

Dear Senators who vote on behalf of the people,

I, Emily Forbes, hope you will vote to pass HB 3342-A today.

As a nutritionist I have seen the positive health impact a plant-based diet has. I teach people to prepare and eat a plant-based diet and have seen it reverse 2 diabetes, reverse coronary artery disease, reverse churn's disease, halt progression of multiple sclerosis, aid necessary weight loss, lower cholesterol and lower blood pressure.

This bill will make it possible to be more inclusive so those who care about what they eat can maintain their healthy plant-based diet in these facilities. It has the potential to save millions of dollars in healthcare expenses because people eating this way will be healthier and not require as much costly medical intervention.

As a person who lives in Oregon I hope those representing my voice will vote to pass such an important bill to make healthy plant-based meals available in hospitals, long-term care facilities and prisons.

Love & Plants

Emily

*~When diet is wrong medicine is of no use. When diet is correct medicine is of no need.~*