

# 21<sup>st</sup> Global Nursing Education Conference

4<sup>th</sup> International Conference on

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## Holistic Medicine and Nursing Care

March 25-26, 2019 | Orlando, USA

WORKSHOP | DAY 1

JOURNAL OF NURSING & CARE, VOLUME: 8 | DOI: 10.4172/2167-1168-C4-103

### Seeking wellness by putting a Whole-Food-Plant-Based diet to the test

Consuming a plant-based-diet is more popular than ever these days. According to GlobalData, the number of US consumers identifying as vegan has grown substantially (from 1% to 6%) between 2014 and 2017. Veganism is no longer an obscure, fringe group but includes many people in the spotlight: actors (Natalie Portman, Zooey Deschanel, Tobey McGuire); scientists (Albert Einstein); musicians (Gwen Stefani, Ariana Grande, Russell Simmons); politicians (Corey Booker, Dennis Kucinich) and athletes (Venus Williams,

power lifter Patrik Baboumian, Scott Jurek) to name just a few. In this discussion we will look at the different types of plant based diets, explore the reasons to choose this lifestyle and talk about menus and recipes. Prevention of chronic disease and rapid improvements in overall wellness can result from a well planned vegan diet and there are economic and environmental benefits as well. The best news is that it is easy and tasty!

#### Biography

Kimberly Kirschner has an MS in Clinical Nutrition and in 2018 earned the prestigious Certified Nutrition Specialist (CNS) designation. She holds a Fellowship in Integrative Oncology from A4M, is a certified Radical Remission workshop facilitator and health coach, a certified Food for Life instructor, a Licensed Massage Therapist and a Certified Personal Trainer. She enjoys



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working with her therapy dogs and a CCI service-dog-in-training; she personally trains for endurance events, including marathons, and over the past few years has competed in an Ironman and Half Ironman

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