

Notes From Eating the Rainbow

June 15, 2021- 7:00

Books:

Eat for Life by Dr. Joel Fuhrman

The Cheese Trap by Dr. Neal Barnard

Websites:

pbnm.org

pcrm.org

heartstrong.com

nutritionfacts.org

YouTube interviews to search for:

Dr. Kim A Williams

Dr. Terry Mason

Dr. Steven Lome