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Dropped Her A1c from  
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Enough Protein? | The  
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An Introduction to a

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Based Diet - a  
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F.A.C.C., is the founder and president of the Physicians Committee for Responsible Medicine. He has authored more than 70 scientific publications as well as 19 books, including the bestsellers Power Foods for the Brain, 21-Day Weight Loss Kickstart, and Dr. Neal Barnard's Program for Reversing Diabetes.

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Originally from Fargo,  
North Dakota, Neal  
Barnard comes from a  
long line of cattle  
ranchers who grew up  
on a steady diet of meat  
and potatoes. He got his  
medical degree in  
psychiatry from George  
Washington University

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where he is currently an  
Adjunct Associate  
Professor of Medicine.  
College is also where he  
became interested in  
vegan diets.

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Nutrition researcher and  
New York Times  
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Dr. Barnard shares the science behind how common hormone-related conditions—like infertility, weight gain, menopausal symptoms, breast and prostate cancers, thyroid problems, and acne—can

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be affected by and  
improved by simple diet  
changes.

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Barnard, the author of  
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As president of the  
Physicians Committee,  
Dr. Barnard leads  
programs advocating for  
preventive medicine,

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good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. In 2015, he was named a Fellow of the American College of Cardiology.

~~President—Neal  
Barnard, MD, FACC~~

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Dr. Neal Barnard's  
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“You will find that your  
taste buds have a  
memory of about 3  
weeks.” ? Neal D.

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