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Originally from Fargo, North Dakota, Neal
Barnard comes from a long line of cattle
ranchers who grew up on a steady diet of

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meat and potatoes. He got his medical degree in psychiatry from George Washington University where he is currently an Adjunct Associate Professor of Medicine. College is also where he became interested in vegan diets.

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Barnard, the author of Dr. Neal Barnard's Scientifically Proven System For Reversing Diabetes Without Drugs, is not advocating any medicine or exercise routine--his solution to battling disease, especially diabetes, is a low-fat vegan diet.

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As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the Dietary Guidelines for Americans. In 2015, he was named a Fellow of the American College of

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President ~~Neal Barnard, MD, FACC~~

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