

<http://www.vsutah.org/> Vegetarian Society of Utah

<http://www.navs-online.org/> North American Vegetarian Society, Vegetarian FAQ, Nutrition & Health, Recipes, Vegetarian Summer Fest

<http://www.ivu.org/> Internationals Vegetarian Society—learn more about vegetarian groups/societies/movements worldwide

<http://www.vegsoc.org/> The Vegetarian Society of the United Kingdom is the oldest vegetarian organization in the world. It is an educational charity promoting understanding and respect for vegetarian lifestyles

<http://www.thechinastudy.com/> Learn more about this best selling, ground breaking book, embraced by thousands who want to improve their health and their lives. Dr. T. Colin Campbell

<http://web01.ecornell.com/chinastudy/> e-Cornell University certification program

<http://www.vegsources.com/> recipes, videos, FAQ, newsletters, more website links and other information

<http://www.vegsources.com/jo/> The Ultimate Uncheese Cookbook by Jo Stepaniak, plus much more

<http://www.ravediet.com/> The Rave Diet & Lifestyle Diet & DVD, Healing Cancer from Inside Out by Mike Anderson

<http://www.pcrm.org/> Physicians Committee for Responsible Medicine, lots of media, newsletters, recipes, Neal Barnard, M.D.

<http://www.cancerproject.org/> affiliate of PCRM

<http://www.cancerproject.org/resources/guide.php/> The Cancer Survivor's Guide: Foods that Help You Fight Back! Excellent Recipes

<http://www.nutritionmd.org/index.html/> part of PCRM —nutrition advice, recipes, 21 Day Vegan Kick Start Program, recipes, resources

<http://www.heartattackproof.com/> Prevent and Reverse Heart Disease, Caldwell B Esselstyn, MD

<http://www.drmcDougall.com/> free newsletters, videos, DVD's, recipes, Medical Information, John McDougall, MD

<http://www.jeffnovick.com/JeffNovick/Home.html/> Jeff Novick, MD, RD, LD, LN* blog, newsletter, articles, DVD's

<http://www.drfuhrman.com/> need to be a member to have access to all the information but there is a lot available for non-members including a free newsletter that you download

<http://www.drgreger.org/> Latest in Clinical Nutrition Volumes, Director, Public Health and Animal Agriculture for The HSUS (Humane Society) Michael Greger, MD

http://www.hsus.org/farm/news/ournews/greger_dvds_nutrition_06209.html/ humane society, Greger

<http://www.vegweb.com/> over 13,000 vegan recipes, forums, articles, coupons, links Dr. V's favorite for recipes

<http://www.fatfreevegan.com/> recipes, blogs, and many vegan links

<http://www.veganconnection.com/recipes/index.htm/> recipes, etc.

<http://www.theveggiequeen.com/> Jill Nussinow Newsletter, recipes, mushroom & pressure cooker expert

<http://www.vegnews.com/> great magazine and lots of online information, recipes, videos, blog, shop, & much more

<http://www.vsh.org/videos.htm/> 75 + video lectures by health experts, plus lots of information

<http://www.vrg.org/> The Vegetarian Resource Group; Publish the Vegetarian Journal, Recipes

<http://www.happycow.net/> The Compassionate Eating Guide to vegetarian health food stores and restaurants worldwide, recipes

<http://www.chooseveg.com/> for the animals, for our earth, for your health, making the switch, hundreds of recipes, & more

<http://www.vegan-weight-loss.com/> Healthy Vegan Weight Loss, recipes, healthy diet information, Elaine French

<http://www.earthsave.org/> promoting a shift toward a healthy plant based diet

<http://www.goveg.com/> vegetarian and vegan information