Clinician Resource Guide



Rochester Lifestyle Medicine Institute





The *15-Day Whole-Food Plant-Based Jumpstart* launches participants on a plant-based journey with nutrition education, skills-building, and community support. Clinicians can partner with their patients in taking charge of their own health!

- Evidence-based and certified by ACLM
- Plan and prepare delicious healthy meals

What can Whole-Food Plant-Based (WFPB) nutrition do for Jumpstart participants?

- Lose weight without counting calories
- Reverse type 2 diabetes
- Lower cholesterol and BP
- Reverse heart disease
- Less inflammation and pain

What are the benefits to patients?

- Outstanding results; see graphic
- Improvements in biometrics and labs are very motivational for patients
- Less medication & lower medical costs
- Clinician referral discount

What are the benefits to me?

- 7 sessions & 11 hours education for patient
- Patients improve their health quickly
- Detailed participant report provided
- Increased joy of practice & less burnout

What are the next steps?

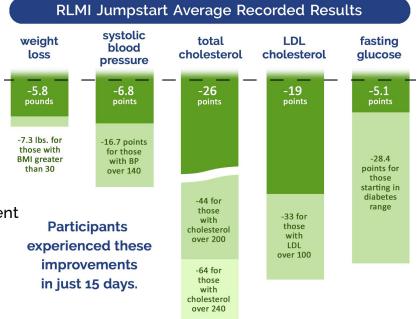
- Request posters & patient literature
- Refer patients using our <u>online</u> form
- Scholarship opportunities may be available for the underserved.
- Contact us at <u>collaborate@roclifemed.org</u> for more information!

• Less GERD, constipation, and irritable bowel

Support via live Zoom sessions & secure forum

Ongoing engagement via alumni groups

- Improved ED and hot flashes
- Reduced medication and lower drug costs
- Better energy, sleep, and mood





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