



Ask your doctor  
if eating a  
***Plant-Based Diet\****  
is right for you.

## \* A Whole-Food Plant-Based (WFPB) Diet

Side effects may include:

- Losing weight (without counting calories)
- Reversing type 2 diabetes
- Lowering cholesterol and blood pressure
- Reversing heart disease
- Less inflammation and pain
- Less reflux, constipation, and irritable bowel
- Improved ED and fewer hot flashes
- Reduced medication and lower drug costs
- More energy, improved sleep, and better mood



Rochester Lifestyle  
Medicine Institute

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

[RochesterLifestyleMedicine.org/about-jumpstart](https://RochesterLifestyleMedicine.org/about-jumpstart)

(800) 710-7564 (RLMI)

info@roclifemed.org | @roclifemed

