**Prosper:** to thrive! How do we stay healthy, prevent disease and have more energy? Discover the important elements of a plant-based diet. Topics include how to get essential fiber and protein, reading labels, as well as the impact of chemicals on our food, body, home and the environment. There will be lots of recipes! Updated, revised and simplified!

**Judy Filipkowski** is certified to teach Plant Based Diet and has a M.S. in Education, M.A. in History from Temple University. She was a Philadelphia Public School Teacher and is a Museum Guide at the Delaware Art Museum and Rockwood Museum. Judy has studied and lived this lifestyle for over 45 years.

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**Syllabus:**

1 - Truths and Myths

2 - Kinds of Diets

3 - Fat, Salt & Sugar

4 – Making a change – stocking your pantry and fridge – shopping – eating out

5 – Protein

6 - Healthy bones & the Dangers of Dairy

7 – Love Your Plants

8– Label Reading

9 - Food and the Environment (Earth Week)

10 - Sun, Water & Sleep

11 – A Toxic-free Home
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Rip Esselstyn “Engine 2 Diet”
Joel Fuhrman, M.D. “Eat to Live” & “Super Immunity”
Michael Greger, M.D. “How Not to Die” “How Not to Diet”
John McDougall, M.D. “The Starch Solution” & “Quick & Easy Cookbook”
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Videos
Forks Over Knives Cowspiracy
Food Choices Game Changers
Supersize Me Fat, Sick and Nearly Dead
What the Health

Find a Doctor
Progressive Health of Delaware progressivehealthofde.com
Plantbaseddoctors.org
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