

# LOCAL RESOURCES



*Use these resources to help you make a lifestyle change toward better health.*

## MEDICAL CARE:

Join family practitioner and aerobics instructor, Dr. Rosa Kincaid, as she coaches you on diet and lifestyle changes for optimal nutrigenomics in her Destination Natural Anti-Aging program.

[www.dnaforum.com](http://www.dnaforum.com)



Find local healthcare practitioners who educate their patients on the power of nutrition in preventing and reversing chronic disease.

[www.plantbaseddoctors.org](http://www.plantbaseddoctors.org)



Equip your local healthcare practitioners to help their patients with nutrition by suggesting they take these free, continuing education courses online. [www.nutritioncme.org](http://www.nutritioncme.org)



## COOKING:

Learn how to add a plant on every plate with enthusiasm from STL Veg Girl—Caryn Dugan—in her classes, cooking demos, or TV appearances. [www.stlveggirl.com](http://www.stlveggirl.com)



Find Food for Life cooking and nutrition classes across St. Louis at

[www.pcrm.org/ffl](http://www.pcrm.org/ffl)



FOOD FOR LIFE  
The Power of Food for Health

## GOOD EATS:

Fred and Ricky's makes it easy and convenient to eat plant-based by offering grab n' go foods. Get fresh, scratch-made food delivered to your home, eat at the restaurant, or find their products at local retailers. [www.fredricky.com](http://www.fredricky.com)



Get personalized meal plans and shopping lists from role-model food leaders. [www.lighter.world](http://www.lighter.world)

LIGHTER

## LITERATURE:

The Physicians Committee has a wealth of educational materials, visit [www.pcrm.org/shop](http://www.pcrm.org/shop) and [www.pcrm.org/factsheets](http://www.pcrm.org/factsheets)

