

For your information, coachBJ.com (aka BJ Reed) has compiled a list which will help answer some of your questions about plant-based lifestyle. Enjoy these videos!

CALCIUM: Where Do You Get Your Calcium From if Not From Dairy Products, Dr. John McDougall (2.52 minutes)

<http://www.youtube.com/watch?v=hh05yCLzhC4>

CNN- BILL CLINTON GOES VEGAN: Drs. Esselstyn and Ornish Interview (9.12 minutes)

<http://www.youtube.com/watch?v=p4hbV4Rgzl8>

DAIRY, WHY NOT: Dairy: 6 Reasons You Shouldn't Eat It at All Costs. Dr. Mark Hyman (9.37 minutes)

<http://www.youtube.com/watch?v=0O-ehIkwGME>

The disgusting treatment of dairy cows and their calves! by Animals' Angels

<http://www.youtube.com/watch?v=GzS8p727gvM>

DIABETES: Tackling diabetes with a bold new dietary approach: Dr. Neal Barnard (18.22 minutes)

<http://www.youtube.com/watch?v=ktQzM2IA-qU>

Dr. Pamela Popper – Forks Over Knives – Reverse Type2 Diabetes (3.51 minutes)

<http://www.youtube.com/watch?v=eAF9GCT7Vco>

EGG SUBSTITUTIONS: How can I replace eggs in recipes?, About.com, Jennifer Damore (2.29 minutes)

<http://video.about.com/vegetarian/Common-Egg-Substitutes.htm>

ENGINE 2 PREP WEEK: Engine 2 Diet 28 Day Challenge – Prep Week by Rip Esselstyn (4.06 minutes)

<http://www.youtube.com/watch?v=7pNSbqb10yI>

FAT: The Truth About Fats - from Oils to Nuts DVD, Jeff Novick, MS, RD (5.50 minutes)

<http://www.youtube.com/watch?v=IbALgjmZUek>

FOOD SEDUCTION: Breaking the Food Seduction, Dr. Neal Barnard (56.34 minutes)

http://www.youtube.com/watch?v=TDgA3T_JF2A

HEALTHY HEART: Have a healthy heart - Interview with Dr. Caldwell B. Esselstyn, Jr. (9.37 minutes)

<http://www.youtube.com/watch?v=QWMD-uHvoA>

LOWERING BLOOD PRESSURE NATURALLY: How to lower blood pressure naturally, Dr. Janet Bruno (7.29 minutes)

<http://www.youtube.com/watch?v=qcaUwWN0JdA>

MEAT:

Dr. Jay Gordon: No one needs meat for health. (1.26 minutes)

<http://www.youtube.com/watch?v=eD3QWtoGQ14>

NO OIL: No Oil – Not Even Olive Oil! Dr. Caldwell B. Esselstyn, Jr. (4.00 minutes)

http://www.youtube.com/watch?v=b_o4YBQPKtQ

Olive Oil Is Not Healthy – Michael Klaper MD (11.02 minutes)

http://www.youtube.com/watch?feature=player_embedded&v=OGGQxJLuVjg

NUTS CONTAIN LOADS OF FAT: OIL TO NUTS: The truth about fats, Jeff Novick, MS, RD (5.5 minutes)

<http://www.youtube.com/watch?v=IbALgjmZUek>

PLEASURE TRAP: Douglas Lisle, PhD discusses food as a pleasure trap(17.10)

<http://www.youtube.com/watch?v=jX2btaDOBK8>

PROCESSED FOOD: Chocolate, Cheese, Meat, and Sugar – Physically Addictive. Dr. Neal Barnard discusses the science behind food additions.(40.13 minutes)

<http://www.youtube.com/watch?v=5VWi6dXCT7I>

READING FOOD LABELS: Should I Eat That? Reading Food Labels, Jeff Novick, MS, RD (6.5 minutes)

<http://www.youtube.com/watch?v=gtxvIHRkoAg>

SALT, LIMIT ADDED:

Salt and High Blood Pressure - Chip Program (1.12 minutes)

<http://www.youtube.com/watch?v=NuepT4Nzi9M>

Dr. Joel Fuhrman Talks On the Dangers of Sea Salt #659 (9.46 minutes)

<http://www.youtube.com/watch?v=Ny9Dji8KLy8>

SAVE MONEY: Eat A Vegan Diet To Save Money on Food and Health Cost by Jaffe Jones, author "*Eat Vegan on \$4 a Day*" (3.58 minutes)

<http://www.youtube.com/watch?v=Jf2f2SlayeA>

WHY NOT BEEF, CHICKEN, FISH, EGGS, MILK, CHEESE, YOGART: Plant-strong & healthy living by Rip Esselstyn (17.59 minutes)

<http://www.youtube.com/watch?v=AAkEYcmCCck>