

House Committee on Human Services  
900 Court St. NE  
Salem, Oregon 97301

Chair Williams, Vice-Chair Leif, Vice-Chair Ruiz, and Members of the Committee:

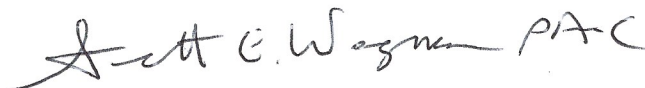
I am a Physician Assistant working in Internal Medicine in Eugene, Oregon. **I strongly support Oregon House Bill 2348.** I am writing to share both my personal, as well as professional and clinical story surrounding evidence-based nutrition. These stories are directly related to the House Bill that is being considered.

Over 8 years ago, I was overweight, had high blood pressure, high cholesterol, pre-diabetes, as well as irritable bowel syndrome and daily heartburn. I had these conditions despite being a former professional bicycle racer and continuing to exercise heavily. To treat these conditions, I looked to the scientific evidence, and found that the healthiest diet is one centered around whole plant foods. I made the transition to a whole food plant-based diet, and after a year I lost 46 pounds, dropped my cholesterol 100 points, reversed my pre-diabetes, and my irritable bowel and heart burn symptoms completely resolved. I then began teaching this way of eating to my patients at the clinic, as well as in the community, and as a result, I have taken many off of their medications and reversed conditions such as high blood pressure, heart disease, and diabetes to name a few. Being able to offer plant-based meal options to patients in hospitals, long term care facilities, and prisons is a vital step in supporting those who are trying to make healthier food choices, as well as to bring recognition and help to shift the culture of our current unhealthy and unsustainable food environment.

This brings me to an example of a hospital system, who has taken a proactive approach to this very issue. It is the Montefiore Hospital system located in the Bronx, New York. When a patient gets admitted to their hospital after having a heart bypass surgery or stent placed after a heart attack, the Cardiologist prescribes plant-based meals for them to eat. At the same time, they are eating their meal, on the hospital television in their room, 24 hours a day, 7 days a week a documentary film called, "Forks Over Knives" is playing for them to watch. This documentary describes the health benefits of eating a whole food plant-based diet. One of these benefits being the possible prevention and reversal of heart disease, which is our nations #1 killer.

Thank you for your time and the opportunity to share my story. **I strongly urge your support of HB 2348.**

Sincerely,



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