SCIENTIFIC RESEARCH PAPERS
ON THE
PREVENTION, TREATMENT, AND REVERSAL OF
CHRONIC HEALTH CONDITIONS
WITH WHOLE FOOD PLANT-BASED NUTRITION

Plant-Based Nutrition Generally


Cardiovascular (Heart) Disease / Heart Failure


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**Diabetes / Kidney Disease**

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


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**Hypertension (High Blood Pressure)**


**Hyperlipidemia (High Cholesterol)**


**Body Mass Index / Obesity**


**Osteoarthritis (Arthritis)**


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Cancer


Inflammatory Bowel Disease / Ulcerative Colitis / Crohn's


Multiple Sclerosis


Rheumatoid Arthritis


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**Dementia / Alzheimer's**


**Depression / Mental Health**


**Other Conditions (Migraine, Acne, Cataract, Macular Degeneration, Ulcer, GERD/Reflux Disease)**


