

Prescribing Nutrition Resources



Helpful Resources

[Nutrition and common diseases](#)

[Definition of whole food plant-based nutrition](#)

[Patient handouts](#)

[Clinicians toolkit](#)

[DFN 'Going plant-based' patient handout](#)

[Websites listed here](#)

[Doctors For Nutrition membership](#)

Contributor Websites

[Dr Heleen Haitjema](#)

[Dr Luke Wilson - Two Zesty Bananas](#)

[Dr Shireen Kassam - Plant Based Health Professionals](#)

[Emma Strutt, APD - Greenstuff Nutrition](#)

[Deeni Betar-Young, APD](#)

[Dr Malcolm Mackay](#)

[Dr Stephanie Dakin](#)

[Dr Martyn Williamson - Lifestrong Health](#)

Further study opportunities

[Online courses listed here](#)

[DFN's International Lifestyle Medicine Certification Program \(dipIBLM\)](#)

[The American College of Lifestyle Medicine](#)

[Plantrician University](#)

Other WFPB Doctors

[Esselstyn Family Foundation](#)

[Dr Dean and Dr Ayesha Sherzai](#)

[Dr Michael Klaper](#)

[Dr Michael Greger](#)

[Dr Alan Desmond](#)

[Dr Gemma Newman](#)

Recommended documentaries

[Documentaries listed here](#)

Recommended Listening

[Podcasts listed here](#)

Recommended Reading - WFPB

[Books and journals listed here](#)

Recommended Reading - Patient Relationships

[Crucial Conversations, Joseph Grenny, Kerry Patterson, et al.](#)

[Magic in Practice, Garner Thomson and Dr Khalid Khan](#)

[Communication Skills That Heal, Barry Bub](#)

[What Patients Say, What Doctors Hear, Dr Danielle Ofri](#)

Plant-based programs

[The Happy Heart Course](#)

[DFN Health Challenge](#)

Recipe & Meal Plan Websites

[As per the bottom of this Websites page](#)

Success Stories

[DFN Patient Stories](#)

[Dr McDougall](#)

[Mastering Diabetes](#)

Miscellaneous

[Plant What When \(growing your own vegetables\)](#)

[International Journal of Disease Reversal and Prevention](#)

WFPB Meet up groups

[Aust WFPB meet up groups](#)

[Global WFPB meet up groups](#)

doctorsfornutrition.org

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