**Plant-Based Nutrition Generally**


**Cardiovascular (Heart) Disease / Heart Failure / Stroke**


Lara, K., Levitan, E., Gutierrez, O., et al. (2017). Olive, soybean and palm oils intake have a similar acute detrimental effect over the endothelial function in healthy young subjects. Nutrition, Metabolism and Cardiovascular Diseases, 17(1), 50-57. doi:10.1016/j.numecd.2005.08.008

Rheumatoid Arthritis

Rheumatoid Arthritis (continued)


Diabetes / Kidney Disease / Insulin Sensitivity

Satija, A., Bhupathiraju, S. N., Rimm, E. B., et al. (2016). Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes in US Men and Women: Results from Three Prospective Cohort Studies. PLOS Medicine, 13(6), e1002039. doi:10.1371/journal.pmed.1002039


Barnard, N. D., Cohen, J., Jenkins, D. J., et al. (2006). A Low-Fat Vegan Diet Improves Glycemic Control and Cardiovascular Risk Factors in a Randomized Clinical Trial in Individuals With Type 2 Diabetes. Diabetes Care, 29(8), 1777-1783. doi:10.2337/dc06-0606


Inflammatory Bowel Disease / Ulcerative Colitis / Crohn’s


Cancer


Osteoarthritis (Arthritis)


Multiple Sclerosis

Dementia / Alzheimer's

Depression / Mental Health

COVID-19

Other Conditions (Migraine, Acne, Cataract, Macular Degeneration, Hot Flashes, Asthma, Ulcer, GERD/Reflux Disease)

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