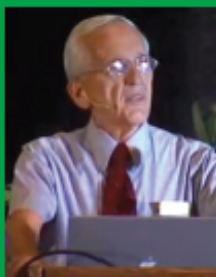


Some of the Pioneers You will See & Hear on The Food Connection Website



For more than forty years, Dr T. Colin Campbell has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted.

Dr John A. McDougall is an American physician and author whose philosophy is that degenerative disease can be prevented and treated with a low-fat, whole food, plant-based/the Green diet - especially one based on starches such as potatoes, rice, and corn - which excludes all animal foods and added vegetable oils.



Dr. Caldwell Esselstyn and his wife, have followed a plant-based diet for more than 26 years. Dr. Esselstyn presently directs the cardiovascular prevention & reversal program at The Cleveland Clinic Wellness Institute.

Neal D. Barnard, author, clinical researcher, and founding president of the Physicians Committee for Responsible Medicine, an international network of doctors, scientists, and laypeople who promote preventive medicine, conduct clinical research, and promote higher standards in research. An advocate of a low-fat, whole foods, plant-based diet



Plant-Based Nutrition
Certificate Program
GRADUATE
nutritionstudies.org

The Food Connection is all about those old sayings "We are what we eat" or "Let Food be Your Medicine"

These sayings have stood the test of time for one main reason and that is simply because they make sense.

If food forms the building blocks of every cell in our body how else could we not be what we eat?

The only question left is "Could food be your medicine?" This is the question that The Food Connection hopes to provide you with an answer that convinces you. This will not be based on the ideas of any particular group of dietary "experts", "new age food gurus" or the many commercial marketing experts trying to promote their particular industry or product.

The answer is based on over fifty years of detailed scientific research and clinical observation of over 800 million people in what has been recognized as the largest epidemiological study ever undertaken in the world.



The Food Connection

*"Better Eating
means
Better Health"*

Our food connects everything in our lives:
Our health, emotions and our whole being
Do *you* eat to live well?

Michael Lingard BSc. DO BBEC Cert.PBN
St. Bridgets Rye Road Hawkhurst Kent TN18 5DA

www.TheFoodConnection.org.uk

THE DIETARY MYTHS

THE DIETARY FACTS

BETTER EATING

M1. We all need medication to control our blood cholesterol to protect us from heart disease and atherosclerosis.

M2. We all need meat, fish, dairy or other animal products to provide an adequate quantity of good protein in our diet.

M3. Red meat is the best source of iron and quality protein for our body.

M4. All young children require a regular intake of milk or other dairy produce to provide adequate calcium for growing bones.

M5. Anti-oxidants, a major protection against the ravages of free radicals, are in any normal diet.

M6. We don't need plants to have an adequate intake of dietary fibre, so essential for our healthy gut.

M7. Modern man can't live on plants alone!

All the above ideas and many more similar ones have been taught us over the past hundred years or so. In addition we have all been sold a vast variety of nutritional supplements to boost our energy, improve our health or to protect us from every disease known to man. The daily barrage of media articles and medical claims for this or that ideal diet, to lose weight, improve our skin, or raise our vitality has added to this confusion.

F1. A whole plant diet has RDA of nil cholesterol in it, but an animal based diet adds over 250mg of cholesterol for every 1000 calories consumed.

F2. A whole mixed plant diet provides the same quantity of protein as an equivalent animal based diet of 1000 calories, both provide about 35 gm.

F3. A whole mixed plant diet will provide 1000% more iron than the equivalent calorie intake of meat (20mg). Animal based protein is more easily used by our bodies for growth but this can be a health hazard where cancer is concerned.

F4. Milk is the perfect food for young calves for their first few months just as human milk is the perfect nutrient for young babies. The calcium needs of growing children can be fully met with a whole plant diet, there being twice the calcium in a plant diet compared with a meat based diet. There are many serious health risks associated with cows milk for all of us but especially for children. Visit our website for this information.

F5. There are no anti-oxidants in a meat based diet, only plants can provide us with these vital nutrients for health and protection from free radical damage to DNA and our body's cells.

F6. There is no fibre in meat, only in a plant diet.

F7. Millions do every day throughout the world!

What do you want to achieve?

Few people will want to make a total change to their eating habits of a lifetime; that's not usually necessary to improve their general health.

The advice, for most, is make this change in small stages; reduce your animal based food intake and increase your vegetable, salad, fruit, whole grain, pulses, and legume consumption. For those with serious health problems, it will make more sense to get the greatest benefit as quickly as possible, it may take a month or so to acustom yourself to this new diet without the usual meat, fish, dairy products and refined oils.

Weight loss or Better Health?

Start by cutting back on all animal based foods and oils and fats whilst increasing plant based foods.

Better protection against chronic diseases?

Visit the Food Connection website & watch the video presentations by the leading doctors. Make the changes in your diet as quickly as you feel you can, but at a pace that allows you to discover a new enjoyment in your food. Use all the recipes and resources available on the list of Health Sites given on The Food Connection site. Check your progress with the "4Leaf Survey" also on The Food Connection website.

Need some support to make these changes? Contact Michael Lingard for a consultation.

Contact Michael Lingard
Tel: 01580 752 852



Contact Michael Lingard
Email: lingard@thefoodconnection.org.uk