



Rochester Lifestyle  
Medicine Institute

15-Day Whole-Food Plant-Based  
**Jumpstart Program**

I am planning to participate in the following program offered by Rochester Lifestyle Medicine Institute.

Below is their message introducing it to you.

Best regards,

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*Dear health care provider,*

The 15-day Jumpstart program is an online intensive Lifestyle Medicine program, based on the work of Dr. Caldwell Esselstyn, that gives patients the knowledge, skills, and support to adopt a low-fat, whole-food, plant-based diet (WFPBD). This approach to eating has been shown to help prevent and treat many chronic diseases, such as hypertension, hyperlipidemia, diabetes and coronary artery disease. Days 1, 8 and 15 each feature a two hour Zoom group seminar. On Day 2 of the program, there is a 2-hour cooking class, and on Day 8, there is a WFPB “virtual potluck,” with recipe sharing and a midway progress review session. There are daily emails, and a closed Google Classroom for sharing and support.

Patients may experience rapid changes in their health, and a need for adjustments to their medications. Average blood pressure drops 10 points over the 2-week period. Insulin sensitivity may change within a few days of adopting a WFPBD. Patients are encouraged to eat liberal amounts of greens and other vegetables. As a result, patients on Coumadin may experience changes in their INR.

***We encourage patients participating in Jumpstart to work closely with their health care provider during the program, so that they can make appropriate medication changes.***

***In addition to any patient specific lab work, we recommend a lipid panel and fasting glucose as close to the first and last days of Jumpstart as possible, and one HbA1c for those concerned about diabetes, in order to document the effects of being on the diet for 2 weeks.***

If you have any questions about this program, please don't hesitate to contact us. Thank you for the opportunity to participate in the care of your patient.

Sincerely,

Ted D. Barnett, MD, FACLM (a.k.a. "Dr. Veggie")  
President, Rochester Lifestyle Medicine Institute  
Partner, Borg and Ide Imaging

Rochester Lifestyle Medicine was established in 2015 to address the individual and societal burden of chronic diseases, using simple, low-cost Lifestyle Medicine interventions such as nutrition, physical activity, stress reduction, and sleep.