

LIFESTYLE AS MEDICINE RESOURCES

(for patients)

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MUST-WATCH DOCUMENTARIES:

(all these links provide free online access but some are available on Amazon Prime and Netflix)

- "FORKS OVER KNIVES" - <https://tubitv.com/movies/557399/forks-over-knives>
- "EATING YOU ALIVE" - <https://tubitv.com/movies/475193/eating-you-alive>
- "THE GAMECHANGERS" - <https://www.documentarymania.com/video/The%20Game%20Changers/>
- "WHAT THE HEALTH" - <https://www.youtube.com/watch?v=A-xrOHpDMj4>

NUTRITION WEBSITES FOR GENERAL INFORMATION:

- NUTRITION STUDIES - <https://nutritionstudies.org>
- PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE - <https://www.pcrm.org>
- FORKS OVER KNIVES – <https://www.forksoverknives.com>
- THE PLANTRICIAN PROJECT – <https://plantricianproject.org>
- NUTRITION FACTS - <https://nutritionfacts.org/>
- FOOD AS PREVENTION - <https://www.foodasprevention.com>
(created by Dr. Subhas Ganguli...a Hamilton based plant-based gastroenterologist!!)
- <https://www.brendadavisrd.com> (a leading Canadian plant-based RD)
- <https://www.youtube.com/channel/UCDHK7RywWc4z8J5K3MKkvRw> ("CHEF AJ's" website...everything you want to know about CALORIE DENSITY, very good youtube channel to assist with healthy weight loss)
- <https://sustainablediet.com> (click under "courses" and there are 2 free "kickstart" courses on transitioning to a whole food, plant-based diet)

- <https://www.chrisbeatcancer.com> - VERY helpful website for those fighting cancer
- <https://www.goodbyelupus.com/?s2-ssl=yes> (good for patients struggling with autoimmune diseases)

PHYSICAL ACTIVITY RESOURCES:

- CANADIAN PHYSICAL ACTIVITY GUIDELINES - <https://csepguidelines.ca>
- National Institutes of Health 2018 Physical Activity Guidelines (USA) - https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

WEBSITES: MINDFULNESS AND ADDICTION

1. <https://drjud.com> (Dr. Judson Brewer's website - full of resources and videos on treating anxiety and addiction with mindfulness)
2. <https://www.mindfulnessstudies.com>

FAVORITE RECIPE WEBSITES:

(whenever possible, choose recipes that are whole food, plant based and oil-free)

1. <https://thevegan8.com>
2. <https://plantifulkiki.com>
3. <https://www.pcrm.org/good-nutrition/plant-based-diets/recipes>
4. <https://ucdintegrativemedicine.com/recipes/>
5. <https://nutritionstudies.org/recipes>
6. <https://www.forksoverknives.com/recipes>
7. <https://ohsheglows.com>
8. <https://detoxinista.com> (not all plant-based, but many simple plant based recipes here!)
9. <https://simpleveganblog.com>
10. <https://www.noracooks.com>
11. <https://nutriciously.com>
12. <https://www.thefullhelping.com>
13. <https://thevegan8.com>
14. <https://www.thefullhelping.com>
15. <https://shaneandsimple.com>
16. <https://minimalistbaker.com/about/> (not all recipes are fully plant based, but I have gotten a lot of yummy plant based recipes from here!)
17. <https://cookingwithplants.com>

**** PRO-TIP**** - when looking for healthy plant-based recipes...consider what you're craving, and then simply do a google search by typing:

"Oil-free whole food plant based _____" (fill in the blank with what you are craving or wanting to cook)...then browse the recipes listed and find which one appeals to you (or has the most "likes/stars")...avoid searching "vegan ____" because many 'vegan' recipes can include processed items and might not work with your health goals!

GOOD LISTENING: (PODCASTS)

1. **The Proof Podcast** - with Simon Hill
2. **Nutrition Rounds with Danielle Belardo** (start from episode one, she's a plant based cardiologist, interviews all the "big name" physicians in the lifestyle medicine world)...
3. **Rich Roll Podcast** - good for **ALL pillars of lifestyle medicine**
4. **Chris Beat Cancer Podcast** (**GREAT for Cancer patients...but it's not just about cancer...all diseases are talked about**)
5. **Plant-Strong with Rip Esselstyn**
6. **Switch4Good**
7. **The Plant Trainers** (They are Canadian!!...out of Toronto, Ontario!!)
8. **The Exam Room** (by PCRM)

Bonus Podcasts:

Podcasts featuring Niagara region lifestyle medicine physician
Dr. Amanda Marrone, MD, FCFP, Dip ABLM

Podcast 1 -

Part 1:

<https://podcasts.apple.com/ca/podcast/lifestyle-medicine-w-dr-amanda-marrone/id1506107419?i=1000471271145>

Part 2:

<https://podcasts.apple.com/ca/podcast/lifestyle-medicine-w-dr-amanda-marrone-part-2/id1506107419?i=1000478091666>

Podcast 2 -

<https://podcasts.apple.com/ca/podcast/you-are-not-too-busy-to-eat-whole-foods-with-dr-amanda-marrone/id1563248461?i=1000527776791>

Video Podcast with Dr. Daniela Steyn, MD-

▶ Lifestyle Medicine with Dr. Amanda Marrone

GOOD READS: (by condition/topic)

General Nutrition and Lifestyle Medicine Books:

1. **Proteinaholic** – Dr. Garth Davis (This book is an eye opener)
2. **The Proof is in the Plants** - by Simon Hill (really well written, goes over the science and practical ways to apply it)
3. **Undo It** – Dr. Dean Ornish - covers all 6 pillars of lifestyle medicine
4. **How to Eat** – Dr. David Katz and Mark Bittman (probably one of my favorite reads on this list!)
5. **The China Study** – T. Colin Campbell (the book that started it all for me...)
6. **How Not to Die** – Dr. Michael Greger (it's a GIANT book, but SO GOOD!!)
7. **The Complete Idiot's Guide to Plant Based Nutrition** – Julieanna Heaver
8. **The Truth About Food:** Dr. David Katz (he is very good at explaining how to interpret the "epidemiology")
9. **Nourish: The Definitive Plant-Based Nutrition Guide for Families** - Reshma Shah, MD and Brenda Davis, RD (a well-know CANADIAN plant-based dietician in BC!)
10. **What's Missing from Medicine** - Saray Stancic, MD

Cancer:

1. **Stop Feeding your Cancer** - by John Kelly, MD
2. **Chris Beat Cancer** - by Chris Wark
3. **Radical Remission** – Kelly A. Turner (Amazing for anyone struggling with Cancer)

Autoimmune Diseases:

1. **Goodbye Lupus** - Brooke Goldner, MD
2. **Goodbye Autoimmune Disease** - Brooke Goldner, MD

Heart Disease:

1. **Prevent and Reverse Heart Disease - Caldwell Esselstyn,MD**

Diabetes:

1. **Program for Reversing Diabetes - Neal Barnard, MD**
2. **Mastering Diabetes: Cyrus Khambatta, PhD and Robby Barbaro, MPH**

Weight Loss (Healthfully):

1. **The Starch Solution - John McDougall, MD**
2. **Secret to Ultimate Weight Loss - Chef AJ**
3. **How Not to Diet - Dr. Michael Greger, MD**

Hormonal Issues:

1. **Your Body In Balance: Neal Barnard, MD**
2. **Living PCOS Free: Nitu Bajekal, MD**

Mental Health/Mindfulness/Mind-body connection

1. **Unwinding Anxiety - Dr. Jud Brewer - AMAZING BOOK FOR ANXIETY**
2. **The Mindful Way Workbook - John Teasdale, Mark Williams, Zindel Segal**
3. **Full Catastrophe Living - Jon Kabat-Zinn (Mindfulness-Based Stress reduction course)**
4. **Mind Over Medicine - Dr. Lissa Rankin**

Insomnia:

1. **Why We Sleep** - Matthew - Matthew Walker, PhD
2. **The Insomnia Workbook** - Stephanie Silberman (CBT for Insomnia)

Gut Issues:

1. **Fiber Fuelled, and The Fiber Fuelled Cookbook** – Dr. William
Bulsiewicz (Big eye opener on the power of our gut microbiome in chronic
disease healing...the cookbook has a detailed guide to resetting your
microbiome)
2. **Gut Bliss** - Dr. Robynne Chutkan
3. **The Microbiome Solution** - Dr. Robynne Chutkan

Chronic Pain

1. **Foods that Fight Pain** - Dr. Neal Barnard