

“Plant Based Nutrition for Health”

A PBNSG Doctors Teaching Doctors Seminar

Learn how a Plant Based Diet can help your patients prevent, arrest and in many cases even reverse our nation's leading causes of disability and early death. The “Standard American Diet” is largely responsible for the epidemic of chronic diseases that we are experiencing in America including obesity, diabetes, chronic kidney disease, hypertension, heart disease, Alzheimer's, multiple sclerosis and several cancers. The good news is that, with some straightforward lifestyle changes, all of these are largely preventable; and many are even reversible. By empowering patients and helping them to address the root cause of chronic illness we can truly make a difference in their lives while at the same time lowering health care costs, improving their experience of care and greatly enhancing quality outcomes. Dr. Robert Breakey, Dr. Caroline Trapp, Dr. Elizabeth Swenor and Dr. Joel Kahn, in conjunction with the Plant Based Nutrition Support Group (www.pbnsq.org), will be leading this seminar. We are currently working on creating a list of doctors interested in attending and once we have identified a sufficient number of potential participants we will be sending out more information and determining a date and time that will work best for the group. **Please send your name, e-mail address and phone number to Paul@pbnsq.org expressing your interest in this seminar.**



Dr. Robert Breakey, MD is a practicing Family Physician who graduated from the University of Michigan and has practiced in Ann Arbor since 1985. He has a special interest in health promotion, nutrition science and identifying and treating the root cause of illness in order to promote vitality and longevity. He has lectured extensively on the benefits of Plant Based Nutrition over many years to both lay and professional audiences. He is Chairman of the Board and Head of the Family Medicine Division of IHA in Ann Arbor.



Dr. Caroline Trapp, DNP is a nurse practitioner specializing in the care of people with diabetes. Dr. Trapp received her Bachelor of Science in Nursing from the University of Michigan in Ann Arbor; her Master's of Science in community health nursing from the University of Pennsylvania in Philadelphia and her Doctor of Nursing Practice from Madonna University in Livonia, Michigan. She has been board certified in adult Primary care, advanced diabetes management, and diabetes education. She has worked with people with diabetes for more than 20 years, and is passionate about supporting patients to reduce/eliminate the need for medication and maximize effective lifestyle interventions.



Dr. Elizabeth Swenor D.O. leads the Functional and Lifestyle Medicine Department at the Center for Integrative Medicine at Henry Ford Hospital System. Dr. Swenor did her undergraduate and graduate education at Albion College and Michigan State University respectively, and attended Lake Erie College of Osteopathic Medicine. Her practice focuses on educating patients on the importance of whole plant based nutrition and treating patients as individuals using lifestyle and functional medicine evidence based practices. Her vision is to have all of her patients empowered to manage a healthy lifestyle and achieve optimal wellness.



Dr. Joel Kahn, MD is a practicing cardiologist who graduated from the University of Michigan. At his core he believes that plant based nutrition is the most powerful source of preventive medicine on the planet. Having practiced traditional cardiology since 1983, it was only after his own commitment to plant based nutrition that he truly began to delve into the realm of non-traditional diagnostic tools, prevention tactics and nutrition-based recover protocols. He is on the faculty at Wayne State Medical School and he passionately lectures throughout the country about the health benefits of nutrition, inspiring a new generation of thought leaders to think scientifically and critically about the body's ability to heal itself. Visit his website at: <https://kahnlongevitycenter.com/>