

DR. KACHMANN'S FAVORITE RESOURCES FOR HEALTH AND WELLNESS

VIDEO DOCUMENTARIES

[GAMECHANGERS](#) on NETFLIX

[WHAT THE HEALTH](#) on NETFLIX (everyone should watch this!)

[EATING YOU ALIVE](#) download onto your device/purchase DVD @ www.diginextfilms.com (for everyone to watch—GREAT show!)

[FORKS OVER KNIVES](#) on NETFLIX (for everyone)

[THE C-WORD](#) on NETFLIX (if you or your loved ones have or have had cancer)

[FAT, SICK, AND NEARLY DEAD](#) on NETFLIX (if you feel you or your loved ones are very overweight)

[SUSTAINABLE](#) on NETFLIX (particularly if you home garden or farm)

[PLANT PURE NATION](#) (free on YouTube/website)

HEALTHY WEBSITES

ForksOverKnives.com (great resource for learning, food prep, recipes, grocery lists)

EatingYouAlive.com (click menu lines upper right corner then click resources or recipes)

NutritionFacts.org (excellent learning site with videos, articles, recipes, books, and an app named Daily Dozen for your phone)

ColleenKachmann.com (blogs, learning, recipes, videos and Colleen is available for private one on one sessions to help you get going with a healthy diet and preparation and understanding for a Whole Food Plant Based way of life to improve your health)

NutritionStudies.org (great resource for learning and has a Facebook page)

CleanFoodDirtyGirl.com (great service with grocery lists, recipes, food prep instructions and delicious food)

PlantBasedOnABudget.com

PlantPureNation.com

FoodRevolutionSummit.org and FoodRevolution.org

****Get at least 30 mins of exercise 5-6 days per week, and walking counts**

****don't smoke or drink in excess**

****strive for 6-8 hours of quality sleep daily**

“People are fed by the food industry which pays no attention to health and treated by the health industry which pays no attention to food.” . . . WENDELL BERRY

“To change ourselves effectively we first have to change our perceptions.” . . . STEPHEN COVEY

“Let food be thy medicine and medicine be thy food.” . . . HIPPOCRATES