

Clinician Resource Guide



Rochester Lifestyle
Medicine Institute

15-Day Whole-Food Plant-Based
Jumpstart Program
- The prescription for chronic disease -



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
- Support via live Zoom sessions & secure forum
- Ongoing engagement via alumni groups

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
- Less GERD, constipation, and irritable bowel
- Improved ED and hot flashes
- Reduced medication and lower drug costs
- Better energy, sleep, and mood

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 [online](#) form
- Scholarship opportunities may be available for the underserved.
- Contact us at collaborate@roclifemed.org for more information!

RLMI Jumpstart Average Recorded Results

