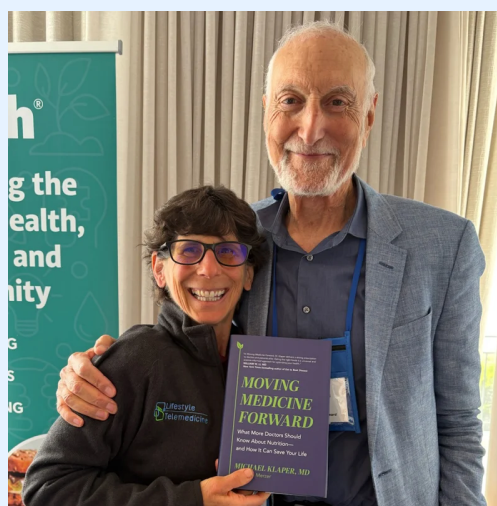




The momentum at Moving Medicine Forward continues to grow.



Dr. Klaper & Matthew Nagra, ND



Dr. Klaper & Kim Scheuer, MD

This month brings some especially exciting signs of progress.

In this edition of *The Forward Report*, we are delighted to share the successful launch of our new book, *Moving Medicine Forward*, which has already received an enthusiastic response from both healthcare professionals and the public alike. The book is now available through [Amazon](#) in print, Kindle, and audiobook formats, as well as through bookstores including [Barnes & Noble](#). It is deeply gratifying to see these ideas about nutrition, prevention, and disease reversal reaching an ever-widening audience.

This month has also marked the beginning of an exciting new collaboration between Moving Medicine Forward and Rochester Lifestyle Medicine Institute. Together, we are integrating MMF's 12-

unit *Master Class in Plant-Based Clinical Nutrition* with RLMI's highly regarded *15-Day Plant-Based Jumpstart* program to create a uniquely powerful educational experience—one that combines scientific depth with practical, real-world application. This comprehensive program has received certification through the Rochester Academy of Medicine for 34 hours of CME credit.

Meanwhile, an important new frontier has opened in our work. MMF has begun closely examining the nutrition curricula proposed by the 53 medical schools that have pledged to incorporate at least 40 hours of nutrition education into their training programs. Our goal is straightforward but vital: to ensure that the evidence supporting whole-food, plant-strong nutrition in the prevention and reversal of chronic disease is accurately, fairly, and scientifically represented in the education of tomorrow's physicians.

And finally, in a deeply heartening and wholly unexpected affirmation of our efforts, philanthropist Philip Wollen and the Kindness Trust honored MMF with the Constance Winsome Kindness Award—a moment of encouragement and validation that touched us profoundly, and which we hope will inspire you as much as it inspired us.

Thank you for being part of this growing movement. We hope you enjoy this edition of *The Forward Report* and join us in celebrating the steady advance of a more compassionate, scientifically grounded, and truly healing model of medicine.

Michael Klaper, M.D.

Director

Moving Medicine Forward

***Moving Medicine Forward* hits the book stores!**

Dr. Michael Klaper's new book, *Moving Medicine Forward* speaks directly to the heart of modern clinical practice. For physicians and health professionals, this book offers both scientific grounding and clinical inspiration. It reframes familiar medical conditions through a restorative lens and provides a roadmap for integrating lifestyle-

MOVING MEDICINE FORWARD

What More Doctors Should
Know About Nutrition—
and How It Can Save Your Life

MICHAEL KLAPER, MD
with Glen Merzer

centered care into everyday practice. For patients, it serves as an empowering guide—clarifying what meaningful care should look like, what questions to bring to the next appointment, and how to become an informed, active partner in reclaiming health. *Moving Medicine Forward* is more than a title; it is an invitation—to clinicians and patients alike—to practice medicine in a way that honors the body's innate capacity to heal when given the right conditions.

Are you interested in hosting a fundraiser and book-signing event? Please contact us at info@movingmedforward.org.

Order your book today!

With a new partnership, Moving Medicine Forward will reach more students



Rochester Lifestyle
Medicine Institute



MOVING
MEDICINE
FORWARD

Medical School Nutrition Education Initiative

Master Class in Plant-based Clinical Nutrition

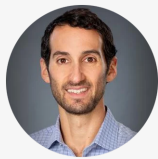
Earn 34 CME credits

A new partnership between **Moving Medicine Forward** and **Rochester Lifestyle Medicine Institute (RLMI)** will expand how we serve the next generation of physicians. As part of this collaboration, the [**Moving Medicine Forward Masterclass**](#) is now

CME-certified for 34 credits. It will be hosted on the [RLMI Community platform](#), making it globally accessible to healthcare practitioners. Dr. Klaper's Masterclass in Plant-based Clinical Nutrition has been purchased by universities, residencies, and leading physicians at some of the top hospitals in the country.

Students and residents who participate in MMF programming will be eligible for **complimentary enrollment in Jumpstart**, a physician-led immersion that allows participants to directly experience the impact of a whole-food, plant-based lifestyle on their own health.

RLMI anticipates providing **up to 100 sponsored Jumpstart enrollments annually** through this partnership.



News from Dr. Burns

Dr. Klaper chosen for Constance Winsome Kindness Award

Dr. Klaper's Zoom lecture to Allied Scholars for Animal Protection (ASAP) was particularly well attended, thanks to strategic promotion by ASAP founder and animal champion Dr. Faraz Harsini. Undergraduate students from all across the country were tuning in to hear the nutritional case for a plant-based diet. When Dr. Klaper came to a slide condemning vegan junk food, students flooded the interface with teary-eyed emojis. They were coming to terms with the fact that *whole foods*, in preventing chronic disease, also influence the health of the social movement for animals.

During the Q+A, Australian philanthropist Philip Wollen unexpectedly popped in and gave a touching endorsement of Dr. Klaper's lecture and character. If that weren't enough, he then announced for the first time that Dr. Klaper had been selected for the latest Winsome Constance Kindness Prize. I had been eating dinner during the Zoom and dropped my fork. This is a Prize whose past recipients include Jane Goodall, David Attenborough, and Moneka Gandhi among other planetary heroes. Dr. Klaper was sincerely moved, and I turned my attention to the sea of students witnessing his reaction. They appeared to be learning a crucial lesson in that moment: that standing for something, despite

resistance, over the long haul, does make a difference and is recognized. It could not have been a more inspiring evening.

In true form, Dr. Klaper has donated the substantial monetary component of the Kindness Prize to Moving Medicine Forward. We thank Mr. Wollen for his generosity and Dr. Harsini for bringing everyone together.



News from Dr. Klaper

Moving Medicine Forward at the “Power of Your Plate” Conference

For more than a decade, I’ve had the pleasure of attending the annual conferences of The Plantrician Project, founded and directed by physiatrist, Dr. Scott Stoll. Year after year, this gathering continues to be one of the warmest, most intellectually invigorating, and most hopeful events in modern medicine — and this year’s conference at the beautiful Loews Coronado Bay Resort was no exception.

What struck me most was the truly international spirit of the meeting. I found myself in conversation with physicians and healthcare professionals from Australia, New Zealand, India, Mexico, the Netherlands, Canada, Japan, and across the United States — all united by a shared recognition that whole-food, plant-based nutrition possesses extraordinary power to prevent disease, restore health, and elevate the quality of human life.

The scientific presentations were outstanding. Gastroenterologist Will Bultsiewicz, M.D. offered a fascinating exploration of the gut microbiome and its profound influence on health and disease. Neurologists Dr. Dean Sherzai and Dr. Ayesha Sherzai illuminated practical strategies for preserving cognitive vitality well into advanced age. Kaiser nephrologist Sean Hashmi, M.D. delivered important insights into kidney health, while Matthew Nagra, N.D. brought much-needed clarity and scientific rigor to the increasingly heated “seed oil controversy.” Sports dietitian David Goldman dispelled myths around plant-based nutrition and athletic performance and many others contributed equally thoughtful and evidence-based perspectives.



Yet despite the diversity of topics and specialties, a remarkably consistent message emerged throughout the conference: the human body functions best — and heals most effectively — when nourished with whole plant foods. Hearing this conclusion echoed by experts across so many disciplines was both intellectually satisfying and deeply reassuring.

One especially touching moment was the honoring of Chef AJ as the Plantrician Luminary of the Year. In a heartfelt interview with Dr. Stoll, she spoke candidly and humorously about meeting life's many challenges with resilience, authenticity, and grace. Her warmth and humanity clearly touched everyone in attendance.

An unexpected honor and joy occurred at the conference when I was interviewed by Dr. Harue Suzuki, a plant-based, plastic surgeon from Kyoto, Japan. After the interview, she asked if she could translate our new book into Japanese! Of course, we agreed!

As always, I left the conference energized, encouraged, and profoundly grateful. Gatherings like this remind me that the movement toward compassionate, evidence-based, plant-forward

medicine is not only growing — it is thriving. I am already looking forward to next year's meeting in Los Angeles.

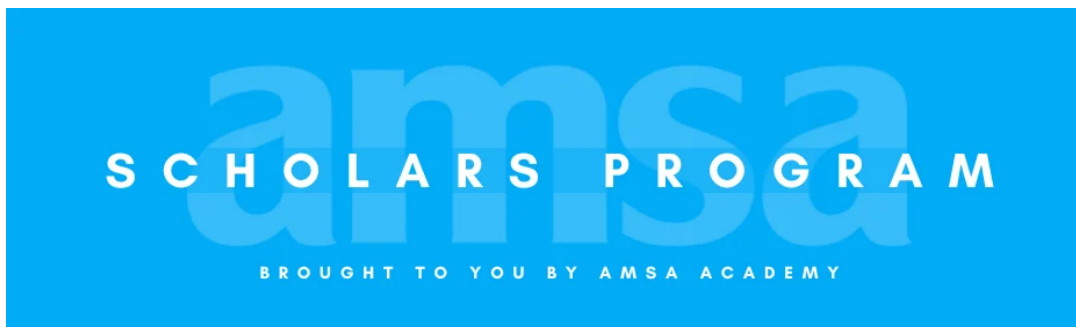


News from Dr. Burns

AMSA Scholars Program

The American Medical Students Association (AMSA) involves tens of thousands of student members across the country. After I spoke at their conference last year, we started working with AMSA's leadership to increase students' exposure to plant-based nutrition. AMSA offers courses called Scholars Programs on hot medical topics to which traditional curricula haven't caught up. Naturally, we chose lifestyle medicine.

After looping in the American College of Lifestyle Medicine (ACLM), recruiting student leaders, compiling course content, and designing lesson plans, we are nearly finished and will **launch the Scholars Program on July 7.**



The course will be facilitated by four motivated medical students and visited by guest lecturers. Time will be allocated for structured discussion so that students can grapple with issues like personal health, social determinants, the sickcare system, and the physiology of food. We include a WFPB cooking demonstration and a capstone project for which students will launch their own initiatives on campus.

We are truly in our element with this project, bringing organizations together and institutionalizing plant-based nutrition. Stay tuned for updates as the Scholars Program gets underway.



News from Dr. Burns

53 medical schools commit to at least 40 hours of nutrition in their curricula

In March, the Department of Health and Human Services (HHS) announced that 53 medical schools had committed to at least 40 hours of nutrition in their curricula. For some, this raised questions like:

"Just 40 hours, when the curriculum contains thousands?" "Only 53 schools, when the nation contains over 200?" "This from HHS, which has inverted the food pyramid and recommended up to twice the previous daily serving of animal protein?"

But as Dr. Klaper says, "When the dog plays the violin, don't criticize the music." Indeed, this news represents the strongest government action around nutrition in medical school to date. Moving Medicine Forward is the only non-profit singularly devoted to this issue. We have a tremendous opportunity to partner with the 53 medical schools, guide them toward evidence-based nutrition, and help them implement the new curricula.

That's why we are reaching out to the leadership in each of these schools to offer ongoing support. **Between Dr. Klaper's Master Class, the AMSA Scholars Program, and connection to the ACLM education team, we have the knowledge and tools to help schools streamline their integration of plant-based clinical nutrition.**



Closing Thoughts from Dr. Klaper

For generations, the dominant dietary paradigm has been built upon the routine consumption of animal flesh and secretions—a system that has contributed not only to epidemics of heart disease, diabetes, obesity, hypertension, and cancer, but also to environmental degradation, resource depletion, ecological instability, and immense animal suffering. Increasingly, the scientific evidence reveals what many

thoughtful observers have long suspected: such a model is neither biologically sustainable for the human body nor ecologically sustainable for our civilization.

Yet history repeatedly shows that when truth aligns with both compassion and scientific evidence, it ultimately prevails.

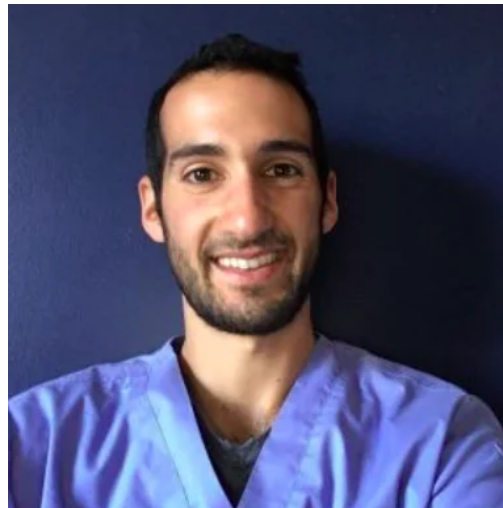
This movement is not merely about changing what appears on our plates. It is about redefining our relationship with our bodies, with one another, with the animals who share this planet, and with the Earth itself.

What gives me the greatest hope is this: every meal offers humanity another opportunity to move toward healing instead of harm. Every student educated in nutrition-centered medicine becomes another beacon of change. Every patient who regains health through whole plant foods becomes living testimony that a different future is possible.

Until then, we continue moving medicine forward — one patient, one student, one physician, and one meal at a time.



Dr. Michael Klaper
Executive Director
Moving Medicine Forward



Dr. Zach Burns
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