



**Susan Benigas, Executive Director
American College of Lifestyle Medicine**

Susan serves as executive director of the [American College of Lifestyle Medicine](#) (ACLM), the medical professional society in the United States, representing clinicians and healthcare executives who are dedicated to a lifestyle medicine-first approach to healthcare. ACLM leaders and members recognize that the only path to a transformed and sustainable healthcare system is for lifestyle medicine to become the foundation of clinical practice.

Susan’s work has spanned the gamut, from running political campaigns to serving in senior management and consultant roles for organizations ranging from professional sports and media to healthcare technology and worksite health promotion.

It was while president of a worksite wellness company that she experienced a paradigm-shift, leading to her life’s passion: She was questioning the status quo approach to “wellness”—all too often diagnosing and medicating—as opposed to a primary focus on identifying and eradicating the cause of disease, when an oncologist introduced her to *The China Study*, the book the physician praised as having “transformed” her life and the lives of many of her patients. Reading this book and, soon thereafter, meeting its author, T. Colin Campbell, PhD, is what Susan often refers to as her “paradigm-shift catalyst,” changing the trajectory of her life’s work.

Her passion became reaching the gatekeepers of dietary and lifestyle recommendations—our nation’s physicians and healthcare practitioners—creating educational events, tools and resources for them and those they serve, focused on optimal dietary lifestyle. Science overwhelmingly supports the efficacy of whole food, plant-based nutrition in its ability to prevent, suspend, and, often, even reverse the chronic, degenerative disease that’s afflicting our world, yet this is a subject that is sorely lacking in medical education. This reality led to Susan’s founding, prior to joining ACLM, of [The Plantrician Project](#), a 501c3 not-for-profit organization, and co-founding the [International Plant-based Nutrition Healthcare Conference](#).

Susan’s experience and successful track record in the areas of strategic marketing, public relations, project management, fund-raising, corporate sponsorship development, event

production, and internet-based solutions design and development have helped to fuel the success of many organizations and endeavors. Bringing vision to life is what she does best.

She and her husband, Jon, reside in Town & Country, Missouri, where Jon serves on the Board of Aldermen and is chairman of the Green Commission.