



Ask your doctor
if eating a
*healthy 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 GERD, 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

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