

# Diabetic Resource List

## Online -

Lucia's Instagram for food - <https://www.instagram.com/theharvestcook/>  
Lucia's Instagram for diabetes - <https://www.instagram.com/luciatiffanyrn/>  
Lucia website for diabetes - [LuciaTiffany.com](http://LuciaTiffany.com)  
Lucia's website for plant-based lifestyle - [TheHarvestCook.com](http://TheHarvestCook.com)  
Lucia's email - [lucia@LuciaTiffany.com](mailto:lucia@LuciaTiffany.com)  
Lucia's cooking club - <https://offers.theharvestcook.com/2022-a-and-s-pb-ckg>

## Books -

Dr. Youngberg's - Goodbye Diabetes

<https://www.amazon.com/Goodbye-Diabetes-Dr-Wes-Youngberg/dp/187804642X>

Dr. Joel Fuhrman - The End of Diabetes

[https://www.amazon.com/End-Diabetes-Live-Prevent-Reverse-ebook/dp/B0089LOG7U/ref=sr\\_1\\_1?crd=154BOVHVGLT2Q&keywords=the+end+of+diabetes+by+dr.+joel+fuhrman&qid=1668109287&s=books&prefix=the+end+of+diabetes%2Cstripbooks%2C193&sr=1-1](https://www.amazon.com/End-Diabetes-Live-Prevent-Reverse-ebook/dp/B0089LOG7U/ref=sr_1_1?crd=154BOVHVGLT2Q&keywords=the+end+of+diabetes+by+dr.+joel+fuhrman&qid=1668109287&s=books&prefix=the+end+of+diabetes%2Cstripbooks%2C193&sr=1-1)

## Documentaries

Fat Sick and Nearly Dead

Food Inc.

The Game Changers

Supersize Me

The World According to Monsanto

## Local

3rd Sunday of every month - Williams Hall next to Seventh-day Adventist Church. 1180 Robinson Street, Oroville. FREE Lunch and Learn from 1:00pm to 3:00 pm. Call Frankie to pre-register at 207-562-7177.