



HEALTHY EYES ON PICKENS
DR. PETER V. CANDELA, LT. Col, BSC, SCANG
Diplomate American Board of Optometry

1. Dr. John McDougall www.drmedougall.com

<https://www.drmedougall.com/health/education/cpb/>

2. Jeff Novick, MS, RD, LD, LN www.jeffnovick.com

Check out his Facebook page for free nutrition information and recipes

3. Dr. Neil Bernard www.pcrm.org

Physicians Committee for Responsible Medicine

4. T. Colin Campbell www.nutritionstudies.org

“The China Study” (Book)

“Whole “(Book)

5. Dr. Caldwell Esselstyn, MD, General Surgeon “Prevent and Reverse Heart Disease” (Book)

www.heartattackproof.com

6. Dr. Baxter Montgomery/Cardiologist www.drbaftermontgomery.com

“The Food Prescription for Better Health” (Book)

7. Ruth Heidrich, PhD www.ruthheidrich.com

“A Race for Life” (Book) Stage 4 Breast Cancer Survivor 30+ years

8. www.nutritionfacts.org - Dr. Michael Greger Book- “How not to Die

9. www.cochranelibrary.com

10. www.plantpurenation.com

11. www.forksoverknives.com

12. Dr. Robert Ostfeld/Cardiologist <http://www.montefiore.org/cardiacwellnessprogram>

13. Dr. Dean Ornish/Cardiologist

<https://www.ornish.com/>

14. Book- “The Blue Zones” by Dan Buettner

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