

Julianne Nagle _____

Founder and Owner of "Garden O'Veaten" Food Truck and "The Taste Of Change" Masterclass. "The Taste of Change" is a 9 week cooking course on transitioning from S.A.D. (Standard American Diet) to a healthy and delicious plant-based lifestyle. Julianne cooks with clients and prepares all meals and snacks for the whole week. Clients complete the course with a vast amount of knowledge and support to continue their plant-based lifestyle.

Culinary education: _____

Julianne learned much about the culinary arts by working with world renown Certified **Chef Peter Hodgson C.E.A. A.A.C.** He is the Executive Chef at The University of Utah. At age 15 he started his apprenticeship at one of the most prestigious hotel restaurants in Australia! Chef Peter was the youngest Executive Chef at that Hotel at the age of 24! He has owned 3 restaurants and been an Executive Chef in Australia and England. He holds many awards: Chef of the Year in 2003-2004 voted by the American Culinary Federation – ACF.ORG, inducted into the American Academy of Chefs in 2011, American Academy of Chefs Honor Society IACO Nominated by peers, and in 2011 the Top Chef by the Utah Hotel Association!

My plant based education journey: _____

My traditional education began in Beijing, at one of the oldest pharmacies in the world. Beijing Tong Ren Tang is a Chinese pharmaceutical company founded in 1669. It is now the largest producer of traditional Chinese medicine and has been officially recognized as "China Time-Honored Brands" by the Ministry of Commerce of the People's Republic of China. I met with one of the scientists there (Dr.) and the only information he had about me, was my first name and my medical symptom information. He told me my kidneys were shutting down and it was very serious. At the time I was suffering from MS. He recommended that I purchase 6 months of specifically chosen herbs. I decided to stop taking MS meds (which were contributing to my kidney failure.) Within in 2 months I began to feel much stronger. Later I traveled to rural China to see some historical sites. Jack was my 22-year-old guide. At his young age he knew WHY they eat the way they eat and WHAT each food they eat can do for their body and health. He knew that if you have a certain problem, certain foods can help that. I BECAME a very alert STUDENT...for 10 days. I came back to the US and began to study more on the power of what we eat and the value for my body of EVERYTHING that I put in my mouth. We are what we eat down to the cellular level. This is where my journey began and I started to live and teach the plant-based lifestyle.

Media coverage: _____

GOOD 4 Utah segment - ABC

<https://www.abc4.com/gtu/easy-peasy-pasta-for-the-whole-family/>

Studio 5- KSL

<https://studio5.ksl.com/no-chicken-salad-never-know-the-meat-was-missing/>
second studio 5 show Jan 13 th 2022

(Media coverage continued on following page)

Media coverage (cont.):

Fox 13

<https://www.fox13now.com/2018/05/04/salt-lake-city-unveils-remodeled-culinary-incubator-kitchen/>

“Salt Lake City unveils remodeled culinary incubator kitchen”

By: Danica Lawrence Posted at 6:33 PM, May 04, 2018 and last updated 7:05 AM, May 05, 2018

SALT LAKE CITY -- Salt Lake City restaurateurs have some new hope after an incubator kitchen opened its doors in the Poplar Grove area. It's called the Square Kitchen, and it's been a project eight years in the making. The kitchen is fully furnished to provide space for cooking large meals for cooks, caterers, food truck operators, and young restaurateurs. "For my business, Square Kitchen will help me grow because it provides me a place for production and packaging, whereas, I need a space of this size to be able to produce the capitol, I need to also be profitable." Owner of The Loaf, Johanna Dasteel, gave her small business a place to get on its feet. Instead of her spending time and money researching a place to rent a kitchen space from, and signing a lease, she now can use the resources at the Square Kitchen to bake her goods. "My business is called The Loaf Green Free Goodness," Dasteel said. "I make paleo-friendly baked goods. My main products are breads paleo, Irish soda bread, cinnamon raisin bread, cashew bread, I have a sandwich bread; I also make chocolate chip cookies, they just happen to be vegan as well." The building the Square Kitchen took over was an old warehouse built in 1946. After a \$1.2 million investment from both private investors and Salt Lake City Corporation providing grants and loans, the Square Kitchen was created. It's co-founders, Ana Valdemoros and Tham Soekotjo, shared their vision eight years ago after they saw a void in Salt Lake City's restaurateur community. "Dreams do come true!" said Valdemoros to her guests on opening day Friday, May 4th. "Welcome to Square kitchen!" Valdemoros also owns Argentina's Best Empanadas. She started selling them over a decade ago at Salt Lake City's Farmer's Market but she quickly realized she needed to make more somehow and faster. She saw the need for an incubator kitchen.

She and Soekotjo went to work and researched what it would take to create an incubator kitchen. They received a lot of help from Portland's incubator Kitchen called Kitchen Crew, that employs more than 100 people through its operations. Finally, after seeking the proper funding and city support, Square Kitchen was created. Valdemoros went from taking two hours in her small kitchen baking 100 empanadas, to only taking 30 minutes to bake the same amount in Square Kitchen's space.

Food truck owner Julianne Nagle signed up as another one of the 14 businesses using Square Kitchen, with 85 more on the wait-list. "This kitchen has been a lifesaver," Nagle said. Nagle's food truck called "Garden O'Veaten" is coming out in three weeks, she said. "Being supported by someone like Ana and Tham is huge because they understand your mission," Nagle said. "I don't believe they are in it to make the big dollar; I believe they are in it to make businesses bigger."

Plant Based Nutritional Courses Completed:

August 31, 2017

"The Human Side of Food Revolution" 4 day course, 8 hour classes, live with Dr. Michael Klaper and Author and Certified Nutritionists John and Ocean Robbins

2017, 2018, 2019, 2020, 2021, 2022

"The Food Revolution" Virtual 7 day, 6 hour classes organized & founded by John and Ocean Robbins with numerous doctors and other health authorities listed on page: 4 & 5 Julianne continued to study with The Food Revolution. They have ongoing training through articles and studies online. She has completed 5 courses, and currently enrolled in upcoming course in Feb. 2022.

October 2017

Cancer Docuseries: Organized by Ty and Charlene

Our mission is to educate the world on all the most effective methods to prevent, treat, heal from, and beat cancer. The Course from numerous doctors and health authorities see page 6.

Plant Based Nutritional Courses Completed (cont.): —

February 2018

"Holistic Holiday at Sea Program"- Physicians and other medical professionals receive credit hours for attending this 10 day course, 9am - 8pm. Julianne attended this cruise alongside the healthcare professionals and learned the same knowledge they did to earn their CME: (accredited classes for physicians and others with medical licenses.) CEU accredited classes for other health professionals included a stellar line-up of some of the world's renowned physicians and scientists. These leaders in holistic health offered over 150 classes. For a list of the accredited doctors that taught the classes I attended, please see page: 4 & 5

October 2018

2nd Annual Plant-Based Utah Nutrition Symposium

Live 8 hour class. Guest speakers were world renowned Dr. Dean MD, PHD, Dr. Ayesha MD, MAS from Loma Linda University Medical Center. Dr Brooke Goldman and Thomas Tadlock taught this course for accredited CME and CEU hours.

After the symposium, I was invited to attend and present at a special breakfast the next morning. It was with Drs. Dean and Sherzai and many physicians that had attended the Saturday event. I was asked to share my health journey, discuss my horse accident and the grass roots movement I was to open people's minds on how food is medicine. Both Drs: Ayesha and Dean were so excited about the truck and how I was reaching out to spread the word about how plant-based eating could alter the health of many things. They were thrilled with the fact that I provide a step by step instruction of how to transition from a S.A.D. to a healthy life altering plant-based lifestyle. The 9 week course I offer is called "The Taste of Change." They said we need MORE of these trucks on the roads all over the country! I was honored by their belief and support. It gave me courage and confidence to move forward.

Summer 2021

Requested to present again by Dr. Thom Rosenburg (creator of Plant based Utah) for a fundraiser.

November 2019

3rd Annual Plant-Based Utah Nutrition Symposium

Live 8 hour class. Speakers were triple board certified physician Zach Bush MD, lifestyle physician Shipra Bansal MD, and documentary filmmaker and environmentalist Keegan Kuhn.

October 20, 2020

Brain Breakthroughs Masterclass — Learn how to live a brain-healthy lifestyle that helps you slash your risk of cognitive decline, Alzheimer's disease, and other dementias. Taught by Dean Sherzai, MD, PhD and Ayesha Sherzai, MD, and Ocean Robbins.

Feb 2021

Auto Immune docuseries training (See list of Physicians who led the courses on page: 6)

7 day course, Organized by Jonathan Otto - Courses completed were:

- Understanding Autoimmune Disease: The Root Cause, Disease Triggers & Leaky Gut
Deep Dive into Disease Triggers: Toxins, Parasites, Pesticides, Big Pharma & the Western Diet
- Brain Health: Gut-Immune-Brain Connection & Preventing Alzheimer's, Dementia, Parkinson's & Neurological Decline
- How to Repair Your Gut Microbiome and Build Immunity, Regulate Insulin & Fight Inflammation
- Autoimmunity Link to Mental Health: Heal Depression, Anxiety, Mood Disorders & Fatigue
- Heal Yourself with an Anti-Inflammatory Diet: Beat Pain, Reduce Cortisol, & Boost Your Sleep, Hormones and Metabolism (continued on following page). 3

Plant Based Nutritional Courses Completed (cont.): _____

Feb 2021

Auto Immune docuseries training (continued from previous page):

- Boost Your Body's Natural Detox Organs: Liver, Kidneys, Colon, Lungs, Lymphatic System & Skin
- Whole Body Health: Thyroid, Muscles, Digestion & Oral Health
- Autoimmune Diseases Affecting Women and Children: ADHD & Autism
- Holistic Health & Wellness: Natural Medicine Foods, Supplements & A Healing Mindset

Books Read & Researched & Recommends: _____

The China Study – T. Colin Campbell PhD and Thomas M. Campbell II MD

Undo it- Dean Ornish M.D.

Program for Reversing Heart Disease - Dean Ornish M.D.

Harvest for Hope – Dr Jane Goodall, Ph.D.

Healthy at 100 – John Robbins

Diet for a New America - John Robbins

The Food Revolution – John Robbins

31 – Day Food Revolution – Ocean Robbins

Alzheimer's Solution - Dean Sherzai MD, PhD and Ayesha Sherzai MD, MAS

How NOT to Diet - Dr Michael Greger

How Not to Diet - Dr Michael Greger

How to Survive a Pandemic - Dr Michael Greger

The World Peace Diet - Will Tuttle, Ph.D.

A Compromised Generation – Beth Lambert MS, RD,

Think and Eat Yourself Smart – Caroline Leaf, Ph.D. - communication pathologist and cognitive neuroscientist with a Masters and PhD in Communication Pathology and a BSc Logopaedics, specializing in cognitive and metacognitive neuropsychology.

How to Switch on Your Brain – Caroline Leaf, Ph.D.

How to Clean up your Mental Mess- Caroline Leaf, Ph.D.

Chris Beat Cancer – Chris Wark

Diet for a New America and Healthy at 100, Author John Robbins.

John Robbins is the son and nephew of Baskin and Robbins founders. He walked away from a billion-dollar inheritance because he saw his family dying of coronary disease. He also knew what their family products were doing to the arteries and hearts of their customers.

Doctors & Specialists with whom I have studied: _____

Michael A. Klaper, MD, is a graduate of the University of Illinois College of Medicine in Chicago and has practiced acute care medicine in Hawaii, Canada, California, Florida and New Zealand. For over three decades, his practice has focused on health-promoting food and lifestyle choices to help people stay out of hospitals and off of operating tables. He has authored numerous articles on plant-based nutrition and is creating a video course on plant-based healing for physicians and their patients. A long-time radio host and a pilot, Dr. Klaper has served as nutrition advisor to NASA's programs for space colonists on the moon and Mars and serves on the Nutrition Task Force of the American Medical Student Association. Michael Greger, MD, A founding member and fellow of the American College of Lifestyle Medicine, Michael Greger, MD, is a physician, New York Times best-selling author, and internationally recognized speaker on nutrition, food safety, and public health issues. He has lectured at the Conference on World Affairs, testified before Congress, and was invited as an expert witness in the defense of Oprah Winfrey in the infamous "meat defamation" trial. He is a graduate of the Cornell University School of Agriculture and Tufts University School of Medicine. Some of his latest books— How Not to Die and the How Not to Die Cookbook became instant New York Times bestsellers. He has videos on more than 2,000 health topics freely available at NutritionFacts.org, with new videos and articles uploaded nearly every day.

T. Colin Campbell, Ph.D. 'Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University, is an author of The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health (Campbell TC and Campbell, TM II, 2005). With more than 70 grant-years of peer-reviewed research funding (mostly NIH), he has authored over 300 research papers on diet, nutrition and health derived from laboratory-based experimental research and large-scale human studies in China and the Philippines. All of his research was funded by the U.S. taxpayer. He has been advisor to several government agencies, non-government organizations and corporate bodies and has been a member of several expert science panels with the National Academy of Sciences and the National Institutes of Health, deliberating food and health policy. He has held senior adjunct professorial positions at the University of Oxford in England and Jiao Tong University in Shanghai. His book, The China Study (2005), has been translated into 48 languages, now a record for health related books.

Neal Barnard, MD, FACC, is an adjunct associate professor of medicine at the George Washington University School of Medicine in Washington, DC, and president of the Physicians Committee for Responsible Medicine. Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing type 2 diabetes as a potentially reversible condition for many patients. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers. He is the editor in chief of the Nutrition Guide for Clinicians, a textbook made available to all US medical students. 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 Cardiology. In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care. Working with the Medical Society of the District of Columbia and the American Medical Association, Dr. Barnard has authored key resolutions, now part of AMA policy, calling for a new focus on prevention and nutrition in federal policies and in medical practice. In 2018, he received the Medical Society of the District of Columbia's Distinguished Service Award. He has hosted four PBS television programs on nutrition and health. Originally from Fargo, North Dakota, Dr. Barnard received his medical degree at the George Washington University School of Medicine and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee for Responsible Medicine.

Joel Kahn, MD, FACC of Detroit, Michigan, is a practicing cardiologist and a Clinical Professor of Medicine at Wayne State University School of Medicine. He graduated Summa Cum Laude from the University of Michigan Medical School. Known as "America's Healthy Heart Doc," Dr. Kahn has triple board certification in Internal Medicine, Cardiovascular Medicine and Interventional Cardiology. He was the first physician in the world to certify in Metabolic Cardiology with A4M/MMI (the American Academy of Anti-Aging Medicine/Metabolic Medical Institute) and the University of South Florida. Dr. Kahn has authored scores of publications in his field including articles, book chapters and monographs. He writes health articles and has five books in publication including Your Whole Heart Solution, Dead Execs Don't Get Bonuses and The Plant Based Solution. He has regular appearances on Dr. Phil, The Doctors Show, Dr. Oz, Larry King Now, Joe Rogan Experience, and with Bassem Youssef.

Dr. Dean Sherzai MD, PHD is a behavioral neurologist & neuroscientist whose entire life has been dedicated to behavioral change models at the community and population level.

Dr. Ayesha Sherzai MD, MAS finished two residencies at Loma Linda University; preventive medicine and neurology. (List continued on following page)

Doctors & Specialists I have studied under (cont.): _____

Dr. David J. Blyweiss began his medical career as a clinical pharmacist in South Florida prior to earning his medical degree. These dual backgrounds allowed him to appreciate the relevance of conventional pharmaceutical and surgical-based treatments in acute medical conditions, and also to recognize where they fall short in managing patients who suffer from the chronic degenerative diseases of a “Western civilization origin.” Dr. Blyweiss became an early adherent and experienced practitioner of what would become known as “functional medicine.” He has used this matrix of systems biology to effectively manage and alleviate the symptoms related to the most “difficult-to-treat” conditions by addressing the underlying causes, allowing the body to heal itself. He is a national and international speaker on the latest topics of interest in integrative and functional medicine. Dr. Blyweiss is the Medical Director of the Osher Center for Integrative Medicine nutrition conferences at the University of Miami, Miller School of Medicine, where he is also an adjunct faculty member.

Caldwell Esselstyn Jr., M.D. is a ground-breaking pioneer in preventive and restorative cardio-vascular medicine and a world class athlete. In 1956, he received a gold medal in rowing at the Olympic Games. In 1968, as an Army surgeon in Vietnam, he was awarded the Bronze Star. He received the Distinguished Alumnus Award from the Cleveland Clinic Alumni Association in 2009. Dr. Esselstyn’s scientific publications number over 150. His pioneering research is summarized in his best-selling book Prevent and Reverse Heart Disease. In 2013 he received the Yale University George Herbert Walker Bush award for lifetime achievement. Dr. Esselstyn is featured in the popular plant-based diet documentary Forks over Knives and appeared in the CNN special, “The Last Heart Attack” and other CNN programs relating his work to President Clinton’s decision to become a vegan for health reasons. Rip Esselstyn is the founder of Engine 2 and a Healthy Eating Partner for Whole Foods Market. At Engine 2, Rip develops and implements plant-based programs that transform people’s health worldwide. Rip was a three-time, all-American swimmer at the University of Texas at Austin and spent a decade as a world-class triathlete. Rip’s New York Times best-selling book, The Engine 2 Diet, documents his success and shows the irrefutable connection between a plant-based diet and good health. His follow-up, Plant-Strong, became a #1 New York Times bestseller. Rip has appeared on Today, CBS Sunday Morning, Good Morning America, the Dr. Oz Show and more. His latest book, The Engine 2 Seven-Day Rescue Diet, was released in late 2016.

Chris Wark is a best-selling author, speaker and global health and wellness leader. Chris was diagnosed with stage III colon cancer in 2003 at 26 years of age. After surgery, he opted out of chemotherapy and used plant-based nutrition and non-toxic therapies to heal. He began sharing his story in 2010 with a mission to inspire people to take control of their health and to show them how to reverse disease with simple, but radical, diet and lifestyle practices. Chris reaches millions of people per year through social media and his website: chrisbeatcancer.com. His national bestseller Chris Beat Cancer: A Comprehensive Plan for Healing Naturally was published by Hay House in September, 2018 (a national bestseller, as ranked by USA Today, The Wall Street Journal, and Publishers Weekly).

Julieanna Hever, M.S., R.D., C.P.T., The Plant-Based Dietitian, has a BA in Theatre and MS in Nutrition, bridging her biggest passions for food, public lectures and helping people. She has authored four books, including Plant-Based Nutrition 2E (Idiots Guide), and two peer-reviewed journal articles on plant-based nutrition for healthcare professionals. She was the host of What Would Julieanna Do?, gave a TEDx talk, and instructed for the eCornell Plant-Based Nutrition Certification Program. She’s appeared on Harry, The Dr. Oz Show and The Steve Harvey Show. Julieanna is a Registered Dietitian, the Co-Founder and Nutrition Director for JustSides, and co-host of Home Sweat Home on Facebook Watch, where she shares a plant-based diet message of health and happiness.

Chef AJ has been devoted to a plant-exclusive diet for over 42 years. She is the host of the television series Healthy Living with CHEF AJ, which airs on Foody TV. A chef, culinary instructor and professional speaker, she is author of the popular book Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight, which chronicles her journey from an obese junk-food vegan faced with a diagnosis of pre-cancerous polyps, to learning how to create foods that nourish and heal the body. Her latest best-selling book, The Secrets to Ultimate Weight Loss: A Revolutionary Approach to Conquer Cravings, Overcome Food Addiction and Lose Weight Without Going Hungry, has received glowing endorsements by many luminaries in the plant-based movement. Chef AJ was the Executive Pastry Chef at Santé Restaurant in Los Angeles where she was famous for her sugar, oil, salt and gluten-free desserts, which use the fruit, the whole fruit and nothing but the whole fruit. These recipes can be found in her upcoming book A Date With Dessert. She is the creator of the Ultimate Weight Loss Program, which has helped hundreds of people achieve the health and the body that they deserve, and is proud to say that her IQ is higher than her cholesterol. In 2018, she was inducted into the Vegetarian Hall of Fame.

Doctors & Specialists I have studied under (cont.): _____

Dr. Joel Fuhrman, M.D.: Board-certified Physician; Six-time New York Times Best-selling Author; President, Nutritional Research Foundation; "Nutritarian" (nutrition-based disease prevention)

Dr. Joel Kahn, M.D. World-leading Cardiologist, treated thousands of acute heart attack patients over 35-year career; Best-selling Author, educating people to prevent future heart attacks

Dr. Michael Klaper, M.D. Gifted Clinician; International Educator and Speaker on Diet and Health; Author; Producer of Health Videos and Webinars

Dr. Leigh Erin Connealy, M.D. Founded Integrative Medicine-based: Center for New Medicine (Current Medical Director) and Cancer Center for Healing; Author; Renowned Speaker

Dr. Elena Villanueva, D.C. Chiropractor; Holistic Doctor; Specialist: Female Hormones, Autoimmune Disorders, Type II Diabetes, Neurochemical Imbalances, Genetic Defects, and Insomnia

Dr. David Perlmutter Board-Certified Neurologist and four-time New York Times bestselling author. He serves on the Board of Directors and is a Fellow of the American College of Nutrition.

Dr. Eva Detko PhD in Physiology, Biochemistry & Nutritional Sciences; MSc in Human Nutrition; Certified Health & Fitness Trainer: American College of Sports Medicine

Dr. Rashid A Buttar, D.O. Dr. Buttar is board certified in Clinical Metal Toxicology, Preventive Medicine, is board eligible in Emergency Medicine and has achieved fellowship status in three separate medical societies.

Dr. Gabriella Lyon Doctor in osteopathic medicine and board-certified in family medicine.

Dr. Vincent Pedre Medical director of Pedre Integrative Health and founder of Dr. Pedre Wellness

Dr. Sruti Lam Functional medicine practitioner and a nutrition specialist. Dr. Lam worked in the MD Cancer center in Houston Texas

Dr. David Jockers Doctor of natural medicine, functional nutritionist and corrective care chiropractor

Dr. Brooke Goldner Board certified physician, the founder of GoodbyeLupus.com and creator of the Hyper-nourishing Nutrition Protocol for Lupus Reversal.

Dr. Cathleen Gerenger Chiropractic National Board Certified in Part I, II, III and IV, Physiological Therapeutics and Acupuncture, opened RaJeunir Medical Center in Tampa, Florida

Dr. Veronique Desaulniers Founder of Breast Cancer Conqueror® and the 7 Essentials System®, and co-founder of My Breast Friend™

Dr. Gerald Curatola Dentist, Associate Professor at New York University, author and humanitarian best known for his contributions in cosmetic dentistry and wellness

Dr. Zach Bush Triple board-certified physician, with expertise in Internal Medicine, Endocrinology and Metabolism, and Hospice/Palliative care

Dr. Susanne Bennette CCSP Natural Allergy Doctor and Environment Advocate

Dr. Peter Kan, D.C. Board-certified Chiropractic Neurologist; Certified Functional Medicine Practitioner; Fellow, American Association of Integrative Medicine; Media Speaker

Dr. Elena Villanueva, D.C. Chiropractor; Holistic Doctor; Specialist: Female Hormones, Autoimmune Disorders, Type II Diabetes, Neurochemical Imbalances, Genetic Defects, and Insomnia