

# Foodie and Friends

## Cooking Classes

### Brief Support Data

#### Overwhelming Evidence

The evidence that this low fat, Whole Food Plant Based nutrition and minor lifestyle changes work is overwhelming. On the **FoodieandFriends.com** website, there are links to dozens of nutrition and medical experts, with links to thousands of Lectures and Interviews, and published peer reviewed medical research papers. You can access these data from the [“Experts Speak”](#) link.

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[REVERSING WESTERN DISEASES - PART 1 - HANS DIEHL](#)

[REVERSING WESTERN DISEASES - PART 2 - HANS DIEHL](#)

[Healthy Diet and Lifestyle Recommendations](#)

[Evidence That Diet and Lifestyle Change Works](#)

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- [The Ornish Program](#)
- [GWS 2017: The Transformative Power of Lifestyle Medicine | Dr. Dean Ornish](#)
- [McDougall Healthy Employee Immersion Program](#)
- [Reversing Heart Disease With A Whole Food Plant Based Diet with Michael Greger](#)
- [Lectures and Interviews by Prominent Nutrition and Health Experts](#)