



## A PlantPure Update

Before I go any further, here's an update on the relaunch of our PlantPure Entrees. It looks like we should be able to go live around June 15. We had been aiming for the end of this week, but scheduling and logistics with our testing and at our co-packer have taken a little longer than expected. Everyone involved, however, is doing their best, which is all we can ask for.

Today I want to write about an idea I have mentioned before in various forms, including in our movie, *PlantPure Nation*. The idea is this: we will never change the world through partisan politicians and government bureaucrats. In saying this, I am not picking any political side. My pessimistic views of government are not partisan. Let me give you an example by discussing the political debate in the U.S. over healthcare.

Politicians on both sides of the political aisle are arguing over the form and extent of coverage, and who should pay for this coverage. But through all this cantankerous debate, I have yet to hear a single politician or government official discuss the power of plant-based nutrition to resolve our healthcare crisis.

And this is surely a fact known by many of these people. When I bump into people at gas stations, local stores, and other places who know about "The China Study" and/or one or more of the movie documentaries on plant-based nutrition, you can rest assured that quite a few people in government have also been exposed to this information.

Here at PlantPure, we believe it's time for us to take matters into our own hands. Toward this end, we intend to launch a "PlantPure Challenge" initiative in July to engage people everywhere in becoming part of a solution. Our goal is to launch this on July 4th, the same date

we released our film in 2015. This date makes sense to us because our healthcare crisis is a serious national problem (and of course, not just for the U.S., but for countries around the world). Also, the solution we envision is one that engages people, not government, in making change, which is what democracy should be about – right?

I will have more to share on all this in my next newsletter. Until then, thanks for your continued support, and be well!

*- Nelson Campbell*

---

## Words to Live By

**our wills are our gardeners**



---

## A Report From The Nonprofit Organization, PlantPure Communities

**New Member on PPC's Board of Advisors**

courtyard



PlantPure Communities welcomes a new member to their Board of Advisors, Dr. Alan Goldhamer, director of the [True North Health Center](#) in Santa Rosa, CA.

[Learn more](#) about Dr. Goldhamer and PPC's Board of Advisors.

### **A New Way to Support PPC!**



Think this season is the perfect time to buy your dream car? Consider donating your old vehicle to PlantPure Communities! Support the cause you love, while also qualifying for a tax deduction.

For more information or to get started on your vehicle donation, visit the [PPC CARS donation page](#).

**[Join the discussion](#) on the [PlantPure Communities Facebook Page!](#)**



Join the discussion!

How do you make  
new Pod members  
feel welcome?

#PlantPureCommunities

## Healthy School Food Summit



PlantPure is excited to announce it is co-hosting the Healthy School Food Summit with the Coalition for Healthy School Food, and it features interviews with experts such as Dr. T. Colin Campbell, Dr. Michael Greger, Jane Esselstyn, Kim Campbell, Dr. Antonia Demas and more!

Our main goal for the Healthy School Food Summit (HSFS), which is completely free and held online June 12th-16th, is to educate school administrators, teachers, parents, food service workers, legislators and others on ways they can add more healthy food options in their

schools to help students grow and excel while also motivating and inspiring them to also eat better at home. To register for free, just go to <http://www.schoolfoodsummit.com> to get the latest updates and links to the interviews.

---

## Featured PlantPure Recipe

### [Sweet Potato Spice Muffins](#)

*From Kim Campbell*

These muffins are moist and tender with a unique spicy-sweet flavor. Chinese five spice is a perfect combination of cinnamon, ginger, cloves, star anise, and fennel seeds making it a wonderful addition to quick breads and cakes.

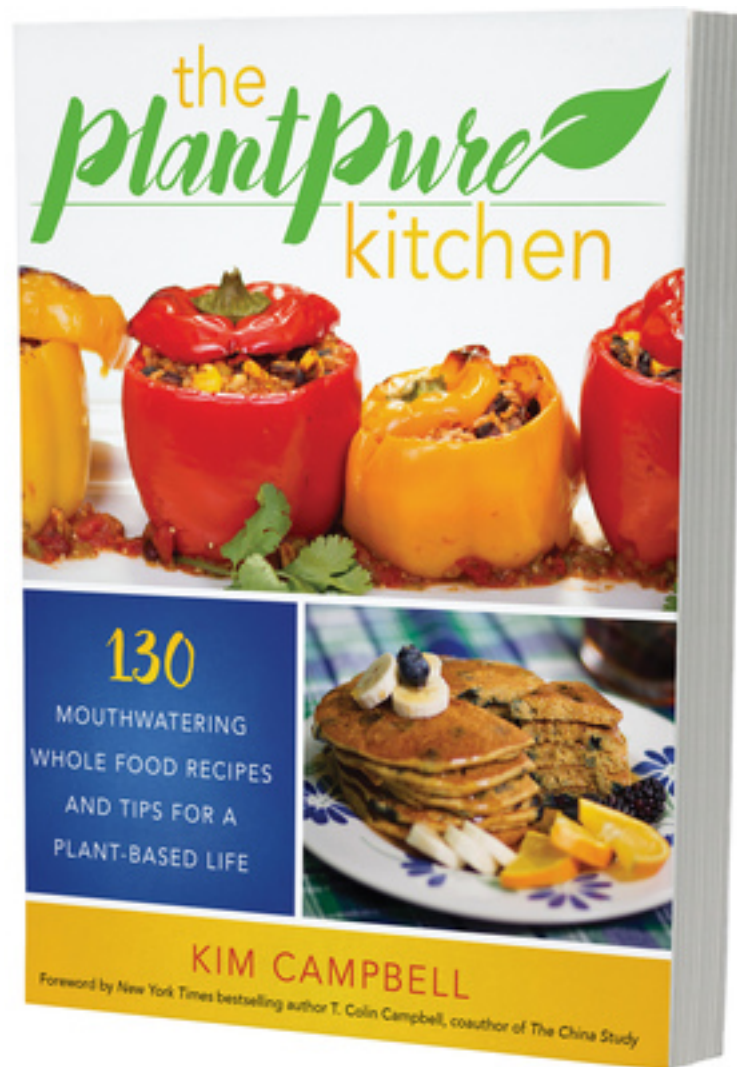


Check out this recipe, and the latest PlantPure Recipes submitted by members of PlantPure Nation and the author of the PlantPure Nation Cookbook, Kim Campbell.

[Browse Now](#)

---

**Purchase Your Copy of [The PlantPure Kitchen](#) Today!**



Kim Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plantpure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more.



### Kitchen Starter A La Carte

[Learn More!](#)



### Standard Pack of Meal Starters & Dressings

[Learn More](#)

# Watch Our Video

Download or stream the acclaimed breakthrough feature documentary film PlantPure Nation.



Watch Now!



## Resources

[PlantPure Recipes](#)  
[Blog](#)  
[Newsletter Archive](#)  
[Jumpstart Challenge](#)  
[Corporate Wellness](#)

## Shop

[Food](#)  
[Jumpstart Kits](#)  
[Mobile App](#)  
[Books](#)  
[Kitchenware](#)  
[Apparel](#)  
[DVDs](#)

## Visit Us

[Website](#)

## Contact Us

[Support](#)  
(704) 271-9906  
info@plantpurenation.com

Copyright © PlantPure. All rights reserved.

[Update your profile](#)

This email was sent by PlantPure at 101 East Clay St., Mebane, NC, 27302, United States.