



Want to see the data behind the results of a whole food plant-based diet that I share on YourVeggieCoach.com? I've gathered links to related studies here.

If you still have questions after reading through them, or you are ready to get started, schedule a free consultation with me now to see if you are a candidate for my 30 Days to a Healthier Heart program. You may soon enjoy awesome benefits like these as well!

Click [HERE](#) to Schedule Your Call Now

Only one diet has been proven to prevent and reverse heart disease

<https://jamanetwork.com/journals/jama/fullarticle/188274>

A plant-based diet can lower your cholesterol

<https://medicalxpress.com/news/2017-08-meta-analysis-plant-based-vegetarian-diet-cholesterol.html>

A plant-based diet can lower your blood pressure

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466938/>

A plant-based diet can lower your blood sugar

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466941/>

A plant-based diet can reduce inflammation in your body

<https://www.ncbi.nlm.nih.gov/pubmed/25637150>

A plant-based diet can slim your waistline and lose excess weight

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466943/>

A plant-based diet can reduce coronary events

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4315380/>

Plant-based diets reduce all-cause mortality

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4191896/>

A plant-based diet can improve Type-2 diabetes

<https://www.omicsonline.org/open-access/diabetes-reversal-by-plantbased-diet-2167-0943-1000232-94442.html>

A plant-based diet can help Osteoarthritis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4359818/>

A plant-based diet can help reduce severity of psoriasis

<https://www.ncbi.nlm.nih.gov/pubmed/23998353/>

A plant-based diet can reduce acne

<https://www.aad.org/media/news-releases/growing-evidence-suggests-possible-link-between-diet-and-acne>

A plant-based diet can have other reported side effects, such as improved digestion, energy levels and sleep (This is anecdotal as no studies are available.)

<http://www.onegreenplanet.org/natural-health/health-benefits-within-one-week-of-eating-a-plant-based-diet/>

A plant-based diet can improve sexual function in men

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4291878/>

A plant-based diet can cost less than a standard American diet

https://www.eurekalert.org/pub_releases/2018-05/eaft-avd052118.php

You won't find a better or more powerful diet for preventing heart disease than a whole foods plant-based diet. I'll help you get started by giving you all the support, guidance, recipes, shopping lists, and food prep short cuts as well as tips for travel and dining in restaurants, so that you can begin to enjoy a healthier heart in just 30 days.

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