



PLANTSTRONG BOOKS Everything you need to know to begin implementing a plant-based diet can be found in [From Plant to Plate](#) by Tami Bivens, (available at AdventSource.org) and The Engine 2 Seven-Day Rescue Diet (available at Amazon). Which sounds like it was written by a Seventh-day Adventist but was not. It was written by triathlon champion and former Austin firefighter Rip Esselstyn whose firefighting friends embraced its concepts and lost weight (up to 14 pounds), lowered total cholesterol (by 32 points on average), dropped their LDL cholesterol (by 22 points on average), lowered their triglycerides (by 75 points on average), and lowered their blood pressure by an average of 10/5 points.