



Dr. Yami Cazorla-Lancaster, DO, MPH, MS, FAAP

Dr. Yami is a passionate plant-based board-certified pediatrician, health and wellness coach and Food For Life instructor. She is the proud founder of *VeggieFitKids.com*, dedicated to helping kids and families live their healthiest life by eating more fruits and vegetables. She is serious about preventing disease and helping others live happy, joyful lives.

OUR MISSION

Our podcast is focused on plant-based nutrition, habit formation, behavior change, and motivation so that our audience can have the tools to live their best life possible!

OUR GUESTS

Dr. Yami hand selects guests that are sure to inform, motivate and inspire her listeners to thrive!

PAST GUESTS

Dr. Joel Kahn, *American's Healthy Heart Doc*
Dr. Joel Fuhrman, *author of Eat to Live*
Dr. Pam Popper, *founder of Wellness Forum Health*
Lindsay Nixon, *founder of The Happy Herbivore*

STREAM WEEKLY



VEGGIE DOCTOR RADIO