

plantbased



spotlight

BETTER HEALTH ♥ GREENER PLANET

JULY • AUGUST 2020

Eat Well Stay Safe

Can a plant-based diet help during a pandemic?

EMBRACE THE SOLITUDE

Why Covid-19 isn't the end of dating

HEART ATTACK TO HEALTH

How Doug Schmidt turned his life around by changing what he ate

PAGE 32

STRESSED OUT?

Tips and strategies to help calm and balance your life

SPOTLIGHT Q&A
WITH
DR. MILTON MILLS, MD

PLANT-BASED
patient success stories

PAGE 18
discover

F.A.C.E.S.
an online conference
on Farmed Animal
Issues

Plant-Based Spotlight Magazine

plant based **spotlight**
WITH HEALTH + GREEN PLANET

JULY • AUGUST 2020

staying strong during island style

PUBLISHER
Ronnie "Tsunami" Gandiza

EDITOR + ART DIRECTOR
Robyn Reiles

hiding and peering is her vice

CONTENT MANAGER
Joanna Gustafson

loves meet discuss and teaches

CONTRIBUTING WRITERS FOR THIS ISSUE

Dilip Barman
Karine Charbonneau
Anna Ferguson
Dawn Hilton-Williams
Allison Jacobson
Dr. Joel Kahn
Lina Landess
Kelcie Leach
Doug Schmidt
Birgit Waite
Jasper Wilkins

CONTACT US AT
PlantBasedSpotlight.com

ADVERTISING
advertising@plantbasednetwork.com

GENERAL INQUIRIES
spotlight@plantbasednetwork.com

ALL RIGHTS RESERVED. © 2020 PLANT-BASED NETWORK

Plant Based Spotlight Magazine content is for general information purposes only, and should not be used as medical/health advice or instruction. Content is not intended to be relied upon to treat or alter behavior in specific problems. This is not intended to be a substitute for the advice of health care professionals. Follow a health care professional's advice on your health, lifestyle or circumstances. No warranty is given and no liability is assumed. Plant Based Spotlight Magazine assumes no responsibility for the reporting, content and accuracy of information, despite every effort to do so.

No responsibility or liability will be made in connection with any advice, opinions and suggestions. Plant Based Spotlight Magazine assumes no responsibility for the reporting, content and accuracy of information, despite every effort to do so.

Reproduction of any material without written permission from Plant Based Spotlight Magazine is strictly prohibited. Plant Based Spotlight Magazine reserves the right to edit, censor or reject any advertising copy submitted for publication.

our advisory committee...



is comprised of industry experts, leaders and paradigm shifters, across multiple disciplines, to ensure our community has the most accurate and up-to-date information.



Myka Schinner is the CEO/ founder of Myko's, a food brand combining culinary traditions with food technology to revolutionize dairy by making cheese and butter without cows.



Gerardo Velez is a multi-award winning musician and entertainer who has been instrumental in the development of groundbreaking comedies and television shows.



DJ Cassen is an eco-tap hop pioneer who is making an impact on the environment and health by performing and educating around the world.



Jyl Steinhilber is a personal trainer, educator, and lifestyle guru and has sold more than 2 million books that educate consumers on how proper nutrition, exercise, and healthy living can positively impact their lives.




Michael Greger, M.D. FACLM is a physician, New York Times bestselling author, and internationally recognized speaker on nutrition, food safety and public health issues.



Priyanshu Malik, MD is a triple board certified physician in Pulmonary Medicine, Critical Care Medicine, and Lifestyle Medicine.

For a comprehensive list of our advisors along with their full bios, [CLICK HERE](#).

Plant-Based Children and Advocacy

 ShapeUpUS.org

SHAPE UP US "SHAPES" THE FUTURE OF OUR CHILDREN



TOGETHER WE MAKE A DIFFERENCE

Healthy students get better grades, miss fewer days of school, and behave better in class. But childhood obesity is running rampant in America, and niche programs focused only on physical education or nutrition have not worked. So, how do we turn this around? By building a culture of health with an integrated, whole child approach that focuses on physical, mental, financial and social well-being.

That's why we developed the **Hip Hop Healthy Heart Program For Children™**, an integrated, sustainable curriculum that helps create healthier students and their families. This holistic curriculum integrates information about:

EXERCISE | PLANT-NUTRITIOUS LIFESTYLE | SUSTAINABILITY | STRESS REDUCTION
CREATIVITY BUILDING | POSITIVE GROUP DYNAMICS | CRITICAL THINKING
CHARACTER DEVELOPMENT | COMMUNITY INVOLVEMENT

There is a clear correlation between physical, social, and financial well-being and academic performance. Other programs have not resolved the problem. As you can see we are solving these issues holistically as a way to bring about change for the future of our children and our world.

BRING THIS SOLUTION TO YOUR SCHOOL TODAY!



www.shapeupus.org