

Letter from the Co-Founder

To eat is a necessity, but to eat intelligently is an art and science.

— La Rochefoucauld

For the first time in history we are facing a food-borne global health crisis that is due to the ubiquitous availability of processed, calorie dense foods, animal based products that are nutritionally deficient. The World Health Organization classified these foods and lifestyle related diseases “noncommunicable,” and they currently account for an estimated 41 million deaths globally and are tragically responsible for 80% of premature deaths. In the midst of this modern epidemic we have a plethora of competing forces that obfuscate the truth and create a quagmire of confusing pseudoscience and misconceptions, which make it very challenging to learn how to eat intelligently and live in a state of good health.

Almost 15 years ago I started my own journey of personal and scientific discovery into plant based nutrition and waded into this “quagmire.” With very few resources readily accessible, I struggled to find good quality research and spent many late nights searching Pub Med only to find that some of the articles were unavailable, out of date, or were published in obscure subscription-only journals. It took me two years, scattered piles of books and articles, and countless late nights to finally discover the beautiful green message that was always there hidden beneath the mountain of information—the more whole plants consumed, the healthier the body. And through this process, I became a firm believer in W. Edward Deming’s quote, “Without data, you’re just another person with an opinion.”

Good data, I soon realized, is one of the keys to transforming healthcare. The solution is clear—make known the great science that already exists, support and produce more “tip of the spear” new research, and effectively broadcast this research through channels that are readily accessible to everyone.

This has always been one of the missions of the Plantrician Project, and during our early developmental meetings we set a goal to someday produce a scientific journal that would help demonstrate the progressive “data” on whole food, plant-based nutrition, and support the growth of new research science. That vision sat on the shelf awaiting the right time to be birthed.

Fast forward to 2017. Dan Purjes stepped forward with a bold idea to start a new journal designed to highlight the science of plant-based nutrition. He provided the critical developmental seed funding. Our original vision suddenly and unexpectedly sprang to life with Dan’s early leadership and key support in December 2017. Then through the generous donations of many passionate supporters and the selfless work of an amazing team led by Dr. Laurie Marbas, our Senior Managing Editor, and Dr. Kim Williams, Editor in Chief, this shared vision sprang to life.

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Now, nine months later the *International Journal of Disease Reversal and Prevention* (IJDRP) will be birthed and introduced to the world at the 2018 International Plant-Based Nutrition Healthcare Conference. We believe that it will soon become the renowned repository of the science of plant-based nutrition and disease reversal. It will be an internationally recognized and highly respected resource that will effectually mainstream the science of lifestyle medicine, providing trustworthy answers to all who are searching.

Join us to today to help the IJDRP reach the world by submitting your research and case reports, sharing it with friends and colleagues, promoting it through your networks, and supporting it through your personal or financial contributions.

In sincere appreciation and with great hope.

Scott Stoll, M.D.
Co-founder, The Plantrician Project

