



Rochester Lifestyle  
Medicine Institute

15-Day Whole-Food Plant-Based  
*Jumpstart Program*

## A Message to Medical Providers

Do you want your patients to experience true health, instead of just holding the line against chronic disease? Do you want to restore your joy of practice?

## Empower Your Patients to Take Control of Their Own Health with RLMI's Jumpstart

RLMI's **15-Day Whole-Food Plant-Based (WFPB) Jumpstart** is an evidence-based intensive lifestyle change program that helps people arrest and even reverse chronic disease, through plant-based nutrition.

Jumpstart is a medically-supervised program that helps your patients start their journey to a happier, healthier life.

### The Problem

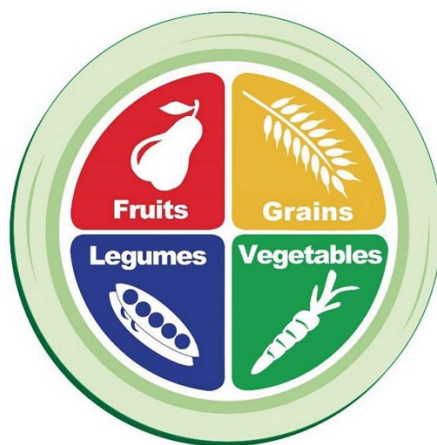
- About 90% of adults in this country have one or more chronic diseases – diabetes, high cholesterol, high blood pressure, obesity, and heart disease.
- The usual progression is MORE chronic illness, MORE pills, MORE costs, and worse health over time.
- What we eat is an important lifestyle risk factor implicated in early mortality.

### The Solution

- It's estimated that 70-80% of chronic illnesses are preventable through lifestyle.
- A low-fat WFPB diet is the only dietary pattern that has been demonstrated to reverse established heart disease.
- Type 2 diabetes, which will affect 1 in 3 Americans born after the year 2000 – and 1 in 2 people of color – may be reversed with a WFPB diet.
- A WFPB diet has been shown to prevent, treat, and reverse many common chronic conditions.
- We have 3 opportunities each and every day – breakfast, lunch and dinner - to improve health!

## What is a Whole-Food Plant-Based Diet?

- A **whole-food plant-based (WFPB) diet** excludes all animal products: no meat, poultry, fish, eggs, or dairy products. It excludes oils and most processed foods
- Those on a WFPB diet eat from the **Power Plate created by the Physicians Committee for Responsible Medicine** (pcrm.org), also known as the New Four Food Groups: vegetables, legumes (beans), grains and fruits.



## Benefits of a Whole-Food Plant-Based Diet

A Whole-Food Plant-Based diet can set your patients on the path to renewed health by helping them:

- Prevent, arrest, and even reverse heart disease, type 2 diabetes, obesity, and some autoimmune diseases
- Lower cholesterol, blood pressure, and blood glucose
- Lose weight in a way that supports overall health
- Lower risk and slow the progression of some cancers
- Eliminate heartburn and GERD
- Strengthen the immune system
- Promote gut and gum health
- Improve sexual health
- Improve sleep, energy levels, and mood

## Plant-Based Diet is Backed by Evidence and is Science-Based

A recent study concludes that plant-based diets “are cost-effective, low-risk interventions that may lower body mass index, blood pressure, HbA<sub>1c</sub>, and cholesterol levels. They may also reduce the number of medications needed to treat chronic diseases and lower ischemic heart disease mortality rates.

Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/> (Perm J. 2013 Spring; 17(2): 61–66).

## Heart Disease

A plant-based diet can reverse heart disease, with results that are quantifiable with radiological studies such as angiograms and PET scans.

[http://dresselstyn.com/JFP\\_06307\\_Article1.pdf](http://dresselstyn.com/JFP_06307_Article1.pdf)

## Diabetes

A plant-based diet has been shown to reverse type 2 diabetes. This disease has reached epidemic proportions in the US and is predicted to occur in ⅓ to ½ of children born after 2000 (if we don't change things).

<http://care.diabetesjournals.org/content/29/8/1777>

## Weight Control

A low-fat plant-based diet without the need for portion control has been shown to induce steady, sustainable weight loss, and healthy maintenance once a desired weight has been reached.

<https://pubmed.ncbi.nlm.nih.gov/17890496/>

## Cancer

A plant-based diet can halt the progress of early-stage prostate cancer.

[https://www.ornish.com/wp-content/uploads/Intensive\\_Lifestyle\\_Changes\\_and\\_Prostate\\_Cancer.pdf](https://www.ornish.com/wp-content/uploads/Intensive_Lifestyle_Changes_and_Prostate_Cancer.pdf)

[https://www.ornish.com/wp-content/uploads/Lancet\\_Lifestyle-changes-lengthen-telomeres.pdf](https://www.ornish.com/wp-content/uploads/Lancet_Lifestyle-changes-lengthen-telomeres.pdf)

## Longevity

The 2nd Adventist Health Study found that ovo-lacto vegetarians had 9% reduced mortality and vegans had 15% reduced mortality compared to similar health-conscious non-vegetarians.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4073139/>

<https://www.ncbi.nlm.nih.gov/pubmed/23836264/>

## Where does RLMI's Jumpstart Fit In?

Jumpstart launches participants on a whole-food plant-based diet for 15 days, with the needed education, community support, and medical supervision.

The program includes three 2-hour program sessions; a cooking demo; two weekly check-in sessions; daily emails; a closed community forum; a Plant-Based Jumpstart Guide; shopping lists and meal-planning tips; and an abundance of resources to help participants stay motivated and stay the course.

Participants discover their power to take control of their own health, for 15 days and beyond!

## Why a 15-Day Jumpstart?

- Because you can do anything for 2 weeks!
- Patients get satisfying results in 2 weeks, with most achieving reductions in weight, cholesterol, blood pressure, and/or blood sugar.
- Many patients experience dramatic improvements in 2 weeks—especially those who need it most.

## What kind of results can your patients expect?

Most patients see positive results in 2 weeks. The following results demonstrate the benefits of a very low-fat Whole-Food Plant-Based diet.

Results from 389 Jumpstart Participants: September 2018 - February 2020

<b>Biometrics</b>	<b>Day 15 Results <sup>3</sup></b>
Average Weight Loss	5.8 pounds (7.3 for those whose BMI was > 30)*
Average Diastolic Blood Drop	2.5 points
Systolic Blood Pressure Drop	6.8 points (16.8 points for those with systolic blood pressure > 140)
Average Cholesterol Drop	26 points (44 points for those with a cholesterol > 200)
Average LDL Cholesterol Drop	19 points (33 points for those with an LDL > 100)
Average Fasting Blood Sugar Drop	5.1 points (28.4 points for those starting in the diabetic range)**

\*Of the 327 people who had information on BMI on Days 1 and 15, 83.2% of participants were overweight or obese. Of this subgroup, 94.1% (256/272) lost weight. For people who started with a BMI of 25-30, average weight loss was 4.9 pounds ( $p < 0.0001$ ).

\*\*The p-value was  $< 0.005$  for fasting blood sugar and  $< 0.001$  for all other comparisons

Susan M. Friedman, MD, MPH, Jumpstarting Health with a 15-Day Whole-Food Plant-Based Program, 2021. Submitted for publication.

## As a medical provider, what role do you play in Jumpstart?

You can encourage your patients to take Jumpstart, preferably with your medical supervision, including a one-on-one consult before and after taking Jumpstart, either in person or via telehealth. The consult provides an opportunity to collect patient data. Please measure lipid panel and fasting glucose, along with blood pressure, height, weight, and abdominal girth.

Options for Medical Supervision:

1. Schedule a medically supervised consult with your patients pre-Day 1 and post-Day 15 of their taking the Jumpstart (If you are not the PCP, you can refer them to their PCP for the consult).
2. Refer your patients to RLM for a consult with one of our providers (licensed in the following states: AZ, CA, CO, IL, ME, MI, NY, NV, UT, VT, WA, and WY).

## How else can you give support during Jumpstart?

RLMI encourages patients registering for Jumpstart to inform their providers right away, and provides a standard letter describing the Jumpstart from a medical standpoint. If you are aware of the lifestyle changes your patient is making, you'll be better able to advise the patient should questions arise.

Patients may need to adjust medications during Jumpstart, especially those with diabetes, since glucose levels will likely drop due to eating a WFPB diet. Blood pressure levels may also be affected. After the conclusion of Jumpstart, you can continue to monitor patients and support them as they continue with a plant-based diet.

## What else can you do?

RLMI encourages you to take Jumpstart or the Jumpstart Clinician course yourself, so that you can experience the great results, along with your patients. You have two options:

1. Take RLMI's 24 credit CME course, [A PLANT-BASED DIET: EXPERIENTIAL LIFESTYLE MEDICINE TRAINING FOR CLINICIANS](#).
  - a. The course combines the 15-Day Jumpstart and the experiential learning didactic course.
  - b. Using a "First the Docs, then the Patients" approach, RLMI teaches you how to support your patients in changing their lives.
2. Take the Jumpstart on its own without CME credit. RLMI recommends that you, like your patients, take Jumpstart with initial lab and clinical measures, so that you can feel motivated to continue on a plant-based journey to great health, along with your patients.

Even if you don't take Jumpstart yourself, you can encourage your patients to take the Jumpstart.

## By Helping your Patients, you'll be Helping Yourself

By advocating a whole-food plant-based diet to your patients and encouraging them to take Jumpstart, you'll be helping them find a path to prevent, treat, and even reverse chronic disease. You will help them boost their immune systems and achieve optimal health.

You'll also be helping yourself, by increasing your joy of practice and reconnecting with your reasons for choosing a lifelong path of helping people.

Health care providers in RLMI's "First the Docs, then the Patients" pilot program experienced health benefits themselves, when they learned about plant-based diet and helped their patients take charge of their own health. In a 6-month survey of medical providers who referred patients to Jumpstart, 94% strongly agreed or agreed that "Talking to my patients about the **role of nutrition** in chronic disease makes my work more rewarding."

## Jumpstart: A World of Good for you and your patients!!

A plant-based diet uses far fewer resources and generates far less greenhouse gas than the standard American diet. It's win-win-win! The same way of eating that preserves your patients' health and well-being, boosts yours as well, and helps protect a healthy planet for all of us to live on.

## MORE INFORMATION AND FAQ'S

### What do participants eat during the 15 Day Jumpstart?

- Participants taking Jumpstart eat a whole-food, plant-based diet (WFPB) consisting entirely of:
  - beans, grains, vegetables and fruit.
  - They are asked to exclude anything that comes from animals: No meat, poultry, fish, eggs, or dairy products.
- All bottled oils and foods containing added oil (oil is not a whole food) are excluded.
- High-fat plant foods, such as nuts, peanuts, olives, avocados, and coconut are excluded.
  - In order to have a healing effect and “turn around” heart disease, type 2 diabetes, and stubborn weight problems, high fat foods need to be excluded for the 2 weeks.
- Processed foods, except for whole foods which are merely cooked (e.g. jarred roasted red peppers) or broken down (whole wheat pasta), are excluded. Condiments which contain no oil (most condiments) are allowed, even though they are somewhat processed.
- RLMI encourages eating dark leafy greens as often as possible, at every meal and for a snack.
  - They can be lightly steamed dark greens, such as kale, and sprinkled with balsamic vinegar and a dash of soy sauce; the vinegar makes the nutrients more accessible.
  - Pre- washed greens: e.g. organic spring mix, spinach mix, or arugula, which may come in a recyclable plastic tub made for easy eating or salad-making are encouraged.
- Concentrated sources of sugar are restricted to 1 tablespoon per day. These include maple syrup, agave syrup, and honey.
- Caffeinated beverages are allowed in moderation, as are alcoholic beverages, but RLMI encourages participants to limit themselves to ½ drink daily (½ glass wine or 1 light beer)
- Participants receive recipes and shopping lists the week before Jumpstart, to be able to shop for dishes demonstrated in the cooking class and choose what to eat for Jumpstart.
- After the end of the 15 days, participants may decide to add back naturally high-fat plant foods, such as nuts, peanuts, olives, and avocados—depending on their results, goals, and personal profile.

### What about those with Diabetes or Pre-Diabetes?

Those who have diabetes or pre-diabetes, and especially those who measure their blood sugar on a regular basis, may find that certain Jumpstart-approved foods can cause a rise in blood sugar levels. These foods include: bread and pasta, even when they are 100% wholegrain; potatoes; and non-berry fruits such as bananas and pineapples. Those who are struggling with a stubborn weight-loss plateau may have problems with the same foods.

If a patient notices that a particular food causes a spike in blood sugar, it's best to limit or eliminate it for the duration of Jumpstart. After Jumpstart, patients may be able to reintroduce some or all of these foods, especially if Jumpstart has helped them to lose weight and consequently to use their body's insulin more efficiently.

## Is a Plant-Based Diet Safe?

Mainstream authorities on nutrition agree that a plant-based diet is both healthy and adequate. US Department of Agriculture/Health and Human Services Guidelines for 2020-2025 clearly present a plant-based diet as a healthy option. <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials>

In 2016, the Academy of Nutrition and Dietetics released a position paper on vegetarian diets, stating that a completely plant-based diet is adequate for human health. "Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, hypertension, type 2 diabetes, certain types of cancer, and obesity." These chronic diseases are the leading killers in the United States. <https://pubmed.ncbi.nlm.nih.gov/27886704/>

## What else does Lifestyle Medicine have to offer?

Modern medicine is crucial for acute care, but the building blocks of long-term health are things that your patients choose and that are within their control, such as eating healthy foods, exercise, and stress management. RLMI's 15-Day Jumpstart focuses on food, the input to health which is most powerful and over which we have the most control. As your patients change their way of eating, encourage them to keep in mind the other elements of health such as moderate exercise, stress management, good sleep, and a positive connection with other people and with the natural world.

### RLMI's Jumpstart

<https://rochesterlifestylemedicine.org/about-jumpstart/>

### RLMI's Jumpstart Clinician Course

<https://rochesterlifestylemedicine.org/cme-jumpstart/>