

American Healthcare At a Crossroads...

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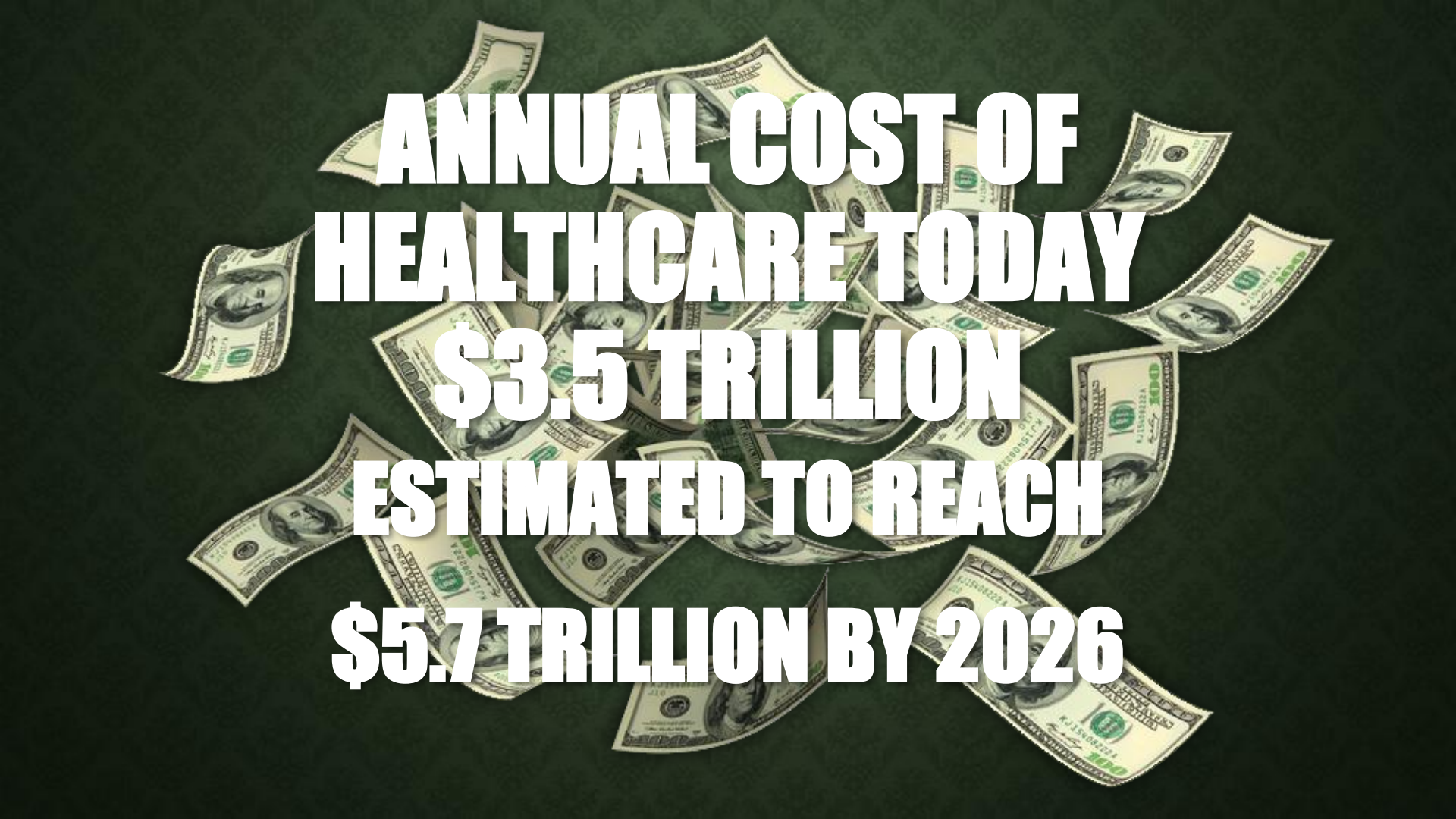
***Pennsylvania State University Medical School**

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Reno Va hospital staff gastroenterologist 2019

A pile of scattered US dollar bills, including \$100 and \$20 bills, is shown against a dark green background. The bills are scattered and overlapping, creating a sense of abundance and financial cost.

**ANNUAL COST OF
HEALTHCARE TODAY
\$3.5 TRILLION
ESTIMATED TO REACH
\$5.7 TRILLION BY 2026**

METABOLIC SYNDROME

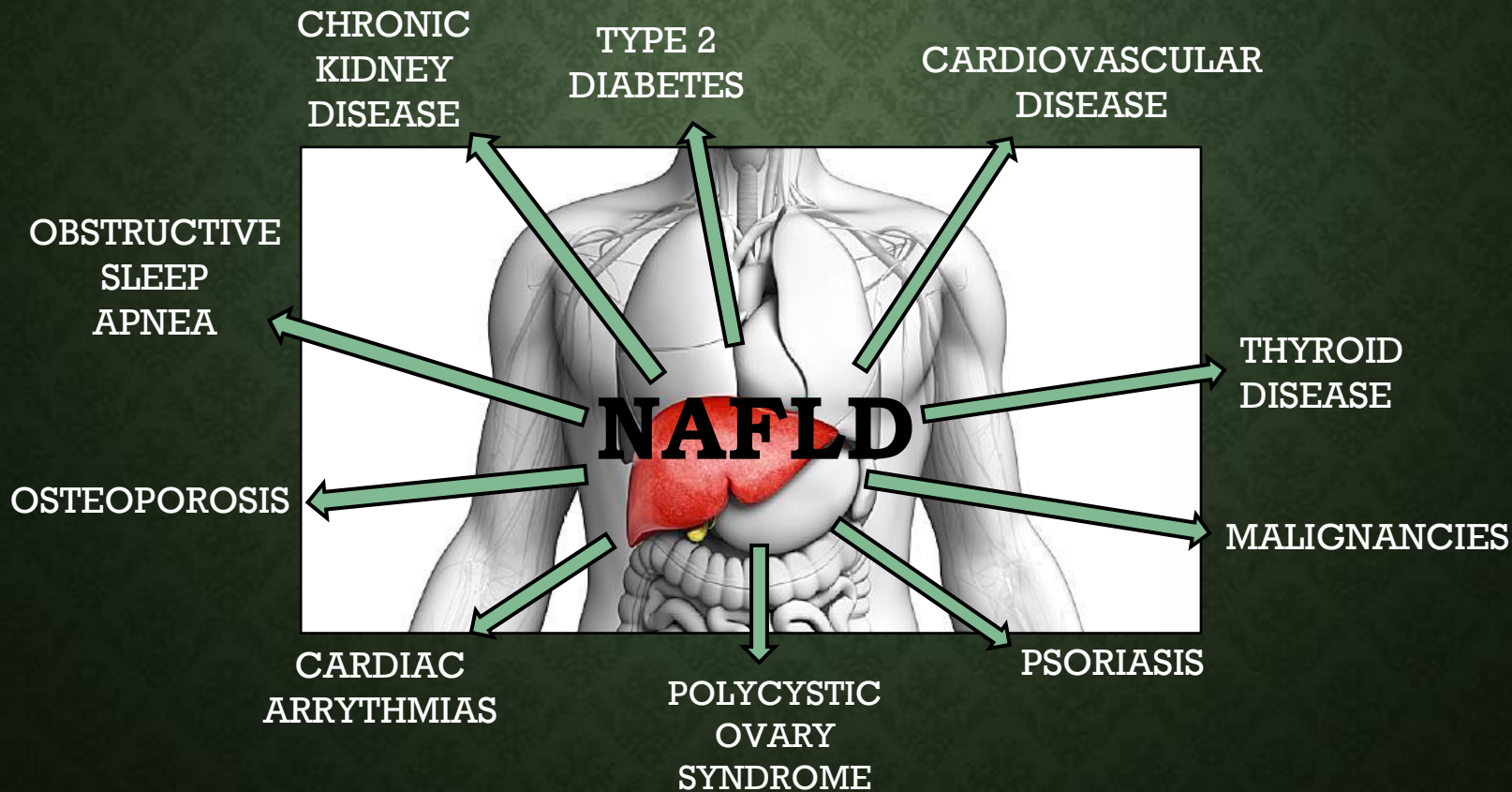
- CENTRAL OBESITY
- INSULIN RESISTANCE
- HYPERLIPIDEMIA
- HYPERTENSION
- NAFLD (NON-ALCOHOLIC FATTY LIVER DISEASE)

INCIDENCE

- NAFLD INCIDENCE 5.5% 1988-1994
- TODAY CONSERVATIVE ESTIMATE IS 25-30% OF US. POPULATION.
 - IN SOME STUDIES PREVALENCE OF 46% IDENTIFIED.
- 100 MILLION AMERICANS AFFECTED WITH NAFLD.
- WORLDWIDE INCIDENCE.
 - > 25% OF POPULATION .

NAFLD A SYSTEMIC DISEASE

EXTRAHEPATIC MANIFESTATIONS



CARDIOVASCULAR DISEASE AND DIABETES

80 million have some form of atherosclerotic vascular disease.

630,000 Americans die per year from complications of heart disease.

This accounts for nearly one in four deaths.

735,000 Americans have a heart attack every year.

525,000 1st heart attack

210,000 - 2nd & 3rd Heart Attacks.

100 million have Diabetes or Pre-diabetes. 30 million - Diabetes and

**70 million- Prediabetes. Most Prediabetics are unaware of the
dx.**

MANAGEMENT

- GUT MICROBIOME IS DIFFERENT IN SAD PATIENTS VS PLANT BASED
- WEIGHT LOSS
- DIET
- EXERCISE
- NEW DRUGS

IT'S THE FOOD



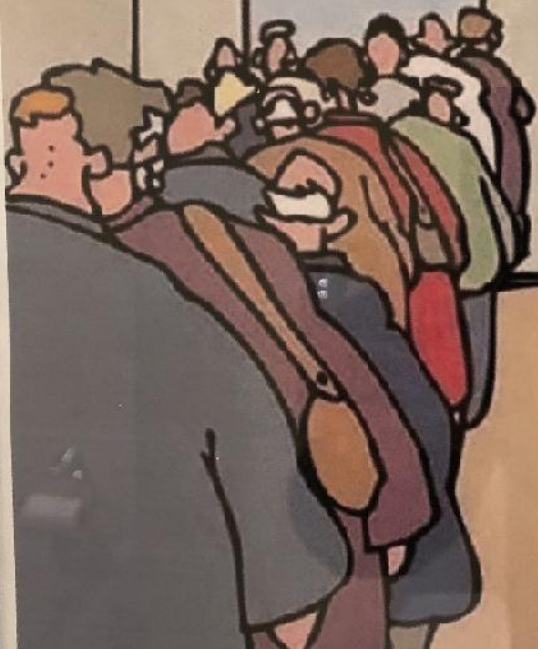
Change your FOOD!



Change your LIFE!

TOXIC PILLS
AND SURGERY

LIFESTYLE
CHANGE



RESOURCES

The China Study Colin Campbell md

The Starch Solution John Mcdougall md

How Not to Die Michael Gregor md

Low Carb Fraud John Mcdougall md

Eat to Live Joel Furman md

Nutritionfacts.org web site

Forks Over Knives Video

What the Health Video

Physician committee for
responsible medicine PCRM

Plant Pure communities