

REBELLIOUS AGING

Plant-Based Starter

Suz's recommended reading, watching, and free guides — to help you begin a whole-food, plant-based life.

You have brains in your head and feet in your shoes — you can steer yourself toward staying well long before you ever sit in a waiting room. Starting doesn't require a complete overhaul. Add before you subtract: keep adding fruits, veggies, beans, whole grains, nuts, and seeds to your plate, and you'll naturally crowd out the rest. Switch the word 'eat' for the word 'nourish,' and be intentional. Remember — the results are dose-responsive, and progress tastes much better than perfection.

■ Two free guides to download

The Esselstyn Family Foundation — Plant-Based Jumpstart Guide

A free, practical jump-start booklet.

→ esselstynfamilyfoundation.org

T. Colin Campbell Center for Nutrition Studies — Living a Whole Food, Plant-Based Life

A free guide covering the same essentials in a different voice.

→ nutritionstudies.org/whole-food-plant-based-diet-guide

■ Books Suz recommends

For Fork's Sake: A Quick Guide to Healing Yourself and the Planet Through a Plant-Based Diet

Rachael J. Brown (2022)

An easy, encouraging starter book by a dear friend of Suz's, about moving a whole family to WFPB.

→ forkssakebook.com

The China Study

T. Colin Campbell, PhD & Thomas M. Campbell II, MD (2005)

→ nutritionstudies.org/the-china-study

Whole: Rethinking the Science of Nutrition

T. Colin Campbell, PhD (2013)

→ simonandschuster.com/books/Whole/T-Colin-Campbell/9781939529848

Prevent and Reverse Heart Disease

Caldwell B. Esselstyn Jr., MD (2007)

→ dresselstyn.com/site/books

How Not to Die

Michael Greger, MD (2015)

→ nutritionfacts.org/book/how-not-to-die

■ Documentaries to watch

Forks Over Knives (2011)

Features Dr. Esselstyn and Dr. Campbell.

→ forksoverknives.com

The Game Changers (2019)

→ gamechangersmovie.com

What the Health (2017)

→ whatthehealthfilm.com


*Oh, the Things That Can Happen
When Plants Fill Your Plate*

Oh, the things that can happen — yes, truly it's true —
when plants fill your plate and you start feeding you.

Not perfect, not rigid, no rule book, no fight,
just small, kind choices, bite after bite.

Your energy rises — no crash, no regret.
Your heart might whisper, 'Thank you. How nice.'
Your weight may stop the debate; your thinking gets clearer;
your joints feel kinder, your mornings feel light.

Food becomes fuel, and joy, and a friend —
something working with you, not against you.
And then here's the sneaky part: confidence grows.
You realize one day, 'Hey — I chose this.'

You're never too late.
Your next chapter might start on your very next plate.

— Suz, with permission and forgiveness asked of Dr. Seuss

■ Words to carry with you

"Eat food. Not too much. Mostly plants."

Michael Pollan, *In Defense of Food*

"When you make only moderate changes, you get the worst of both worlds — deprivation without enough benefit to feel much better. But bigger, comprehensive changes can make you feel so much better, so quickly, that the choice becomes clear."

Paraphrased from Dr. Dean Ornish, founder of the Preventive Medicine Research Institute

"You're off to great places. Today is your day. Your mountain is waiting, so get on your way."

Dr. Seuss, *Oh, the Places You'll Go!*

Be the CEO of your own health. Be too much. Be extra.

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