

The following are Scatter Plots Graphs and Data Analysis Charts depicting the results of Participants ' lab data over the course of the 15 Day Whole-Foods Plant-Based Jumpstart.

These graphs charts show the relationship (correlation) between participants' laboratory test data results prior to Day 1 and post Day 15 of the Jumpstart.

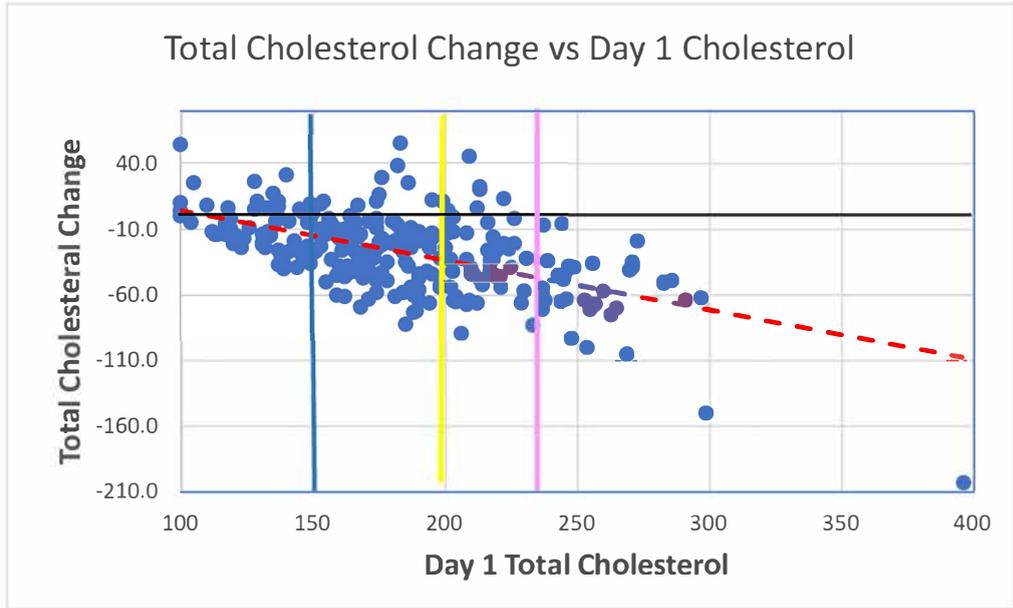
The results exemplify the benefits a very low fat Whole-Foods Plant-Based diet has on participants:

- Weight Loss
- BMI
- Systolic Blood Pressure
- Diastolic Blood Pressure
- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Fasting Blood Glucose

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Total Cholesterol Change

(Sept 2018 - Feb 2020)



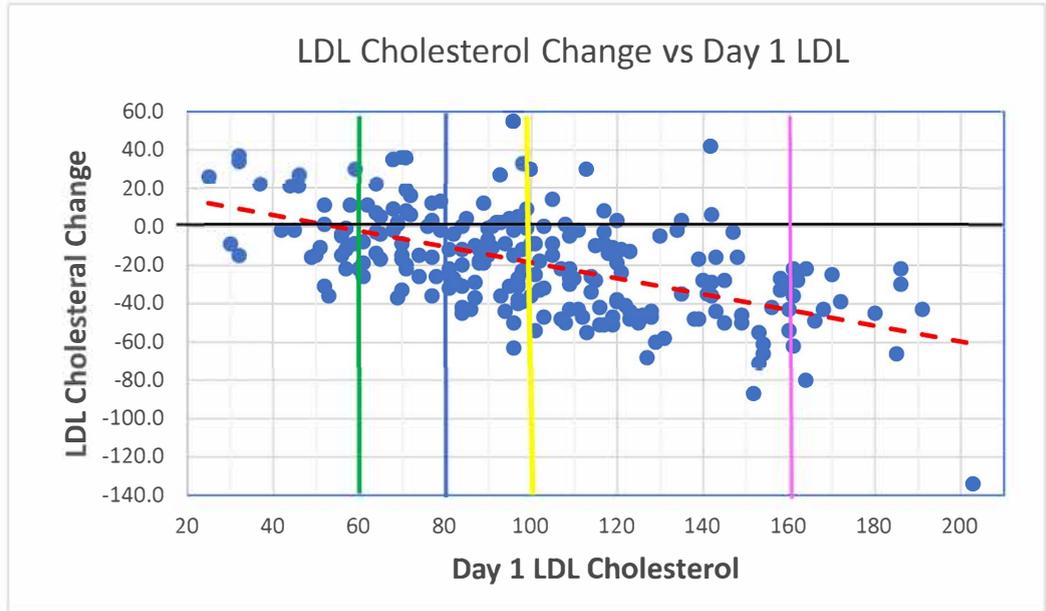
Day 1 Cholesterol	No. of Participants	Cholesterol Change	Average Change	No. with a Reduction
241 - 379	29	-203 to -6	-64	29
201 - 240	57	-89 to +45	-34	51
151 - 200	120	-82 to +55	-25	108
120 - 150	45	-40 to +31	-13	33
99 to 119	29	-14 to +54	0	10
Overall	280	-203 to +55	-26	231

201 - 379	86	-203 to +45	-44	80
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LDL Cholesterol Change

(Sept 2018 - Feb 2020)



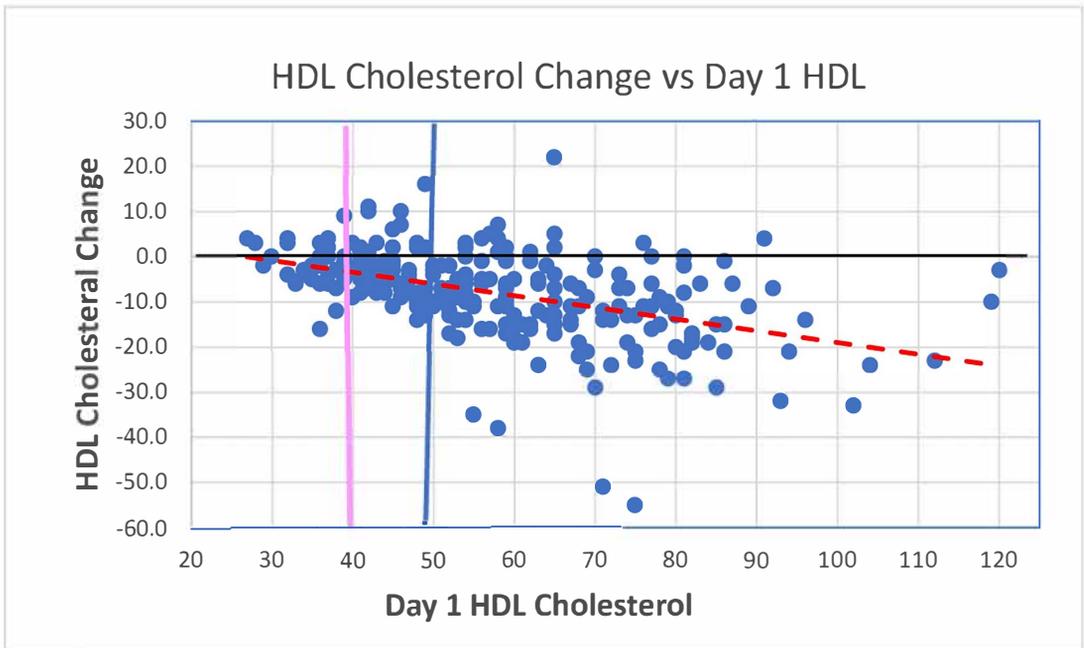
Day 1 LDL Cholesterol	No. of Participants	LDL Change	Average Change	No. with a Reduction
161 - 210	16	-134 to -22	-47	16
101 - 160	91	-87 to +42	-31	82
81 - 100	60	-63 to +55	-15	45
61 - 80	39	-37 to +36	-3	21
21 - 60	<u>28</u>	<u>-36 to +37</u>	<u>1</u>	<u>17</u>
Overall	234	-134 to +55	-19	181

101 - 210	107	-134 to +42	-33	98
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HDL Cholesterol Change

(Sept 2018 - Feb 2020)

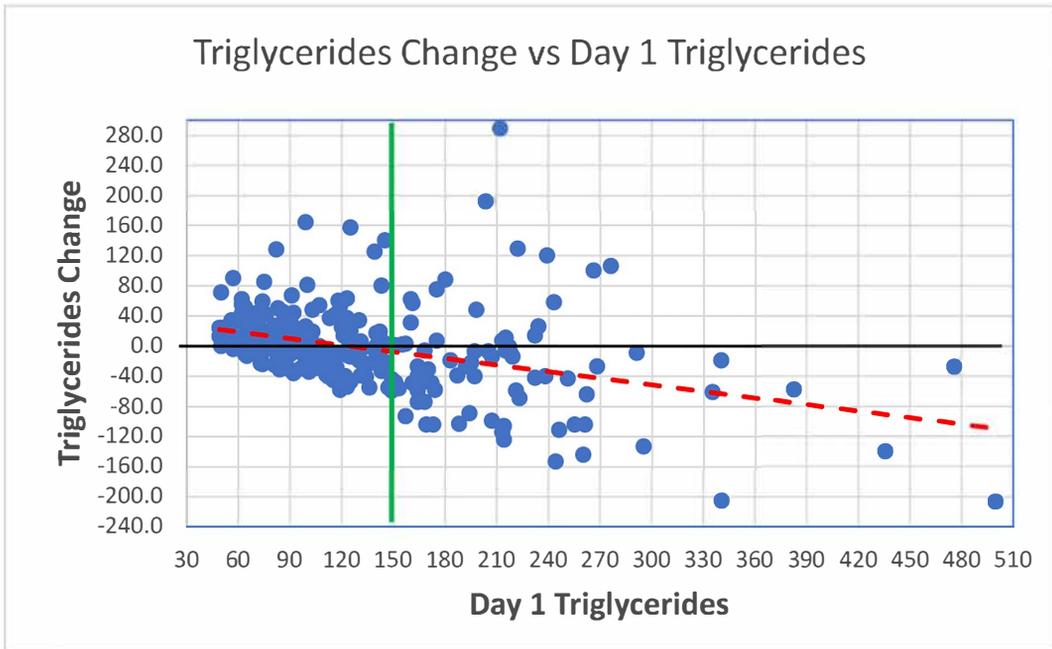


Day 1 HDL Cholesterol	No. of Participants	HDL Change	Average Change	No. with a Reduction
80 - 120	31	-33 to +4	-15	29
60 - 79	76	-55 to +22	-13	68
50 - 59	68	-38 to +7	-7	57
40-49	70	-14 to +16	-3	53
28 - 39	34	-16 to +9	-2	21
Overall	279	-55 to +22	-8	228

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Triglycerides Change

(Sept 2018 - Feb 2020)

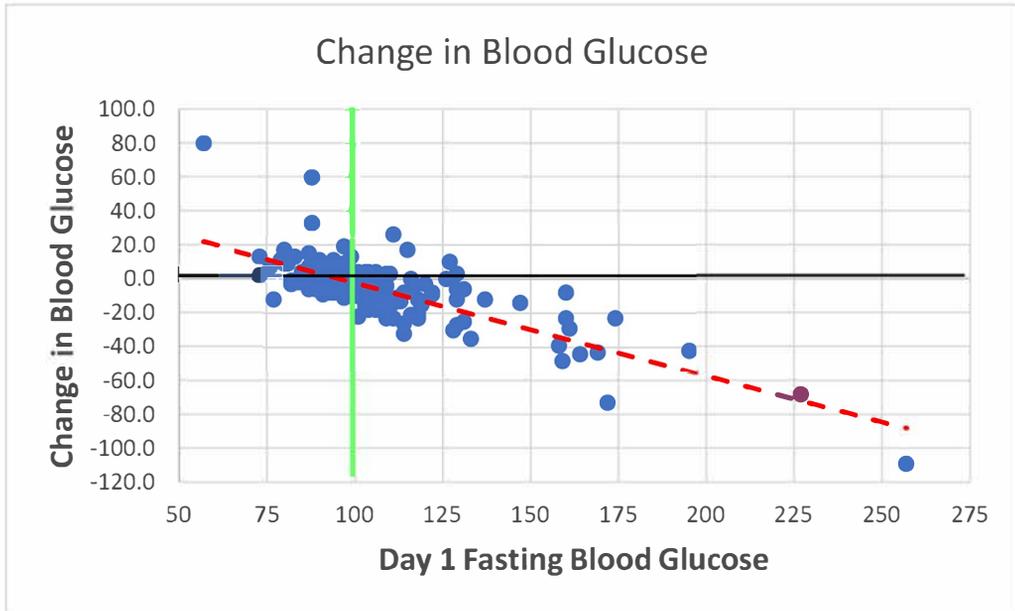


Day 1 Triglycerides	No. of Participants	Triglycerides Change	Average Change	No. with a Reduction
241 - 500	20	-207 to +106	-67	17
181 - 240	31	-124 to +289	-7	22
151 - 180	25	-104 to +88	-24	16
91 - 150	97	-59 to +164	3	51
49 to 90	<u>106</u>	<u>-31 to +128</u>	<u>14</u>	<u>32</u>
Overall	279	-207 to +289	-1	138

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Fasting Blood Glucose Change

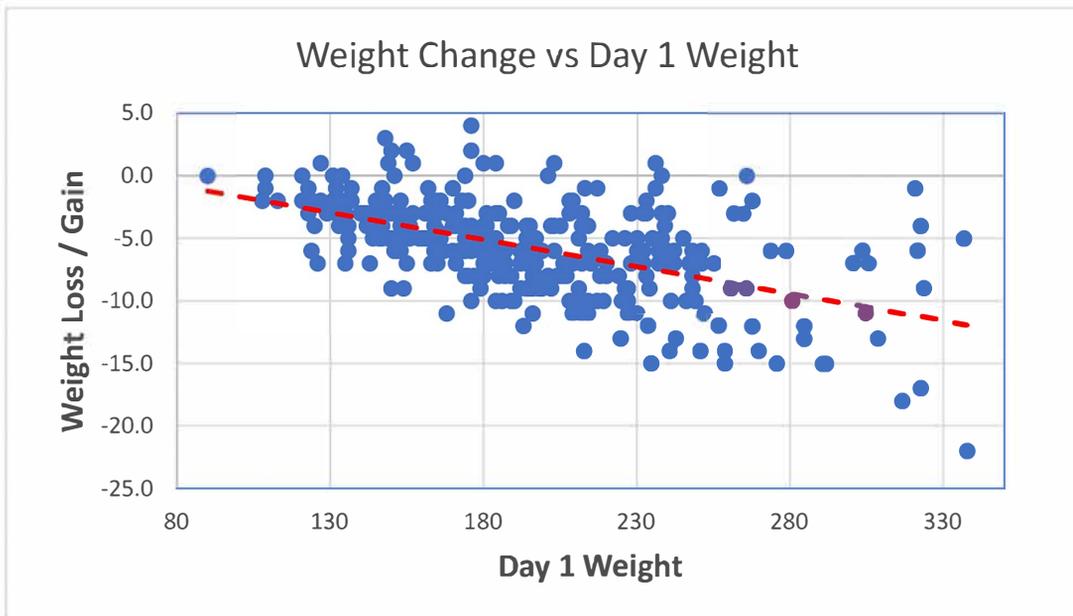
(Sept 2018 - Feb 2020)



Day 1 Glucose	No. of Participants	Glucose Change	Average Change	No. with a Reduction
151 - 260	12	-109 to -8	-45.8	12
126 - 150	13	-35 to +10	-12.4	10
101 - 125	58	-32 to +26	-8.4	45
90 - 100	61	-11 to +19	-0.1	35
55 - 89	37	-12 to +80	7.4	14
Overall	181	-109 to +80	-5.1	116

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Weight Loss (Sept 2018 - Feb 2020)

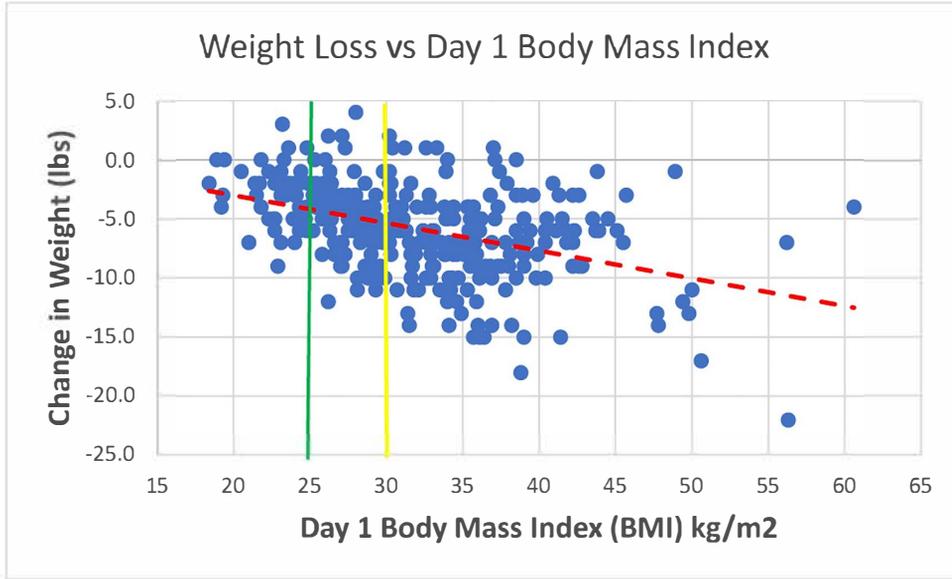


Day 1 Weight	No. of Participants	Weight Change	Ave. Weight Loss (lbs)	No. with a Reduction
300 - 340 lbs	13	-22 to -1 lbs	-9.7	13
250 - 299 lbs	27	-15 to 0 lbs	-9.4	26
200 - 249 lbs	97	-15 to +1 lbs	-6.9	93
150 - 199 lbs	144	-12 to +4 lbs	-5.2	134
90 - 149 lbs	<u>55</u>	<u>-7 to +3 lbs</u>	<u>-2.7</u>	<u>47</u>
Overall	336	-22 to +4 lbs	-5.8	313

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Weight Loss vs Initial Body Mass Index (BMI)

(Sept 2018 - Feb 2020)

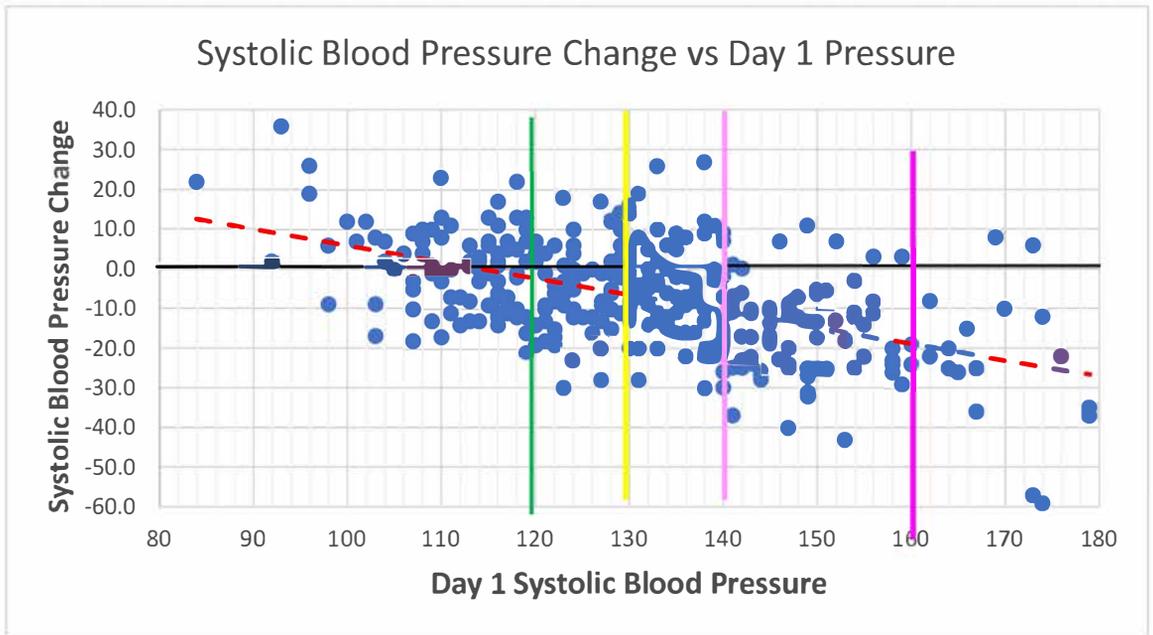


Day 1 BMI	No. of Participants	Weight Loss (lbs)	Ave. Weight Loss (lbs)	No. with a Reduction	% of Day 1 Participants
41 - 61	32	-22 to -1	-7.7	32	9.8%
31 - 40	132	-18 to +1	-7.2	124	40.4%
25 - 30	108	-12 to +4	-4.9	100	33.0%
18.5 - 24.9	54	-9 to +3	-3.0	47	16.5%
18 - 18.4	<u>1</u>	<u>-2</u>	<u>-2.0</u>	<u>1</u>	<u>0.3%</u>
Overall	327	-22 to +4	-5.8	304	100.0%

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Systolic Blood Pressure Change

(Sept 2018 - Feb 2020)

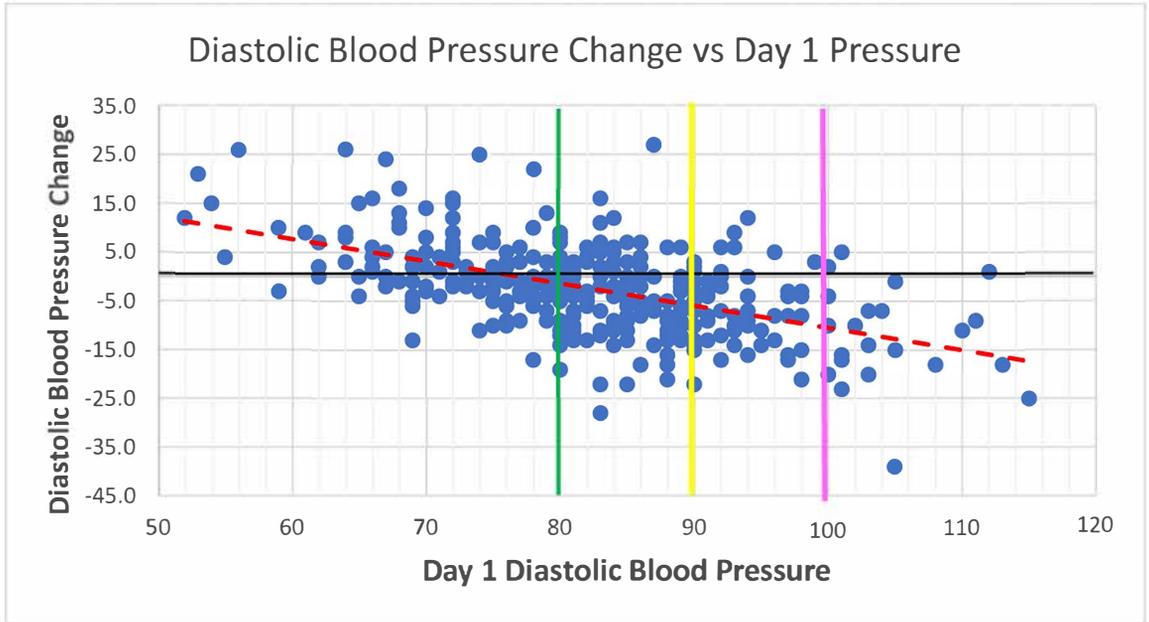


Day 1 Systolic Pressure	No. of Participants	Systolic Pressure Change	Ave. Pressure Change	No. with a Reduction
160 - 179	19	-59 to +8	-23.1	17
140 - 159	82	-43 to +11	-15.3	73
130 - 139	75	-30 to +27	-4.5	50
120 - 129	70	-30 to +18	-4.8	48
110 - 119	60	-21 to +23	-1.0	31
80 - 109	31	-18 to +36	4.1	9
Overall	337	-59 to +36	-6.8	228

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Diastolic Blood Pressure Change

(Sept 2018 - Feb 2020)



Day 1 Diastolic Pressure	No. of Participants	Diastolic Pressure Change	Ave. Pressure Change	No. with a Reduction
100 - 115	24	-39 to +5	-11.6	20
90 - 99	62	-22 to +12	-6.6	49
80 - 89	129	-28 to +27	-3.8	85
50 - 79	<u>122</u>	<u>-17 to +26</u>	<u>2.8</u>	<u>46</u>
Overall	337	-39 to +27	-2.5	200