



Health Awareness MasterMind


Ms Gillian Mckenzie &
Dr Pezzini



Why the USA has a
health care system that
is bankrupting the
world!



- Dr Caldwell B. Esselstyn, author of “Prevent and Reverse Heart Disease”
- Dr Michael Greger, author of “How not to Die”
- Dr Dean Ornish, author of “UnDo It”
- Dr T. Colin Campbell,
author of “The China Study”



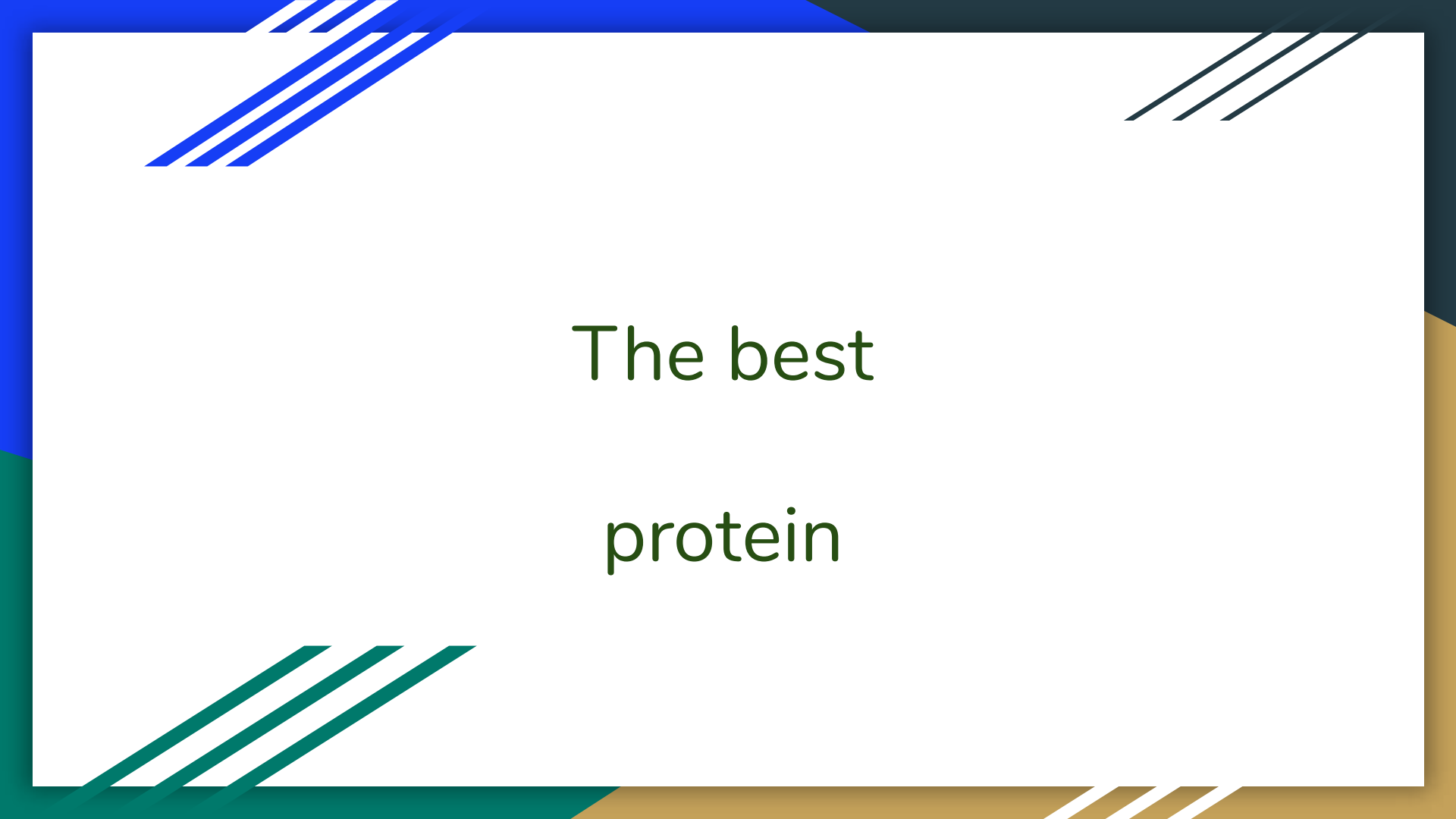
Close your
eyes...

EPIC study, Arch Intern Med.
2009; 169 (15): 1355-1362

Dairy & other animal foods

Dr Neal Barnard





The best
protein

Vitamins & Minerals

https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/factsheets/vitamin_and_mineral_chart.pdf

Dr Micheal Greger

Examples of healthy lifestyles

Yours? MasterMind



Films & Documentaries

etc.



DOCUMENTARY

<https://www.youtube.com/watch?v=QoBx97JHcKE>

8 minutes

China Study
by T. Colin Campbell



Your

Conclusion

<https://youtu.be/Hdz9LrBowxc>

