

Nutrition Resources

- Physicians Committee for Responsible Medicine:
 - <https://www.pcrm.org/good-nutrition> for information on good nutrition

Dr. Barnard, President of PCRM, has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health. Dr. Barnard has authored more than 70 scientific publications as well as 18 books, including the *New York Times* best-sellers *Power Foods for the Brain*, *21-Day Weight Loss Kickstart*, and the *USA Today* best-seller *Dr. Barnard's Program for Reversing Diabetes*.