

# Oh The Things That Can Happen When Plants Fill Your Plate

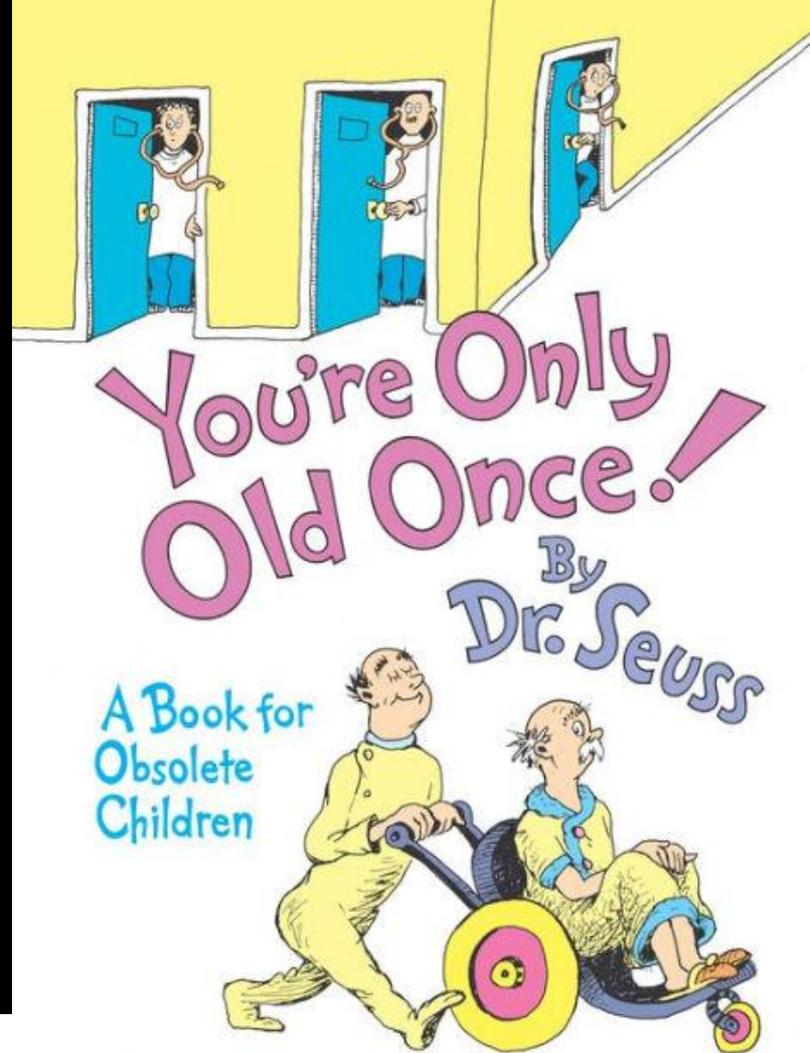
by Suzanne

*"You can find magic wherever you look.*

*Sit back and relax,*

*All you need is a book."*

— Dr. Seuss



**"LET FOOD BE THY MEDICINE"**

Hippocrates 5th to 4th century BC

**"A good diet is the most powerful weapon  
we have against disease and sickness."**

Dr. T. Colin Campbell

*author of the China Study*

**"Some people think the WFPB Lifestyle is extreme. Half a million people a year will have their chests opened up and a vein taken from their leg and sewn onto their coronary artery. Some people would call that extreme."**

Dr. Caldwell Esselstyn



**"Heart disease need not exist. It is a food  
borne illness."**

Dr. Caldwell Esselstyn

*author of "Prevent and Reverse Heart Disease"*

**"You are off to great places!  
Today is your day!  
Your mountain is waiting,  
So.....get on your way!"**

Dr. Seuss



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"When you think things are bad,  
when you feel sour and blue,  
when you start to get mad,  
You should do what I DO!

**JUST TELL YOURSELF, DUCKIE,  
You're really quite lucky!"**

Dr. Seuss

**“Eat Food  
Not Too Much  
Mostly Plants”**

Michael Pollan