

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 an osteopathic physician who has been practicing medicine for over 40 years in Oregon. I **strongly support Oregon House Bill 2348**. I'm writing to share both my personal success story with putting plant-based foods to work for myself and my family and how now we've brought this life-saving approach into our work as a physician, and my wife as a registered nurse.

Almost ten years ago after being prescribed statins for my own high cholesterol, Christine and I saw the Sanjay Gupta CNN report on *The Last Heart Attack* which introduced us to the idea of a plant-based diet reversing heart disease. Though I was reluctant at the time, I agreed to follow the diet for one month to support my wife who has a strong family history of early death from heart disease. After one month's time, I couldn't believe how good I felt, truly better than ever and my cholesterol dropped 92 points. I also trimmed my weight, losing 10 pounds. There was no way I was turning back. It was then that Christine and I knew we would do everything we could to bring these types of health outcomes to our patients. I was surprised to see that back in 1990, Dean Ornish had published on these types of health outcomes with a combination of a vegetarian diet, stress management, and exercise. Remarkable results. Dr. Caldwell Esselstyn has incredible results with this approach out of the Cleveland Clinic. Plant-based diets work so well for preventing disease, but can also work very therapeutically to reverse diseases like cardiovascular disease, diabetes, and obesity, which are much of what I see from day to day.

We now even have free online sessions (with 50-90 people attending weekly) focused on sharing the science of healthy nutrition and helping community members transition their diets. These classes have helped hundreds of people lose weight, reduce medications and just feel better...at no cost. I am an Assistant Professor and share plant-based food science with the students at the osteopathic medical school at Western University of Health Sciences at Lebanon, OR. The classes focus on the value of eating plant-based foods and making healthy lifestyle choices, such as drinking plenty of water, reducing stress, and moving more. Now that the education and evidence is out there, we must ensure that the practical ways to access healthful foods are present, especially in our Oregon institutions including hospitals, long-term care facilities, and prisons.

In closing, thank you for the opportunity to share my story. I **strongly urge your support of HB 2348 in order to give Oregonians the option to choose healthful plant-based meals.**

Sincerely,



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