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News

Doctors Group Recommends Vegan Diet in India

By [Natalie Williams](#) | July 15, 2015



The Physicians Committee for Responsible Medicine toured India touting the health benefits of plant-based fare.

The Physicians Committee for Responsible Medicine ([PCRM](#)) embarked on a six-city tour June 25 to July 1 to promote veganism in India. The excursion, called [Building a Healthy India](#), emphasized the health benefits of an entirely plant-based diet in the traditionally vegetarian country. The event was also supported by Indian non-profit organizations such as the Sanctuary for Health and Reconnection to Animals and Nature as well as India's Freedom from Diabetes Clinic. "A low-fat vegan diet, combined with a nutrition education program, is clinically proven to boost weight loss, lower blood pressure, improve total cholesterol, restore insulin function, alleviate chronic pain, particularly headaches, migraines, and joint

pain,” Zeeshan Ali of PCRM told the Indo-Asian News Service. PCRM consists of more than 12,000 physicians and 150,000 members worldwide and promotes “prevention over pills.”