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A READING LIST FOR DEEPER UNDERSTANDING

By J. Morris Hicks

Kerry and I have tried to put everything into this book that you will need to get you and our planet on the pathway to vibrant health. For the past 100 years, that pathway has been somewhat of a *road less traveled*. Hopefully that will change, but for now, you're definitely in the minority. As such, you may want to arm yourself with additional facts in order to be able to more confidently present your new knowledge in the most effective way possible.

While there is enough information in this book to get you going, there is not nearly enough for you to fully understand, believe and be able to debate some of the more controversial topics involved with a movement away from an animal-based diet for humans. By reading some or all of the following books, you'll be much better prepared.

In the list of ten recommended books below, I will save *Healthy Eating, Healthy World* for last because, to a large extent, it is a "big picture" summary of the other books. I lead off with books by the three experts who influenced

President Bill Clinton to adopt a whole food, plant-based diet to reverse his heart disease. These are followed by four more books about human health and, finally, two books about global depletion and sustainability.

1. The China Study by T. Colin Campbell, PhD, (Cornell University) and Thomas M. Campbell II, MD. Published in 2005, this book laid the scientific foundation for the global plant-based movement. In its first ten years, it sold over a million copies and has influenced countless millions of people to adopt a whole food, plant-based diet.

2. Prevent and Reverse Heart Disease, by Caldwell Esselstyn, Jr., MD, Cleveland Clinic. An incredibly powerful story about how a former surgeon halted or even reversed heart disease in 100% of the patients who followed his whole food, plant-based dietary guidelines. It also has lots of heart-healthy recipes that helped all of those patients do something that all the cardiologists in the world couldn't.

3. The Spectrum, by Dean Ornish, MD. One of the most famous advocates of plant-based eating in the world, he teaches medicine at UCSF. Notably, he was the first to prove that heart disease was reversible for almost everyone with lifestyle changes and was the first to get his program approved for Medicare. He also drew a lot of attention for his participation with Sanjay Gupta in “The Last Heart Attack” special on CNN in 2011. One of Bill Clinton's consulting physicians since 1993, Dr. Ornish is a powerful force in medicine worldwide.

4. Dr. Neal Barnard's Program for Reversing Diabetes, by Neal Barnard, MD. He graduated from the George Washington School of Medicine in Washington, DC, where he later founded the *Physicians Committee for Responsible Medicine*, which he still directs. In this great

book, he helps people everywhere who no longer want to “manage” their type 2 diabetes but would rather get rid of it. And he recommends the same whole food, plant-based diet that reverses heart disease and starves cancer.

5. Stop Feeding Your Cancer, by John Kelly, MD. Working as a family physician in Ireland, he tells his amazing story in this 2014 book. In it he talks about reading *The China Study* and how he decided to test its principles particularly as it relates to preventing, slowing, stopping or reversing cancer. And, like Campbell, he found that, with only one exception (which he explains), cancer stopped growing in humans when animal protein consumption was greatly reduced or eliminated.

6. The Starch Solution, by John McDougall, MD. Like the other four pioneering medical doctors featured in *Healthy Eating, Healthy World* below, John has demonstrated to the world that we should be eating a whole food, plant-based diet. An author of many books on this topic, he has no doubt helped millions of people take charge of their health—as he promotes the critical importance of starch-based foods like grains, legumes and potatoes.

7. Whole, Rethinking the Science of Nutrition, by T. Colin Campbell, PhD. Published in 2013, this book documents all of the many reasons why the field of nutritional science has gotten it all wrong when it comes to what we should be eating.

8. TEN BILLION, by Stephen Emmott, PhD, head of Computational Science for Microsoft, based in the U.K. About a one hour read, this little book describes the grossly unsustainable pathway the human species has chosen. While he doesn't talk much about the solution, he agreed with me that we'll never get it done without radically changing what we eat. I call this a book for

leaders; I only wish that all of our leaders would read it--and begin taking urgent action.

9. Comfortably Unaware, by Richard Oppenlander. In this fairly short book, he describes the single biggest problem humankind faces--the rapid and unsustainable pace with which we are depleting our finite natural resources--with land and water topping the list. Sadly, as the title implies, the world's citizens, including most of our world leaders and environmental experts, are *comfortably unaware* of the extent of the problem. Unlike most environmental authors, Oppenlander stresses the plant-based solution as the only pragmatic way for humans to return to living in harmony with nature.

10. Healthy Eating, Healthy World, by J. Morris Hicks with J. Stanfield Hicks. Rather than tell you about this book myself, I'll let my new filmmaker friend do the honors:

“Thank you for putting together such an amazing work. In preparation for my film, I’ve read over fifty books related to the subject, and your book is definitely at the very top of my favorites list. You did an amazing job of compiling the best available information out there from the best experts (Campbell, McDougall, Ornish, Fuhrman, Barnard, Robbins, and others)--and explaining it in a simple, easy-to-understand way. I am very happy to have met you and feel honored to have you participating in my film!” Michal Siewierski (FoodChoicesMovie.com)

All of these books can be purchased on Amazon from the “Store” tab at 4leafprogram.com. Another good resource, containing over 900 articles on these topics, is my own personal website at hpjmh.com.