patients or clients.

We are transforming health and healthcare

#plantrician



Plantrician
Providers®

A division of The Plantrician Project™

FINANCIAL OVERVIEW

The Plantrician Project has established a sustainable business model with a mix of relevant programs and services that generate service-based income and others that require charitable support. In 2022, revenue and expenses for our staple program, the Int'l Plant-Based Nutrition Healthcare Conference, were up from 2020/21 but still down from 2019, before the Covid-19 pandemic. Over the last few years, we have added and enhanced several impactful initiatives which have elevated our position and expanded our reach within our field. These initiatives include the Int'l Journal of Disease Reversal and Prevention, Plantrician University and Plantrician Providers. However, with greater reach comes a variety of higher expenses. While we have received generous charitable funding for many of our initiatives, ongoing philanthropic support is critical to positively emerge from the downturn caused by the COVID-19 pandemic. We are hopeful that, between an increase in charitable giving as well as increases in the popularity of our fee-based initiatives, The Plantrician Project is on a solid path to financial stability.

2022 FINANCIAL STATEMENT

REVENUE

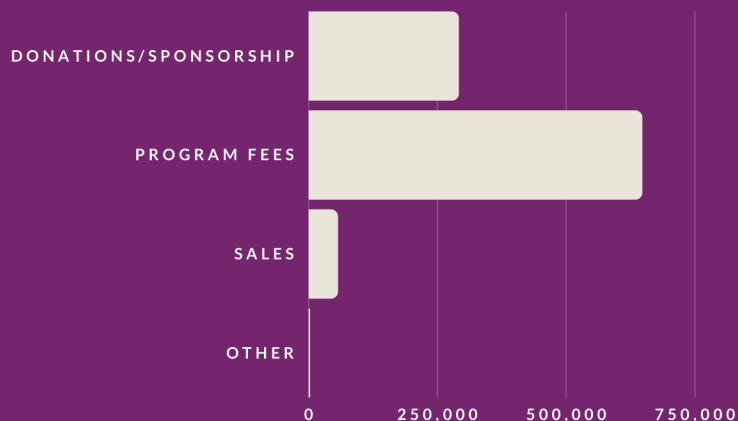
DONATIONS/GRANTS/SPONSORSHIP:	\$290,756
PROGRAM FEES:	\$646,930
SALES:	\$56,221
OTHER:	\$1,975
TOTAL:	\$995,882

EXPENSES

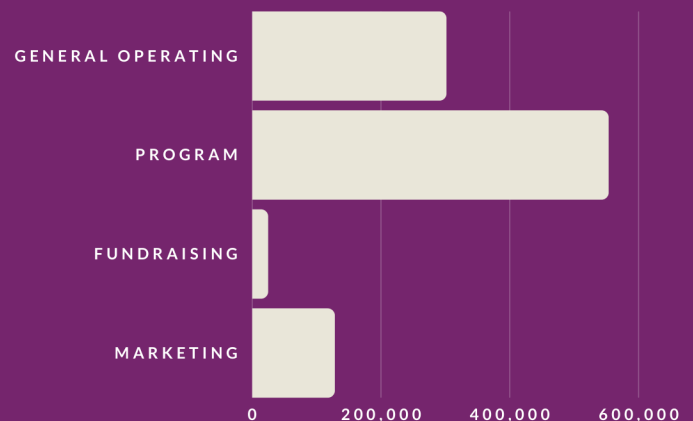
GENERAL OPERATING:	\$300,875
PROGRAM:	\$552,694
FUNDRAISING:	\$24,000
MARKETING:	\$127,531
TOTAL:	\$1,005,100



2022 INCOME



2022 EXPENSES



HOW WE EDUCATE, EQUIP & EMPOWER

Physicians and clinicians are often the gatekeepers of dietary recommendations. Our work educating, equipping and empowering them impacts millions globally. Following are our key programs, resources, and initiatives that are putting the science of nutrition to work, driving global change and the plant-based movement in healthcare.

WE EDUCATE



The premier, CE accredited medical education event demonstrating the efficacy of a whole food, plant-based dietary lifestyle to prevent and reverse disease. Held virtually in September 2021. Back in person (and virtual) in 2022!

PBNHC.com



A series of one-day educational seminars that offers physicians and other clinicians a more thorough exploration of emerging topics supporting the use of whole food plant-based nutrition as a medical intervention. PlantricianProject.org/events



A dynamic, online learning platform that equips and empowers healthcare professional students with the knowledge and tools they need to become advocates and educators for the evidence-based role of plant-based nutrition to prevent and dramatically reduce disease. PlantU is free to confirmed health profession students and faculty around the world.

PlantricianUniversity.org

CULINARYRX

A self-paced, 12-hour, plant-based nutrition basics and culinary instructor guided eLearning course offering a cooking path to better health.

Plantrician.rouxbe.com

WE EQUIP & EMPOWER



A global directory of plant-based clinicians and allied health professionals dedicated to a food as medicine first approach to healthcare. Resources, tools and discounts are available to Providers. Plantrician.org

Plant-Based Nutrition Quick Start Guides & RX Pads



Comprehensive, educational booklets that enable patients to learn and apply the basics of plant-based nutrition. Two editions in multiple languages.

PlantricianProject.org/quickstartguide



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

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



OUR IMPACT

In 2022, we reached 28,000 healthcare professionals through our programs, resources, and subscriptions.



At the core of this plant-based movement, the foundation and roots, are collaboration, collegiality, unity, and working together.
- Scott Stoll, MD

We grew our reach significantly in 2022, educating, equipping, and empowering more healthcare professionals than ever with the science of plant-based nutrition and the tools to put that knowledge into action! Your support made this meaningful work possible and accessible to healthcare providers around the globe.

IMPACT SNAPSHOT

2,900

Accessed our
education programs

2,300

Downloaded our
education
resources

21,000

Subscribed to the
IJDRP



International
Plant-Based Nutrition
Healthcare Conference



CELEBRATING A DECADE OF COMMUNITY



CELEBRATING A DECADE OF COMMUNITY



International Plant-Based Nutrition Healthcare Conference



Click above to watch our 10th anniversary highlight reel, showcasing a handful of our favorite moments from International Plant-Based Nutrition Healthcare Conferences over the past decade.



The Plantrician Project Luminary Award | 2022

Brenda Davis, RD

In recognition of your unwavering pursuit of truth, persuasive communication, pioneering dietary concepts and inspiring message of compassion in the advancement of whole-food, plant-based nutrition as the foundation for disease prevention, suspension and reversal.



2022 LUMINARY AWARD HONOREE: BRENDA DAVIS, RD

In recognition of her unwavering pursuit of truth, persuasive communication, pioneering dietary concepts and inspiring message of compassion in the advancement of whole-food, plant-based nutrition as the foundation for disease prevention, suspension and reversal, at our 2022 Int'l Plant-Based Nutrition Healthcare Conference, we proudly honored Brenda Davis, RD for her groundbreaking contributions to the field of plant-based nutrition.

Brenda Davis, registered dietitian, is a leader in her field and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. Brenda is the lead dietitian in a diabetes research project in Majuro, Marshall Islands. She is a featured speaker at nutrition, medical and health conferences throughout the world.

As a prolific nutrition and health writer, Brenda has authored/co-authored 12 books with nearly a million copies in print in 15 languages. Her most recent works include *Nourish: The Definitive Plant-based Nutrition Guide for Families* (Shah and Davis, 2020), *Kick Diabetes Essentials* (Davis, 2019), *The Kick Diabetes Cookbook* (Davis and Melina, 2018), *Becoming Vegan: Comprehensive Edition* (Davis and Melina, 2014) and *Becoming Vegan: Express Edition* (Davis and Melina, 2013). *Nourish* won gold in the 2020 Nautilus Book Awards and was also a Canada Book Award winner.

Becoming Vegan: Comprehensive Edition won a 2014 REAL Best of 2014 Book Award and *Becoming Vegan: Express Edition* won the Canada Book Award and was a finalist and received honorable mention in the Forward Book of the Year Award. *Becoming Vegan: Comprehensive* and *Express Editions* have also received a star rating by the American Library Association as the "go-to books" on plant-based nutrition.

Brenda is a past chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association. In 2007, she was inducted into the Vegetarian Hall of Fame. Located in Calgary, Alberta, Canada, Brenda is married to Paul Davis, has two grown children and two grandchildren.



PLANTRICIAN UNIVERSITY

Launched in September 2022!



We believe the next generation of clinicians has the potential to usher in a new era of healthcare founded on the principles of value-based care, plant-based nutrition, and lifestyle medicine.

We were thrilled to launch our legacy initiative, Plantrician University in October 2022 - a free, virtual evidence-based nutrition education platform for confirmed health profession students and faculty around the world. It equips and empowers future physicians, nurses, nurse practitioners, registered dietitians, public health officials, and other healthcare professions in training with the knowledge and tools they need to become advocates and educators for the evidence-based role of whole food, plant-based nutrition to optimize their patient's health and plant-forward lifestyles to benefit population and planetary health.

Plantrician University's impact in 2022 included:

- **Six courses added**
- **196 students and faculty joined the platform**
- **New Director of Education hired to oversee the platform**
- **Activity Feed and Groups created to enhance engagement**
- **Over 100 evidence-based lectures, resources, ebooks and downloadable tools added!**



PLANTRICIAN UNIVERSITY IS MADE POSSIBLE THROUGH GENEROUS FUNDING FROM THE ARDMORE INSTITUTE OF HEALTH, VEGINVEST, AND MANY INDIVIDUAL DONORS.

TEAM SPOTLIGHT: Jill Edwards, MS, DipACLM Director of Education



Jill is a health and wellness educator with over 25 years of experience in nonprofit leadership, eLearning, and corporate and clinical education. She started her career as a high school teacher and professional dancer which set her up for success in transitioning to corporate training and exercise science. Jill is a Clinical Exercise Physiologist through the American College of Sports Medicine. She worked in cardiopulmonary rehab for over 8 years educating patients on the power of lifestyle changes to manage and reverse their disease. In her role, she was instrumental in bringing The Ornish Reversal Program (ICR) to Sarasota Memorial Hospital.

Jill worked for the T. Colin Campbell Center for Nutrition Studies for 10 years, starting as a Plant-Based Nutrition Instructor and ending her tenure as the Executive Director of Education. She is most proud of her contributions in design & development to the organization's flagship online learning product - Plant Based Nutrition Certificate offered in partnership with Cornell University.

Jill joined The Plantrician Project in 2022 and shares our passion for lifestyle medicine to transform and regenerate human health and health care. It is her mission to educate and empower people with knowledge about the power of lifestyle changes to improve personal and global health.

Q & A

What inspired your interest in leading The Plantrician Project's education efforts?

What inspired me the most was The Plantrician Project's unwavering commitment to their vision, mission, and values. It is so important to me to work for an organization that shares my passion for lifestyle medicine to transform and regenerate human health and healthcare. My role at The Plantrician Project is incredibly rewarding and I am thrilled to help take their message to the next level.

What are you most excited about on the Plantrician University and Plantrician Provider platforms now?

Scalability. Scalability can help to ensure that more healthcare professionals are equipped with the knowledge and skills necessary to provide evidence-based recommendations for plant-based nutrition and lifestyle medicine to their patients. By training more healthcare professionals in this area, the impact of plant-based nutrition education can be amplified, leading to improved health outcomes for patients and communities.

What do you foresee as the next phases of growth for these platforms in the future?

For PlantU, we are committed to growing this platform to include opportunities for University partnerships, and a student mentorship program. Through a mentorship program students can gain insights into the industry, learn about job opportunities, and develop the skills and knowledge needed to succeed in the field.

For Plantrician Providers, the next phase of growth is going global by partnering with international organizations that are focused on plant-based nutrition and lifestyle medicine. By expanding the directory globally, it is possible to support individuals and healthcare providers around the world who are interested in plant-based nutrition and improve health outcomes on a global scale.

What seed originally sprouted your interest in plant-based nutrition and lifestyle medicine?

After improving my own health by adopting a plant-based diet, I was committed to educating my patients in cardiac rehab on the benefits of eating more plants. It was so rewarding to witness the power of whole food, plant-based nutrition and lifestyle medicine to significantly improve patient outcomes by addressing the root causes of cardiovascular disease.

REGENERATIVE HEALTH CONFERENCE

There is a fundamental, epidemic-level disconnect between farming and healthcare. The Regenerative Healthcare Conference seeks to remedy this gap. In 2022, The Plantrician Project expanded our partnership with Rodale Institute to launch the first Regenerative Health Conference! This first of its kind immersive conference brought together farmers and doctors, healthcare professionals, and agricultural scientists for a sold out conference of more than 80 attendees from around the world.

Hosted at Rodale Institute in Kutztown, PA, we invited doctors, nurses, medical students, nutritionists, health coaches, and anyone working in the healthcare field to their 386-acre experimental, regenerative farm for an immersive, hands-in-the-soil learning experience connecting the dots between agriculture and healthcare. The conference was designed to inspire, empower, and equip the wellness community with the necessary tools to integrate food as medicine into their own practices. Organic meals were provided by farm-to-table chefs and sessions throughout the week cultivated important intersectional conversations about human health and agriculture and how to integrate locally grown organic produce into healthcare. The conference is now available virtually and soon on Plantrician University.



HEALTH EQUITY PROJECTS

In 2022, The Plantrician Project expanded partnerships and programs that center around health equity. This includes our Global Health Disparities Town Hall in March 2022, lectures in PBNHC, and our first Health Equity and Lifestyle Project Conference under development in partnership with Dr. Columbus and Danette Batiste and their nonprofit Healthy Heart Nation.

The evidence is clear that health disparities due to race or ethnicity, sex, age, disability, geography, and socioeconomic status directly influence an individual's opportunity to actualize a healthy life. In many countries around the world, wide health disparities exist in both rural and urban populations, with evidence highlighting the undeniable fact that the lower a person's socio-economic status, the greater their risk of poor health. These disparities include:

- 87% of premature deaths due to non-communicable diseases occur in low to middle income countries
- Every day, 16,000 children die before their fifth birthday
- Life expectancy varies by 34 years between countries
- In low income, low access areas, 50% of the population has limited access to supermarkets and grocery stores
- Cardiovascular disease disproportionately affects non-Hispanic blacks and individuals of lower socio-economic status
- Diet related disparities mirror the increased proportion of cardiovascular disease in at-risk populations
- Inequalities exert significant social, relational, and economic costs to individuals, families, communities, healthcare systems and nations
- Food "swamps" present in low-income communities have a greater density of fast-food restaurants and convenience stores that serve as primary food resources
- Food budgets in low-income areas are insufficient to ensure a healthy diet

This results in a disproportionate burden of non-communicable diseases, the leading causes of death and disability globally, in underserved and marginalized populations globally. Despite robust research and multi-faceted interventions to address the social determinants of health, health disparities and barriers persist. HELP and our health equity focused programs exist to catalyze conversations and mobilize solutions.

LINK BELOW TO WATCH OUR TOWN HALL AND SAVE THE DATE TO JOIN US FOR THE HELP CONFERENCE IN 2024!



INT'L JOURNAL OF DISEASE REVERSAL AND PREVENTION



"We are at a critical time in healthcare, partially post-pandemic, and we need everyone to know the importance of improving our toxic and unsustainable healthcare burden and costs, much of which would be eliminated by adoption of proven methods of prevention, revolving around nutrition and lifestyle. We remain a resource for publication of all things prevention, as the only open-access journal with no fees paid by subscribers for access and no fees paid by authors for publication. We welcome your readership and submissions at www.ijdrp.org." - Dr. Kim Allan Williams, Sr., M.D., Editor in Chief, IJDRP

We're democratizing and amplifying nutrition science to transform global health.

Public health and medical practice are informed by research science. IJDRP is the first and only peer-reviewed medical publication focused on publishing the science for disease reversal and prevention - free to access, free to publish in and free of industry influence. The science for change.

The IJDRP exists to fuel a shift in the healthcare paradigm from the current reactive diagnose-and-treat model to a proactive healthcare system that leads with prevention. As the foundation for clinical practice, the IJDRP publishes research demonstrating that preventing and eliminating common chronic diseases - such as heart disease, diabetes, cancer, kidney disease, autoimmune disease, inflammatory bowel diseases, Alzheimer's, dementia, and more - is possible with a whole food plant-based diet and lifestyle modification.

Even while gaining more acceptance, plant-based nutrition and lifestyle change are commonly perceived as being outside cultural and health system norms. With this outdated thinking - combined with industry funding and pushback and the high cost of conducting independent research and accessing leading medical journals - even high quality science too often lacks publication, recognition, and access. This transformational and lifesaving science must be accessible to our global community, taken mainstream, and elevated to inspire future research. The Journal ensures plant-based nutrition science gets published and amplified.

With a growing community of over 21,000 national and international subscribers, the IJDRP publishes research on a rolling basis to ensure timely publication of this urgently needed science. All research articles are then incorporated into two issues each year. To ensure equitable access, there are no subscription fees for readers and no publishing fees for researchers. The Journal is completely free of external advertising and marketing in order to eliminate the potential for outside industry influence and maintain the highest scientific integrity. This requires the support of generous donors and partners to fund the Journal's annual budget.

"Over the past year, the IJDRP has continued to be a beacon of hope and a source of inspiration for people around the world who value rigorous scientific research in the areas of disease reversal and prevention. We have published unique and robust scientific articles all while maintaining a free-to-publish and open access journal format." -Kathleen A. Richardson, Managing Editor, IJDRP



is now...

Plantrician Providers®

A division of The Plantrician Project™

 <http://www.plantrician.org>

Plantrician Providers® is a searchable, global directory of clinicians and allied health professionals who understand that a pill for every ill is not the answer. Instead, they are embracing the **nutritional science** that overwhelmingly supports the efficacy of **whole food, plant-based nutrition** and its ability to prevent, suspend, and, often, even reverse the most devastating chronic, degenerative diseases.

PLANTRICIAN PROVIDERS INCLUDE:

Medical Doctor	Registered Nurse
Doctor of Osteopathy	Registered Dietitians
Naturopathic Doctor	Occupational Therapists
Dentist	Physical Therapists
Chiropractor	Licensed Therapists
Doctor of Health Science	Exercise Physiologists
Pharmacist	Health Coaches
Doctor of Psychiatry	Acupuncturists
Psychiatrist	Ayurvedic Practitioners
Eastern Medicine Doctor	Nurse Midwives
Physician Assistant	Nutritional Counselors
Nurse Practitioner	+ More

SEEDS OF CHANGE SOCIETY

Donors are the heartbeat of our impact-driven work. Your support is helping us to bring the latest science straight to healthcare professionals around the world. Donations of every level are meaningful to advancing our work. A heartfelt thank you to all of our donors!

Following are our 2021-2022 Seeds of Change Society members, donors of \$1,000 and more who are investing in our work and helping us to take significant strides to grow our reach and advance our mission and key initiatives.

Vanguards Circle **(\$50,000+)**

Ardmore Institute of Health
Miner Foundation
VegInvest

Trailblazers Circle **(\$10,000-\$49,999)**

Anonymous
Eydie and Ed Desser
Eat the Change Impact
Jana Kohl
Cheryl Mothes
The Vegan Fund
Vitamix Foundation

Visionaries Circle **(\$5,000-\$9,999)**

Anonymous (2)
Heinz Family Foundation
Jay and Melissa Furman
MegaLife Sciences
NutritionFacts.org
Marjorie Roswell

Innovators Circle **(\$1,000-\$4,999)**

Frances Ada
Rasika Amarasekera
Atlanta Jewish Foundation
K. Berman
Paula Branson
Cooper Family Fund
Daniel Dawley

The Emerald Fund
Frontland Properties LLC
Erin Hoffman
Healthier Hopkins
John and Susan Hull
Andrea Lawlor
Catherine and Philip Mast
Donald Miller, PhD
Reinaldo Negron
Rau Abhari Fund
Kathy Raeynaert
Richard Rosenfeld
Gianna Simone
Carissa Vukovich
Kent Wang
Denise Williams
Kim Allan Williams, Sr., MD, MACC
FAHA, MASNC, FESC
Mark and Janice Ziegler

Donor Spotlight: Rasika Amarasekera

"I have been attending the PBNHC since 2015. It was the pioneer of the 3-day conferences and workshops which are now common. Not only do they have incredible speakers who are at the forefront of their field but also speakers from different professions like farmers, food industry and chefs making it a very holistic conference. It also brings together international like-minded people from around the globe to a fabulous location and gives me an opportunity to see what other colleagues are doing, learn new tips and share tips. I found it an incredible source of teaching and resource material. It has helped my patients immensely and I leave wishing more people would know about this work. So, when I got to learn about The Plantrician Project, their mission and vision, and that they needed regular donors, I did not hesitate. I know their team works tirelessly and selflessly in educating healthcare professionals in plant-based nutrition and disease prevention. We need more healthcare professionals to know about this incredible work and spread the word. We need them to succeed, for change starts from the bottom up by planting a seed of change. Help them make that change."

VOLUNTEER SPOTLIGHT:

EYDIE DESSER

How did you come to join The Plantrician Project Board?

Co-Founder Susan Benigas called me! We met in 2000 while I was Sales Manager at KRLD CBS radio station in Dallas. I created an event for the station and Susan came down to attend. It was a huge success. We worked together on another event a couple of years later while I was attending The French Culinary Institute earning my Grand Diploma. Fast forward to 2013, Susan called and asked me to be on the board of TPP. She was explaining that it was all about plant based docs teaching health professionals the science and power behind WFPB to heal patients. I didn't understand, and had never heard of WFPB diet, and declined. She called again the next year. Susan "planted the seed." I took an on-line plant based cooking course via Rouxbe, and Dr. Michael Klaper was on a video explaining how WFPB SOS free could heal digestive issues, which I had. In 2015, I went to True North and fixed that! Then I went back to True North five months later to reverse my super high blood pressure 170/115 (on a pill) by water fasting for eight days. I was sold and went completely WFPB SOS free. Now my BP is 98/60! No pills, just plants! So I said YES to Susan in 2016.



What inspires your passion for our mission?

Firsthand, I realized the power of food as medicine by reversing my digestive issues and high blood pressure. Plus by hearing all of the testimonials of thousands of people reversing type 2 diabetes, heart disease, arthritis, gut issues - it's all so inspiring. My goal now is to help spread the word, and become part of the mission to help and inspire others to realize great health and happiness by eating garden food! I attend the PBNHC conferences, and study constantly. I created a social media brand called Garden of Eydie. I teach WFPB SOS free recipes and cooking tips, along with interviews with plant-based docs and provide science backed info. I earned a certification with T. Colin Campbell's Center for Nutritional Studies and took a year long course with Dr. Rick and Karen Dina's Mastering Raw Food Nutrition.

We know you're an avid gardener - what's your favorite food to grow?

I love to grow all different types of kale and lettuces, arugula (from french to wild to wasabi arugula), and edible flowers. I also love to grow produce not available in the stores like sorrel, French Nantes carrots, purple and striped pole beans, strawberry and chocolate mint, super spicy mustard greens. Basically I love to grow everything my garden can handle!

What does your plant-based menu look like on any given day?

I keep it simple.

- Breakfast varies, but I love to start out my day with 24 oz. of lemon water, then celery juice, then a smoothie filled with lots of fruit. Some days I just have 1½ lbs of all different types of fruit.
- Lunch, usually a huge salad with a mix of lettuces and tons of chopped and colorful raw veggies like red cabbage, carrots, celery, cucumbers, tomatoes, red, orange and yellow bell peppers, broccoli and cauliflower, quinoa, beans —I make it colorful to get the most nutrition in that I can. I like to chop it all up so I'll eat more!
- Dinner - more salad, steamed veggies and a potato. Sometimes I'll have a lentil or winter squash soup.
- For company I'll make a Garden of Eydie special meal: Gnocchi with a pesto and tomato sauce, or black bean brisket, sweet potato and cardamom and lime stew, beet noodles with a tomato sauce.

Why do you think it's critical for healthcare providers to be empowered with the plant-based message?

They'll save lives. We know that pills do not heal.

If you were to market plant-based eating on a billboard, what would it say?

HEALTH IS SERIOUS—LY FUN! Eat Garden Food.

2022 INT'L PLANT-BASE NUTRITION HEALTHCARE CONFERENCE KEYNOTE

HEALTHSPAN: ADDING LIFE TO LIFESPAN PART 2

The epidemic of non-communicable diseases (NCD's) is the number one cause of death globally. Yet, morbidity and lost quality of life are often a footnote. The rising rates of NCD's and lost quality of life are placing an ever-increasing burden on individuals, families and healthcare systems. Nutrition and lifestyle are the best solution to the morbidity and disability from NCD's and the optimal way to add years to life and life to those years. Dr. Scott Stoll's keynote presentation at 2022 PBNHC highlighted the evidence that nutrition and lifestyle dramatically improve both quantity and quality of life and thus healthspan.

In this special lecture, join Dr. Stoll as he examines the global burden of non-communicable disease related disability and its implications on individual quality of life and healthcare systems, distinguishes the key differences between lifespan and healthspan, and determines and utilizes the basic components of a lifestyle prescription and motivational factors to improve quality of life and healthspan.



**[CLICK HERE](#) TO VIEW DR. STOLL'S 2022 PBNHC
KEYNOTE ADDRESS ON HEALTHSPAN!**



**Learn from leading experts
how to transform your
practice from "disease" care
to "health" care!**

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