

Message to Healthcare Professionals

Active Time: 15 minutes | Total Time: 15 minutes

The Swich logo is written in a black, cursive, handwritten-style font.

Why Swich is needed today!

It's no secret; the world is in a downward spiralling health crisis. Heart disease, diabetes and obesity have become a global epidemic. According to the World Health Organization, one third of world's population is now either overweight or obese. According to the CDC, this year in the US alone, over 600,000 people will die from cardiovascular disease—America's number one killer.

The unfortunate thing is that most healthcare professionals receive only a few hours of nutrition education during their medical training. The healthcare system also provides us with little time to provide any kind of food, cooking, nutritional or lifestyle education to our patients and/or clients.

Plant-based nutrition

We can't wait any longer for healthcare reform. Too many lives are at stake. There is already sufficient evidence to support plant-based diets as a way to improve health. While not all healthcare practitioners agree on the exact same dietary approach, most will agree that incorporating more plant-based foods into the diet will help improve personal health.

As culinary educators, physicians and healthcare practitioners, we have always imagined a day when healthcare professionals would have the tools and tested turn-key solutions to prescribe nutrition and culinary education to their patients. A simple, accessible way of educating can result in the prevention or possibly even the reversal of many of the chronic, degenerative diseases that plague our nation and much of the world.

Start by fixing the food!

To solve the majority of our health problems, we need to focus on the root cause of disease—the food we eat. We need to fix the food! While we might encourage our patients to start eating better and to change their diets to more health-supportive foods, if they can't cook it and make food taste delicious, patients simply won't make the change.

This is where a program like Swich comes in. Swich provides a personalized learning pathway that focuses on teaching the foundational cooking skills needed for long-term behavioral change. It also provides lifestyle and nutrition education that will help patients better understand how to improve their health through food and cooking.

Dr. Michael Klaper, MD