



Resources for Faith-Based Communities on Disease Prevention & Reversal

Plant Powered Metro New York promotes vibrant health in and around New York City through whole food, plant-based (WFPB) nutrition. This evidence-based dietary pattern enables the prevention, and in some cases the reversal, of many of common chronic diseases, including heart disease, diabetes, hypertension, stroke, Alzheimer's disease, a variety of cancers, overweight/obesity, and autoimmune conditions.

A growing body of scientific evidence is revealing that optimal human health can be achieved by eating predominantly **whole plant foods**, minimizing animal products and refined or highly-processed foods including added oils and sugars, all of which are staples in the standard American diet. A WFPB dietary pattern works through many mechanisms to reduce chronic inflammation, oxidative stress, and imbalances in the gut microbiome while bolstering the immune system and even modulating gene expression. This movement is championed by the [American College of Lifestyle Medicine](#).

Faith-based communities have the unique position to make an impact on communal health and well-being:

- Most major religions emphasize the sanctity of human life, and the responsibility to care for our bodies.
- The experience of healing from chronic illness is a spiritual exercise that has the potential to give community members a greater appreciation of divine wisdom and inspired creation.
- Clergy members have deep pastoral relationships, as well as “the power of the pulpit,” to motivate community members both to initiate and maintain new behaviors.
- Faith-based communities have built-in support networks and often ample space for convening.

Plant Powered Metro New York offers access to the following resources that promote nutritional excellence for communal well-being:

- **Expert speakers** who can explain the science of whole food, plant-based nutrition, share case studies, and provide accessible “how to” instruction on dietary change, meal planning, and more
- **Community “jumpstart” programs**, in which congregants together adopt a WFPB diet for 14-21 days; receive support, meal preparation ideas, and sometimes even meals; and track biometric changes that occur. (Examples of these jumpstarts are featured in the 2015 documentary [Plant Pure Nation](#).)
- **Technical support for developing your house of worship into a hub for vibrant health**, through Plant Powered Metro New York's diverse network of individuals and organizations, collectively seeking liberation from chronic disease

Your community can become a leader in the international plant-based wellness movement!

“The foods you consume can heal you faster and more profoundly than the most expensive prescription drugs, and more dramatically than the most extreme surgical interventions, with only positive side effects.”

- T. Colin Campbell, PhD, Cornell University professor emeritus

Learn more at www.plantpoweredmetrony.org
or contact Lianna Levine Reisner at lianna@ppmny.org to explore a partnership.