

# 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 my 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 [online](#) or via [fax form](#)
- Give patients a \$100 off discount code (referJS).
- Contact us for scholarship opportunities
- Reach out for more information. We look forward to collaborating with you!

