What I Wish I Learned in Medical School About Nutrition



Plant-based Nutrition in the Medical Clinic: Applications & Implications





"In medical school, we learn how to diagnose diseases from smallpox to leprosy, but that is not what you are going to be seeing in practice..."

Diseases most Western doctors treat most of the time...

Obesity Atherosclerotic Vascular Disease Hyperlipidemia **Hypertension** Type 2 diabetes **Asthma** Crohn's and colitis Inflammatory joint disease Auto-immune diseases



Diseases most Western doctors treat most of the time...

Obesity
Atherosclerotic Vascular Disease

ETIOLOGY UNKNOWN?



Asthma
Crohn's and colitis
Inflammatory joint disease
Auto-immune diseases





Instead of "curing" diseases, we "manage"

Obesity Atherosclerotic Vascular Disease Hyperlipidemia Hypertension Type 2 diabetes **Asthma** Crohn's and colitis Inflammatory joint disease Auto-immune diseases



Instead of "curing" diseases, we "manage"

Obesity
Atherosclerotic Vascular Disease

"You will be sick the rest of your life." "You will never get better."

Asthma
Crohn's and colitis
Inflammatory joint disease
Auto-immune diseases



REVERSIBLE DISEASES!

Obesity Atherosclerotic Vascular Disease Hyperlipidemia Hypertension Type 2 diabetes **Asthma** Crohn's and colitis Inflammatory joint disease Auto-immune diseases



Diseases most Western doctors treat most of the time...

Obesity
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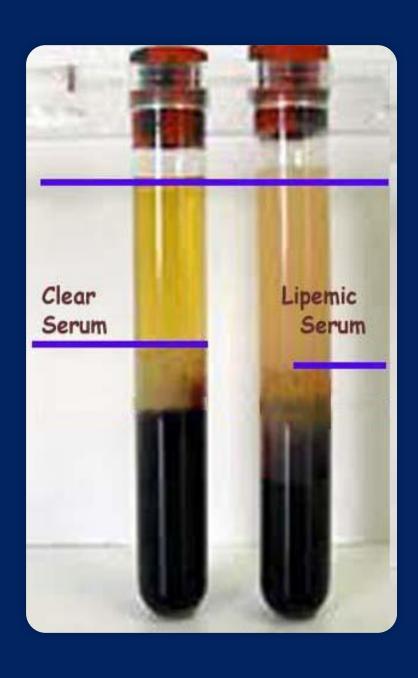








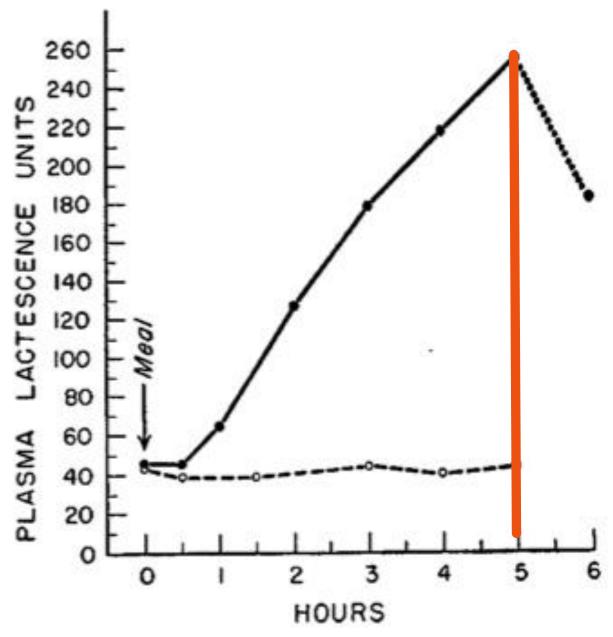




POST-PRANDIAL LIPEMIA

Not everyone shows the fat as optically dense as this, but everyone has a wave of fat flow through their arteries after a fatty meal.











WHILE BLOOD IS LIPEMIC:

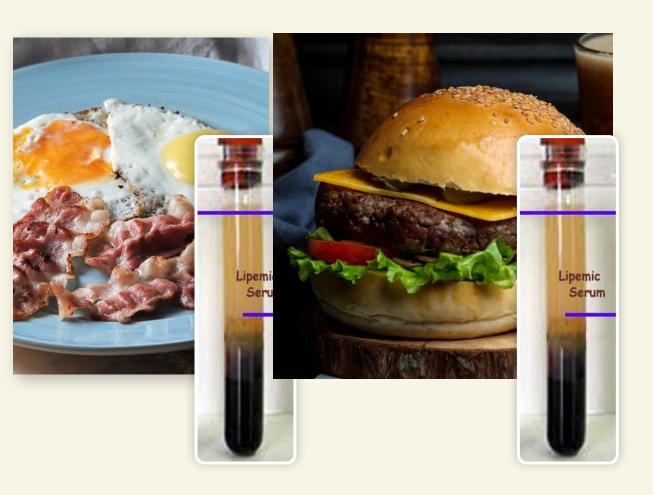
- ✓ Artery walls are injured
- √ Obesity increases
- ✓ Insulin resistance increases
- ✓ Inflammatory reactions promoted











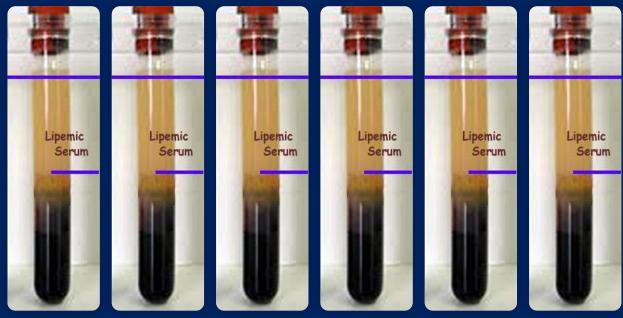








MOST WESTERNERS KEEP THEIR BLOODSTREAM FILLED WITH FAT AND SUGAR - ALL DAY!



If one can afford it, WE DO NOT PUT UP WITH HUNGER IN OUR SOCIETY
we are constantly post-prandia MICHAEL

MOVING MEDICINE FORWARD



There's much more than fat in that blood!



Excess Sodium

- Retain fluid ➤ High BP
- Stiffen artery walls ➤ High BP
- Can trigger auto-immune diseases through stimulation of Th17 helper cells (CD4+ cells)

Autoimmune Rev.2018 Nov;17(11):1069–1073. The role of dietary sodium in autoimmune diseases: The salty truth. Sharif K1, Amital H1, Shoenfeld Y2.



Eating SUGAR as a food



Sugars + protein + heat

MAILLARD REACTION



Advanced
Glycation
End Products
(AGEs)

A TIDE OF SIMPLE SUGARS
GLYCOSYLATES PROTEINS
THROUGHOUT THE BODY

Sugars + protein + heat

MAILLARD REACTION





Advanced
Glycation
End Products
(AGEs)

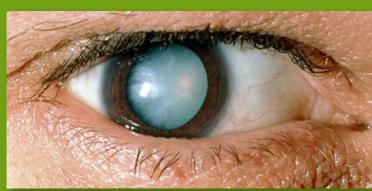
Sugars + protein + heat

MAILLARD REACTION





Advanced
Glycation
End Products
(AGEs)







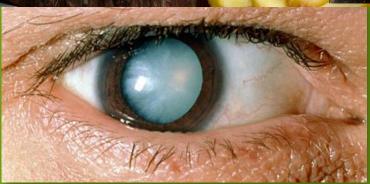
ALZHEIMER'S/DEMENTIA

Cooking animal muscle at high temperature

MAILLARD REACTION



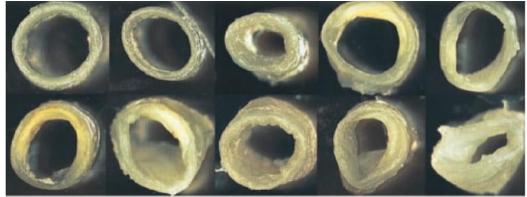
Advanced
Glycation
End Products
(AGEs)







ALZHEIMER'S/DEMENTIA



Alzheimer's Disease



Lathe et al. BMC Geriatrics 2014, 14:36 http://www.biomedcentral.com/1471-2318/14/36



DEBATE

Open Access

Atherosclerosis and Alzheimer - diseases with a common cause? Inflammation, oxysterols, vasculature

Richard Lathe 1,2,3*, Alexandra Sapronova 1,2,4 and Yuri Kotelevtsev 1,2,5,6

Grant WB. Trends in diet and Alzheimer's disease during the nutrition transition in Japan and developing countries. J Alzheimers Dis. 2014;38(3):611-620.

Grant WB. Using multicountry ecological and observational studies to determine dietary risk factors for Alzheimer's Disease. J Am Coll Nutr. 2016;35(5):476-489.

Freeman LR, Haley-Zitlin V, Rosenberger DS, Granholm AC. Damaging effects of a high-fat diet to the brain and cognition: a review of proposed mechanisms. Nutr Neurosci. 2014;17(6):241-251.

Zhu J, Wang Y, Li J, Deng J, Zhou H. Intracranial artery stenosis and progression from mild cognitive impairment to Alzheimer disease. Neurology. 2014;82(10):842-849.

Lathe R, Sapronova A, Kotelevtsev Y. Atherosclerosis and Alzheimer--diseases with a common cause? Inflammation, oxysterols, vasculature. BMC Geriatr. 2014;14:36.

Pallebage-Gamarallage M, Takechi R, Lam V, Elahy M, Mamo J. Pharmacological modulation of dietary lipid-induced cerebral capillary dysfunction: Considerations for reducing risk for Alzheimer's disease. Crit Rev Clin Lab Sci. 2016;53(3):166-183.

Raider K, Ma D, Harris JL, et al. A high fat diet alters metabolic and bioenergetic function in the brain: A magnetic resonance spectroscopy study. Neurochem Int. 2016;97:172-180.



Vegan "junk food" can do great damage to the body...



When one adds meat into the diet, they add an additional mix of toxic molecules to the blood stream:



MEAT-BASED MEALS CONTAIN:

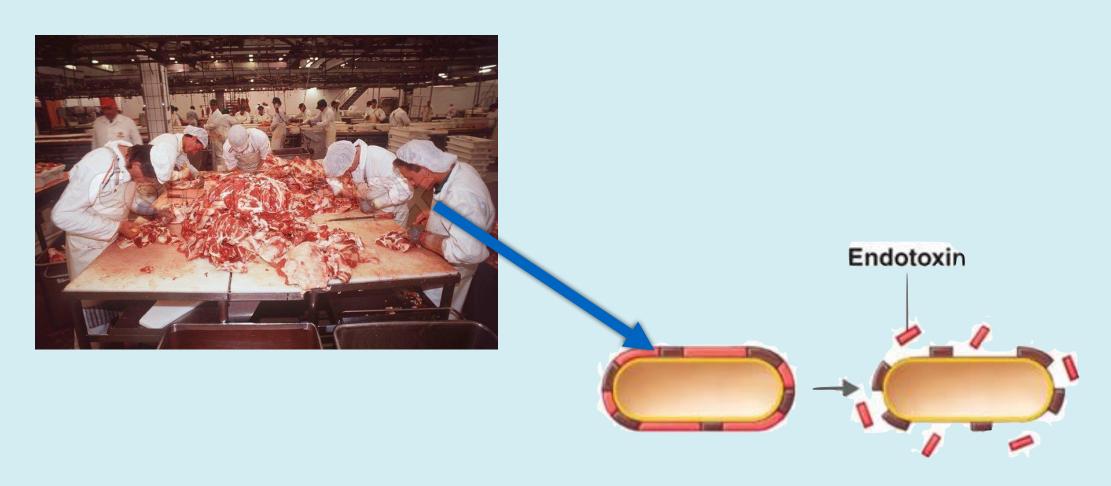
- Oxidized cholesterol (atherogenic)
 + proteins & fats →
- 2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
- 3. Neu5Gc pro -inflammatory sialic acid
- 4. Endotoxins HEAT STABLE!
- 5. TMAO from carnitine metabolism
- 6. Carcinogenic heterocyclic amines
- 7. IGF-1 elevated from animal protein
- 8. Heme iron ↑ strokes, cancers
- 9. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics



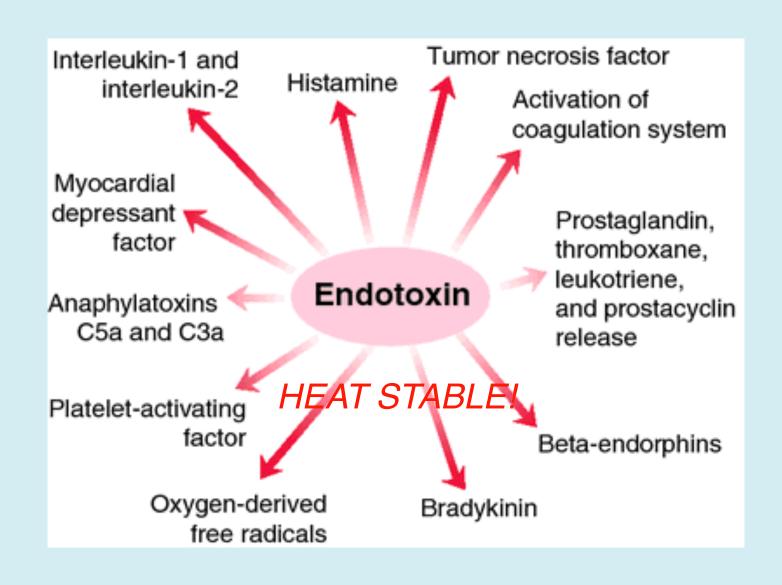
One can culture GI pathogens from every cutting surface in the slaughterhouse



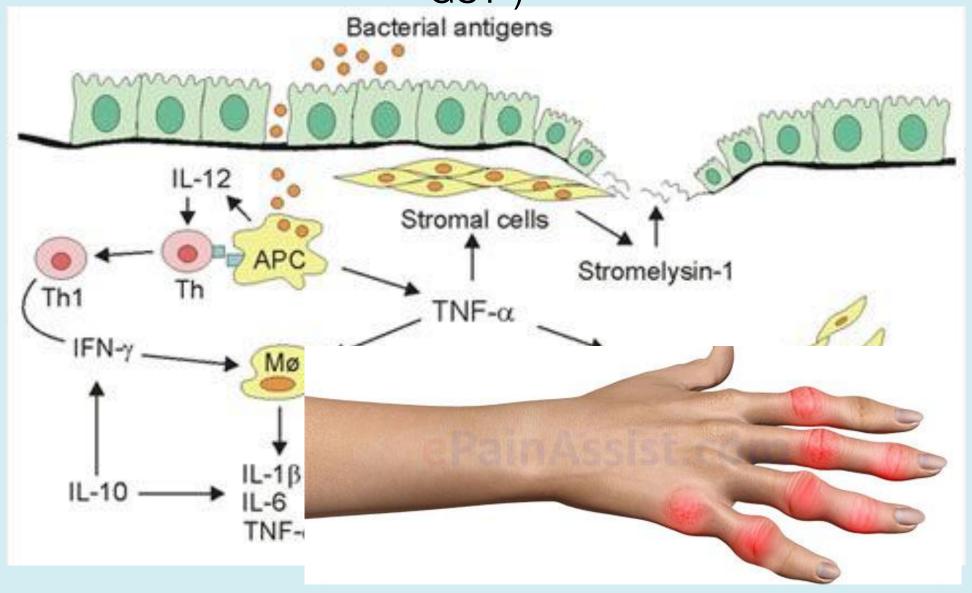
WHEN THE BACTERIA DIE, THEIR CELL WALLS FORM ENDOTOXINS



THE ENDOTOXIN FROM BACTERIA FOUND ON MEAT CAN CAUSE MANY PROBLEMS



ENDOTOXINS PROMOTE INCREASED INTESTINAL PERMEABILITY ("LEAKY GUT")



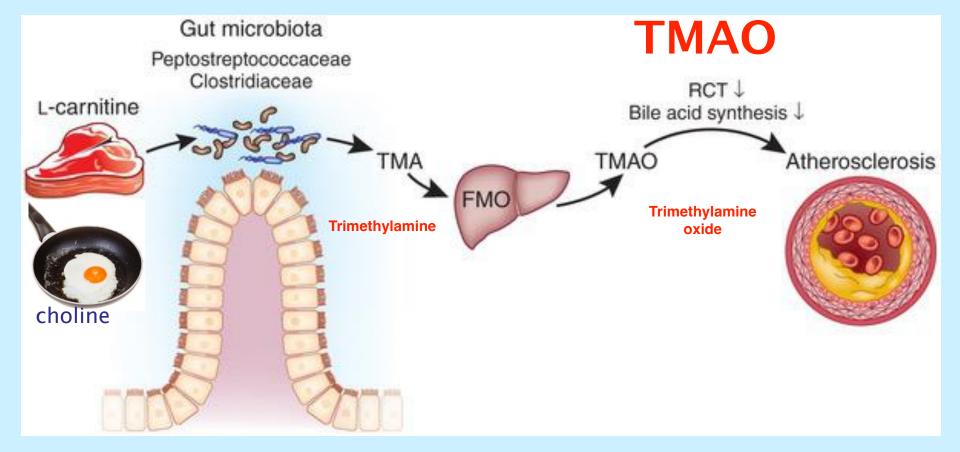
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- 8. Heme iron ↑ strokes, cancers
- 9. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics

The food we eat determines the bacteria that live in our gut...



ARTERY WALL DAMAGE -> PLAQUE

Z. Wang, E. Klipfell, B. J. Bennett, R. Koeth, B. S. Levison, B. Dugar, A. E. Feldstein, E. B. Britt, X. Fu, Y.-M. Chung, Y. Wu, P. Schauer, J. D. Smith, H. Allayee, W. H. W. Tang, J. A. DiDonato, A. J. Lusis, S. L. Hazen. Gut flora metabolism of phosphatidylcholine promotes cardiovascular disease. Nature 2011 472(7341):57 - 63

Original Contribution | Open Access | Published: 05 July 2019

Long-term Paleolithic diet is associated with lower resistant starch intake, different gut microbiota composition and increased serum TMAO concentrations

<u>Angela Genoni</u> ✓, <u>Claus T. Christophersen</u>, <u>Johnny Lo</u>, <u>Megan Coghlan</u>, <u>Mary C. Boyce</u>, <u>Anthony R. Bird</u>, <u>Philippa Lyons-Wall</u> & <u>Amanda Devine</u>

European Journal of Nutrition 59, 1845–1858 (2020) Cite this article

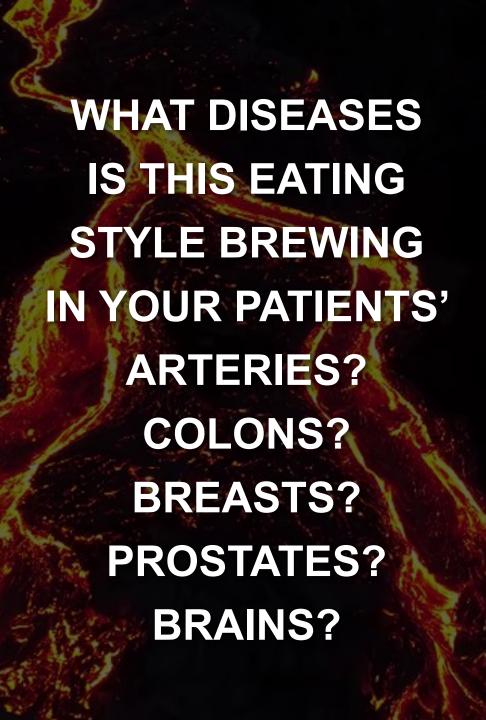
Gut Microbiota Metabolites and Risk of Major Adverse Cardiovascular Disease Events and Death: A Systematic Review and Meta-Analysis of Prospective Studies

Yoriko Heianza, Wenjie Ma, JoAnn E. Manson, Kathryn M. Rexrode and Lu Qi ⋈

Originally published 29 Jun 2017 | https://doi.org/10.1161/JAHA.116.004947 | Journal of the American Heart Association. 2017;6:e004947

Conclusions

Elevated concentrations of TMAO and its precursors were associated with increased risks of MACE and all-cause mortality independently of traditional risk factors.



Are our patients bathing their cells with these substances after every meat-based meal?

- Oxidized cholesterol (atherogenic)
 + proteins & fats →
- 2. Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
- 3. Neu5Gc pro -inflammatory sialic acid
- 4. Endotoxins HEAT STABLE!
- 5. TMAO from carnitine metabolism
- 6. Carcinogenic heterocyclic amines
- 7. IGF-1 promotes abnormal growth
- 8. Heme iron ↑ strokes, cancers
- 9. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics

THE PALEO DIET:

- People often improve initially
- Excludes DAIRY
- Excludes OILS
- Excludes FLOUR



PALEO PITFALLS...

- "PALEO" EATERS MAY WELL BE SETTING THEMSELVES UP FOR:
 - Colon Cancer
 - Heart Attacks
 - Strokes
 - Autoimmune Diseases
 - Diabetes
 - Inflammatory Bowel Disease
 - Dementia







The post-prandial "red tide" carries:

- Saturated fat
- Reactive sugars
- Animal tissue peptides
- · Excessive sodium
- Free radicals
- · AGE's
- Emulsifiers
- Oxídízed cholesterol (atherogeníc)
 + proteíns § fats →
- Reactive aldehydes: malondialdehyde, glyoxal, acrolein, etc. (mutagenic)
- · Neu5Gc pro -inflammatory sialic acid
- Endotoxins HEAT STABLE!
- · TMAO from carnitine metabolism
- 1GF-1 elevated from animal protein
- · Carcinogenic heterocyclic amines
- Heme iron † strokes, cancers
- Bío-concentrated pestícides, herbicides, heavy metals, hormones and antibiotics



The post-prandial "red tide" flowing through the blood and tissues is:

- Fatty
- · salty
- · Sugary
- Antigenic
- · Acid forming
- · Mutagenic
- · carcinogenic
- Atherogenic
- · Pro-inflammatory
- Disruptive to most bodily structure and functions



WHEN THE FLOOD-TIDE IS RUNNING THROUGH YOUR HOUSE





THE TIDE OF DIRTY WATER LEAVES BEHIND A STAIN, DEEP INTO THE "TISSUES" OF THE HOUSE...





FOOD EFFECTS X TIME → HEALTH EFFECTS

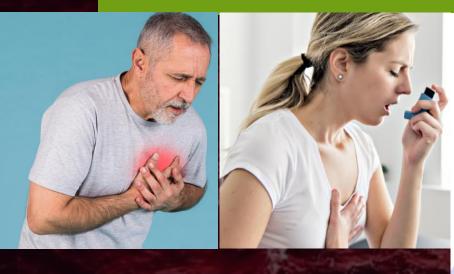
Would not repeated "Red Tides" OVER TIME leave its own kind of "stain" of remnant molecules and genetic dysfunction?

"The Postprandial Red Tide"





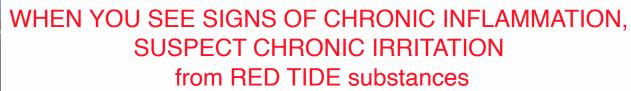








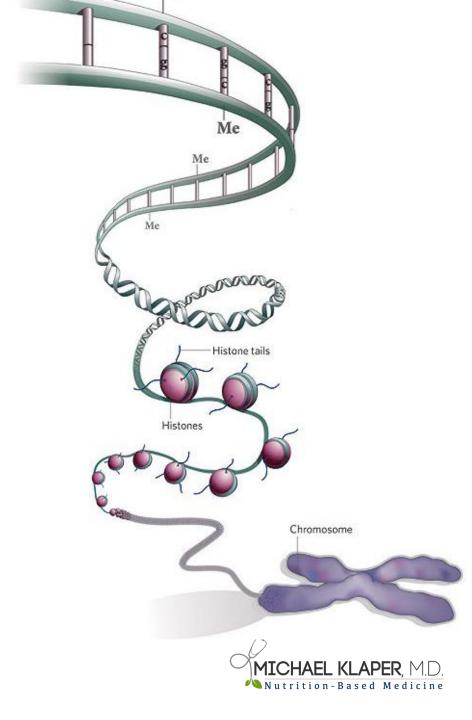






WITHIN MINUTES OF ANYTHING, MOLECULES OF THAT FOOD ARE FLOWING THROUGH EVERY CELL IN OUR BODY...

...and it plays our DNA like a piano.



You don't need to be a geneticist to understand that the genes that will be turned on by this food...



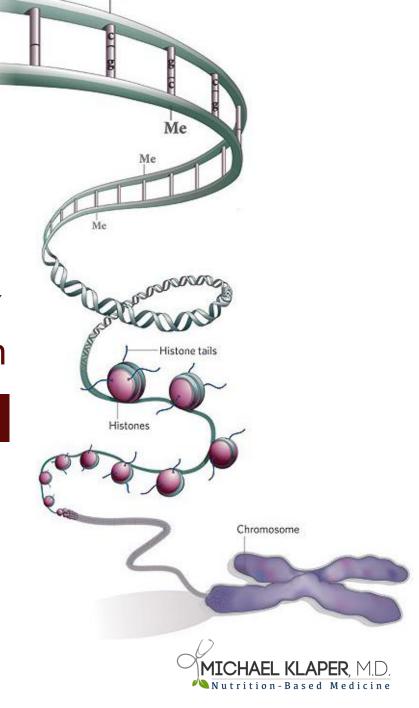


AGING
INFLAMMATION
AUTO-IMMUNITY
CANCER initiation

MEAT-SPECIFIC TOXINS

- Oxidized fats & proteins → reactive aldehydes
- Neu5Gc pro-inflammatory sialic acid
- Endotoxins HEAT STABLE!
- TMAO from carnitine metabolism

- Carcinogenic heterocyclic amines
- Advanced Glycation Endproducts
- Bioconcentrated pesticides, herbicides, heavy metals, hormones and antibiotics



will be very different than the genes that will be turned on by this food...





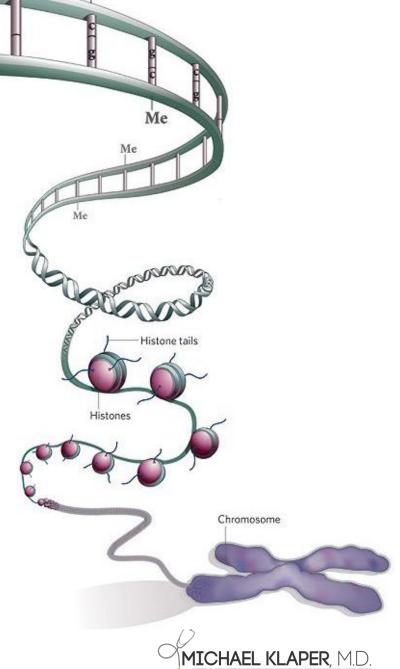
ANTI-OXIDANT ACTIVITY TISSUE REPAIR **IMMUNITY**

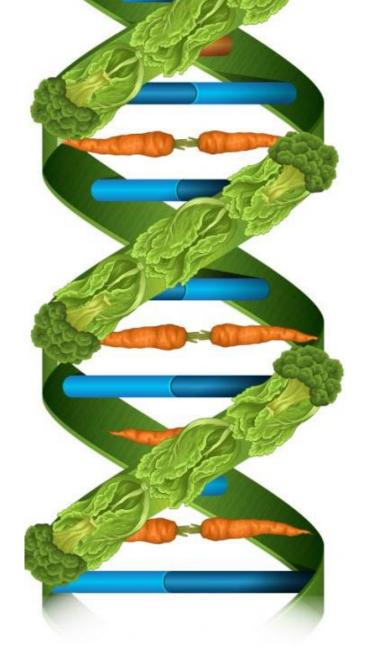
PHYTO-CHEMICALS:

- Polyphenols
- Genistein
- Curcumin
- Resveratrol

- Silymarin
- Diallyl sulfide
- Lycopene
- Sulforaphane isothiocyanates

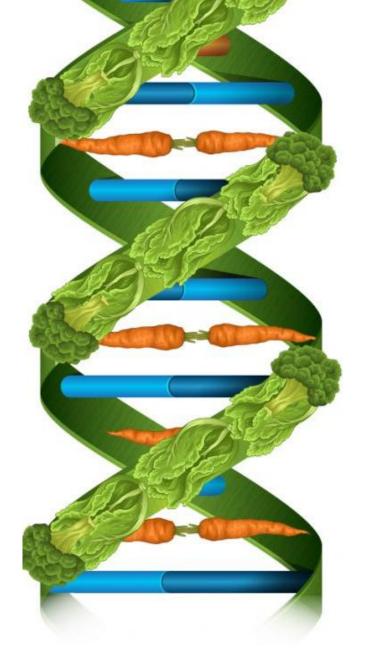
- Rosmarinic acid
- Apigenin
- Gingerol





"Your genes may load the gun, but your diet and your lifestyle pulls the trigger..."





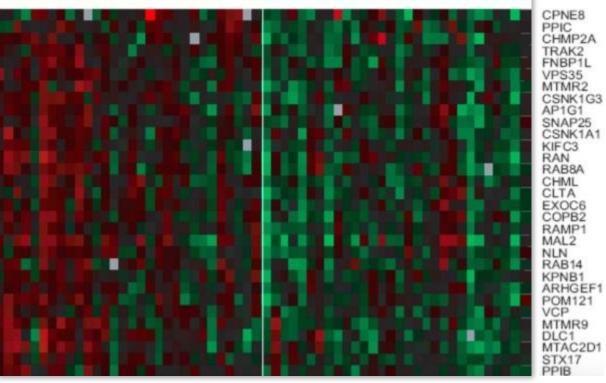
Food affects our genes

"Turning Off" Cancer-Causing Genes by Intensive Lifestyle Changes

(red = turned on; green = turned off)

Pre-Intervention

Post-Intervention





EACH MEAL CHANGES US...

Food

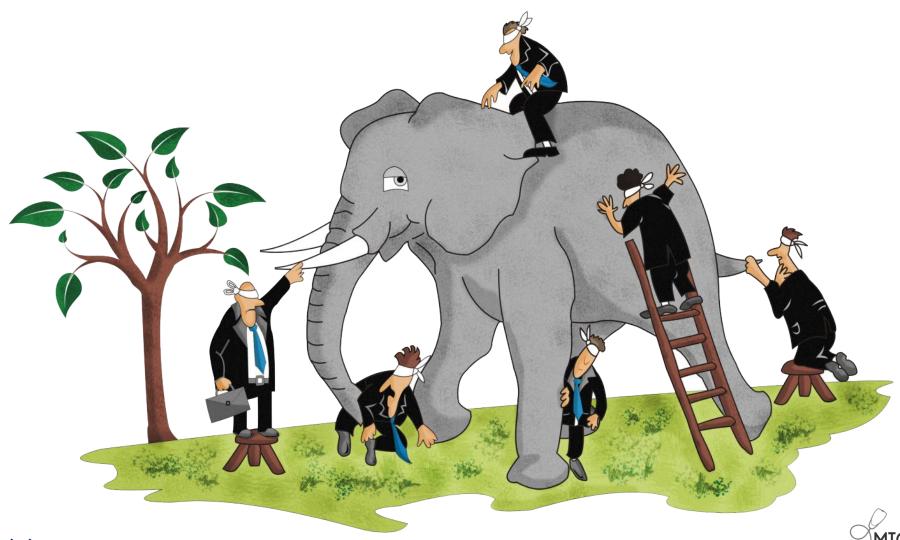
Epigenetics (Neu5Gc)

Intestinal microbiome (TMAO, etc.)

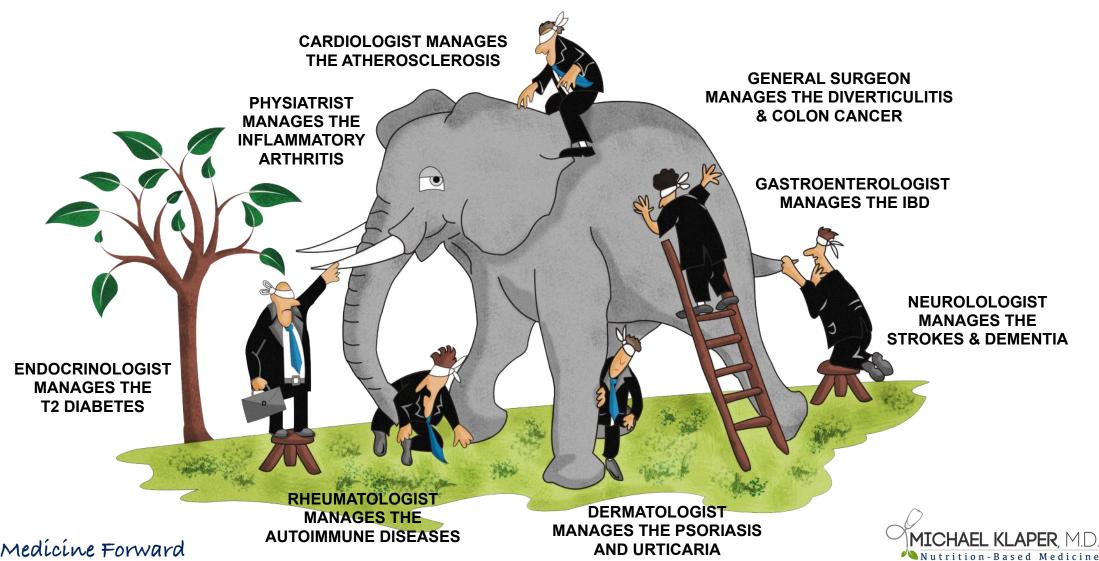
Enzyme induction, inflammation, membrane permeability, other effects



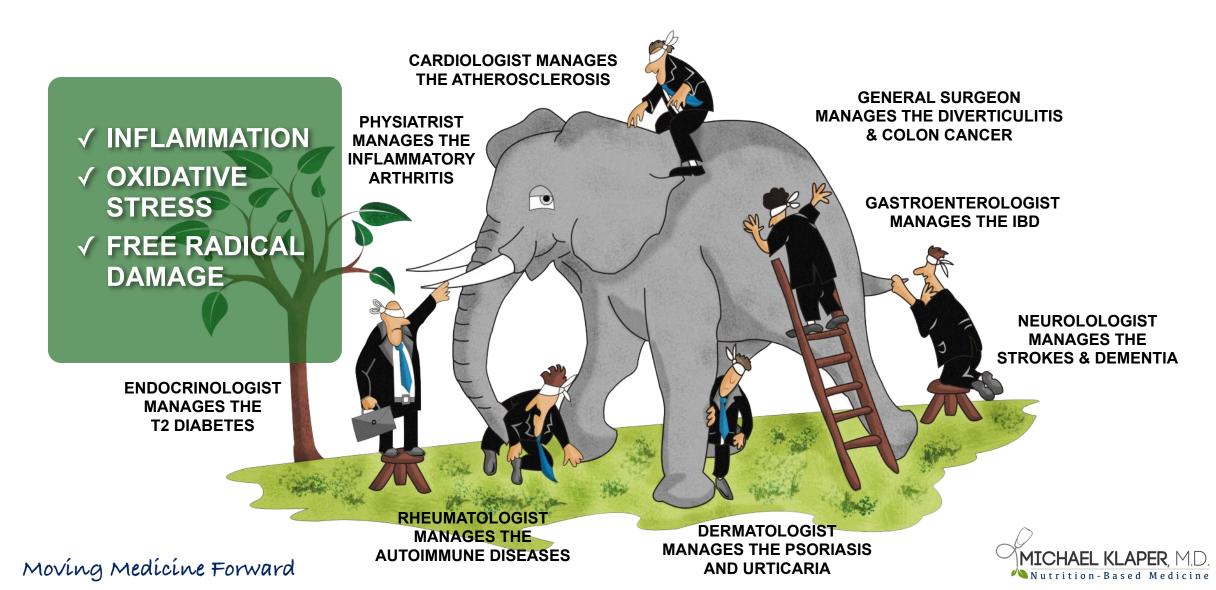
The blind men and the elephant



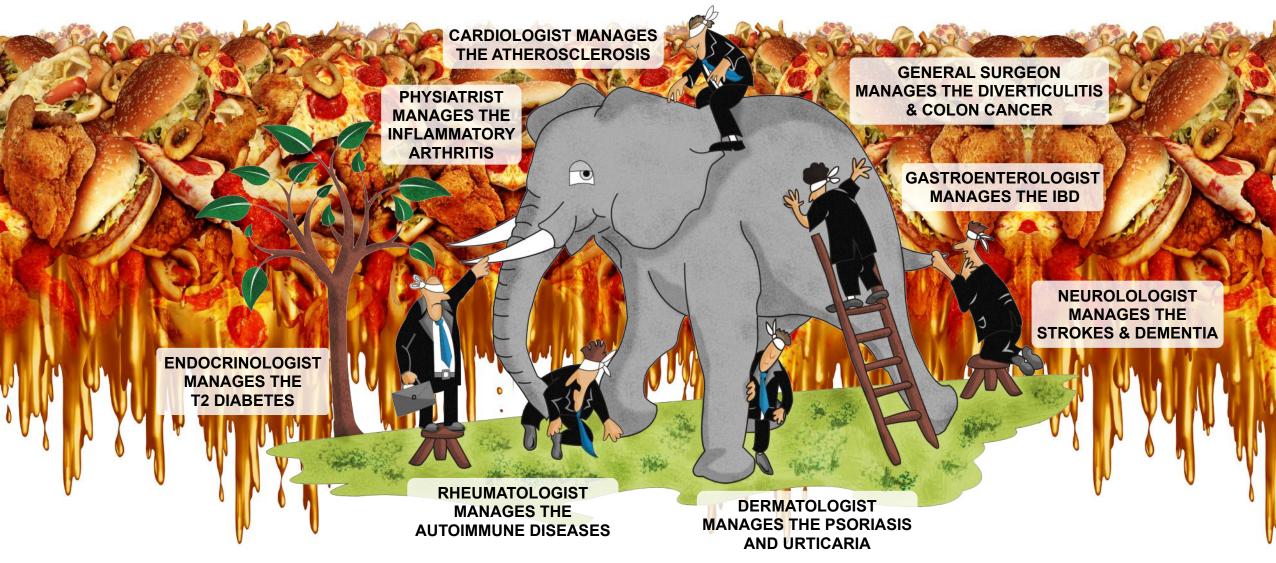
The plight of many clinicians...

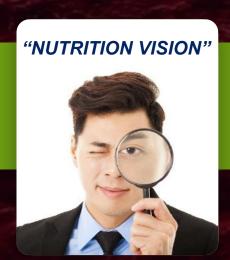


The plight of many clinicians...



Could they not all largely be seeing the effects of their patients' diets upon the body?

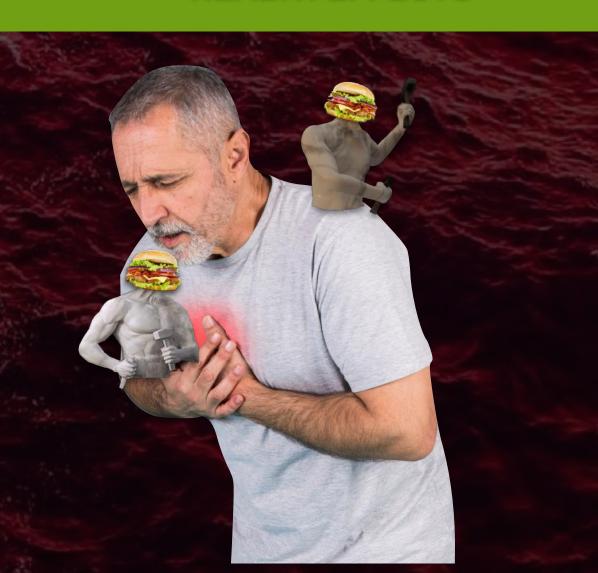




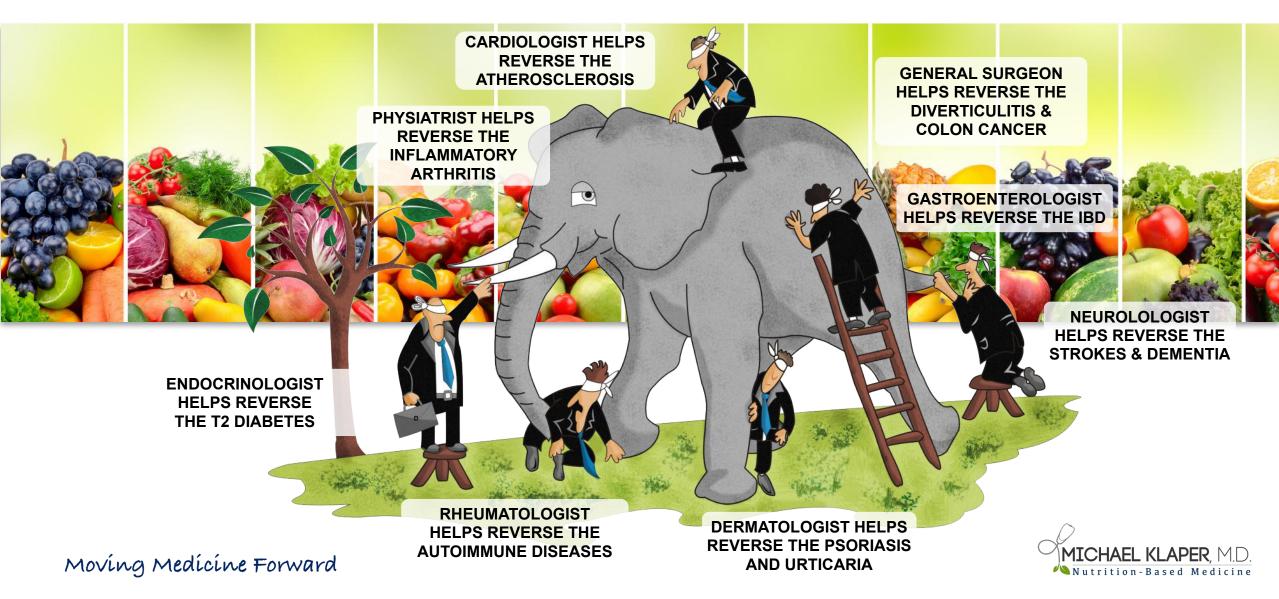
REPEATED "RED TIDES" OVER TIME...

FOOD EFFECTS X TIME = HEALTH EFFECTS

IT IS ALWAYS YOU, THE PATIENT, and the PATIENT'S DAILY DIET -The "Invisible Sculptor"



A whole food, plant-based diet can be key in arresting and reversing these diseases...



(PLANT-BASED) NUTRITION IS THE KEY TO UNDERSTANDING DISEASE REVERSAL

When one adopts
a truly healthy diet and
lifestyle, the changes
are often nothing
short of spectacular



EMILY lost almost 100 LBS, angina & pre-diabetes in 11 months on whole, plant-based foods



An essential, hopeful concept:

DISEASE REVERSAL*

* Remission of clinical symptoms and normalization of relevant laboratory values

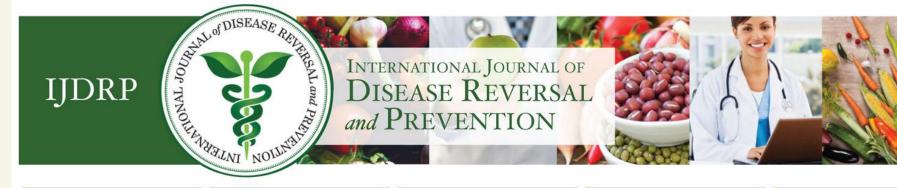




Know that this is possible!
This is where healing begins...



International Journal of Disease Reversal and Prevention



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International Journal of Disease Reversal and Prevention

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Planting the seeds of ch

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Moving Medicine Forward



CHANGING TO WHOLE-FOOD, PLANT-BASED NUTRITION CHANGES EVERYTHING

These are removed:

- MEAT-SPECIFIC TOXINS
- 1. Oxidized cholesterol (atherogenic
- 2. Reactive aldehydes: malondialdehyde glyoxal, acrolein, etc. (mutagenic)
- 3. Neu5Gc pro -inflammator
- 4. Endotoxins HEAT STABLE!
- 5. TMAO from carnitine metabolism
- 6. Carcinogenic heterocyclic amines
- 7. Heme iron strokes, cancers
- 8. Bio-concentrated pesticides, herbicides, heavy metals, hormones and antibiotics
- 9. Meat-elevated IGF-1 levels
- 10. Reactive sugars
- 11. Excessive sodium
- 12. Pro-inflammatory arachidonic acid



(PLANT-BASED) NUTRITION CHANGES EVERYTHING

High water content + anti-oxidant phytonutrients bathe tissues with every meal...

Carotenoids, cryptoxanthins, flavanoids, glucosinolates, etc.



These are modified:

▲ Nitric Oxide from greens ▲ vasodilation ▼ BP

Blood viscosity ▼ O2/nutrient delivery ▲

Arachidonic acid/ inflammatory prostaglandins ▼

Omega-3s 🔺 <u>INFLAMMATION</u> 🔻

Anti-oxidant surge...ROS quenched , Oxidative stress 🔻

Microbiota - Prevotella ▲ Pathogenic Bacteroidetes ▼

Mood often improves - GI microbes?

Blood lipids - less atherogenic Skin oils - change with dietary protein/fat

Hormone levels - estrogens, IGF-1, TNF- a, etc.

Renal function ▲ (hyperfiltration) ▼

Respiratory secretions - less viscous Immune - WBC's ▼ but no △ infections



WHOLE-FOOD, PLANT-BASED DIET:

REMOVES MEAT & PROCESSING CHEMICALS

HIGH WATER CONTENT

NUTRIENT-RICH

IMPROVES LIPIDS

HEALS MICROBIOME

QUELLS INFLAMMATION

REDUCES OXIDATIVE STRESS

ORGAN SYSTEMS BENEFIT

BRAIN

EYE - RETINA

NOSE & THROAT

ARTERIES & HEART

GI SYSTEM + MICROBIOME

KIDNEYS

LIVER

IMMUNE SYSTEM

BONES & JOINTS

SKIN

PSYCHE



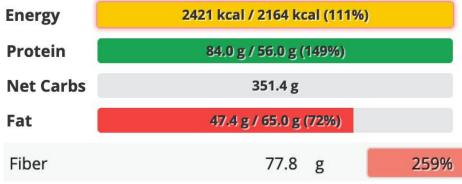
A WHOLE FOOD PLANT-BASED DAY

Breakfast - Oatmeal, berries, almond milk, ground flax seeds

Lunch - salad, tomato vegetable bean soup, veggie burger and baked sweet potato

Dinner - Salad, vegetable soup, bean burrito, whole grain brown rice, sliced carrots and beets, steamed kale

Dessert - Raspberries and oat milk



deprescribing







ANTIHYPERGLYCAEMIC AGENTS

□ KEY POINTS

- Tight glycaemic control (HbAlc <7% or 53mmol/mol) reduces the frequency of microvascular events and this remains appropriate for people who are robust and have sufficient life expectancy to derive benefit.
- Glycosylated haemoglobin levels below 6.5% (48mmol/ mol) are associated with increased morbidity and mortality in the elderly.
- Adverse effects of antidiabetic treatment are more common in elderly people.
- Decreasing intensity of treatment after 10 years or more of good glucose control does not seem to result in loss of the microvascular benefits.
- Intensity of diabetes management should be reduced in frail elderly patients in order to minimise hypoglycaemia.

⊗ CONTEXT

This guide considers the use of antihyperglycaemics in elderly patients.

RECOMMENDED DEPRESCRIBING STRATEGY

- Patients who have been taking sulphonylureas for more than 10 years are likely to have limited effectiveness of the agent. If diabetes management goals are satisfactory, dose reduction (with appropriate monitoring to ensure lack of effect) with a view to cessation would be reasonable.
- In elderly people taking antihyperglycaemics, who have an HbAlc below 6.5% (48mmol/mol) reduction of treatment, followed by appropriate monitoring would be appropriate.
- Patients who have hypoglycaemia associated with their antihyperglycaemic therapy should have the intensity of treatment reduced.

A detailed antihyperglycaemic deprescribing guide is shown on Page 5.

® BENEFIT VERSUS HARM

Continuing Medication

Medication

Increased Benefit

- Troublesome hyperglycemic symptoms (e.g. thirst, polyuria, neuropathy)
- Comorbid cardiovascular risk factors

> Relatively young with

Main Harms

Main Benefits

macro-vascular

complications of

Reduced micro and

diabetes

 Hypoglycaemia and its consequences

it Decreased Benefits

- Frailty, especially with reduced BMI or poor dietary patterns
- Limited life expectancy due to comorbidities (dementia, heart failure, airways disease, malignancy)

Reduced Harms Chrosylated

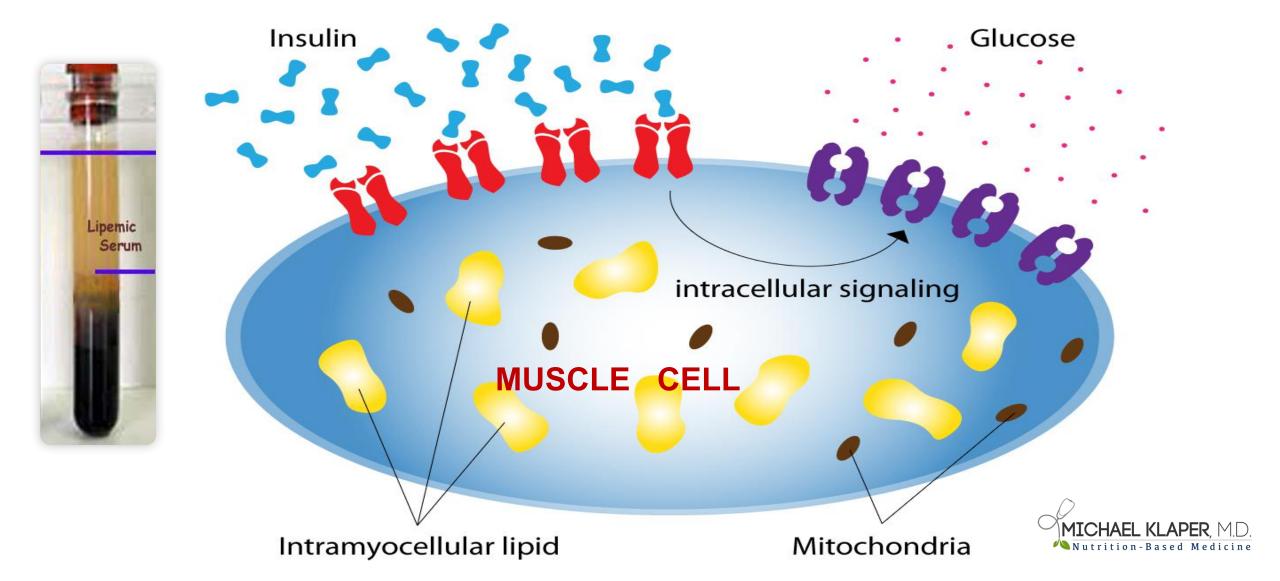
- > Glycosylated haemoglobin of 6.5% (48mmol/mol) or less
- > Frailty, increased falls risk





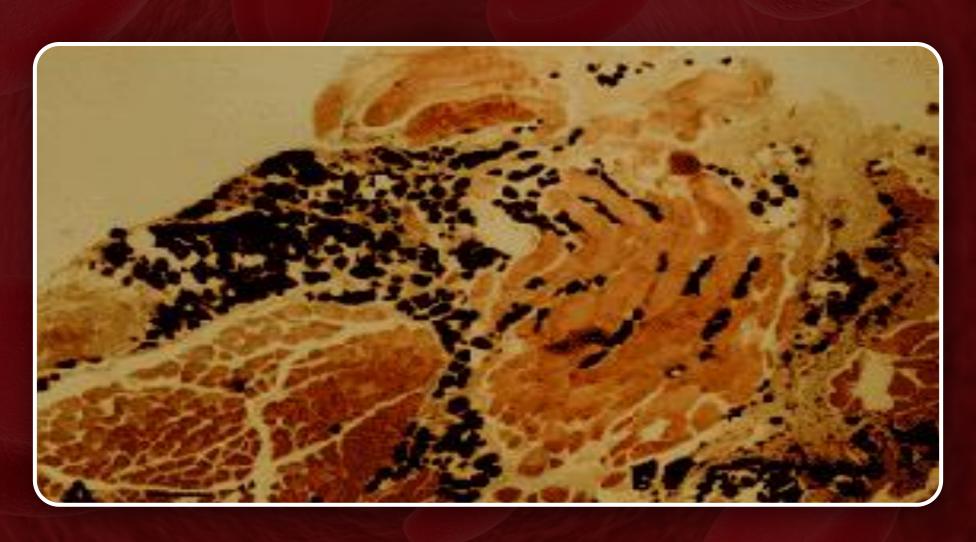


TYPE II - INSULIN RESISTANCE (from FREQUENT LIPEMIA)



INTRAMYOCELLULAR LIPID

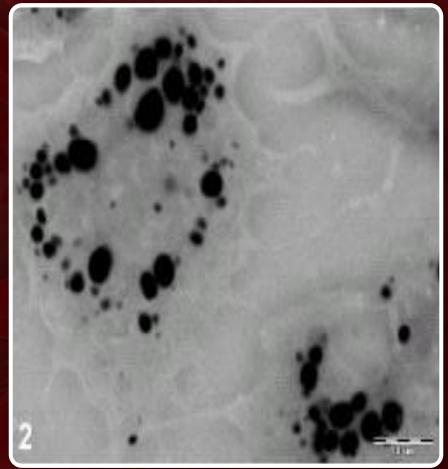
(fat in the muscle cells)

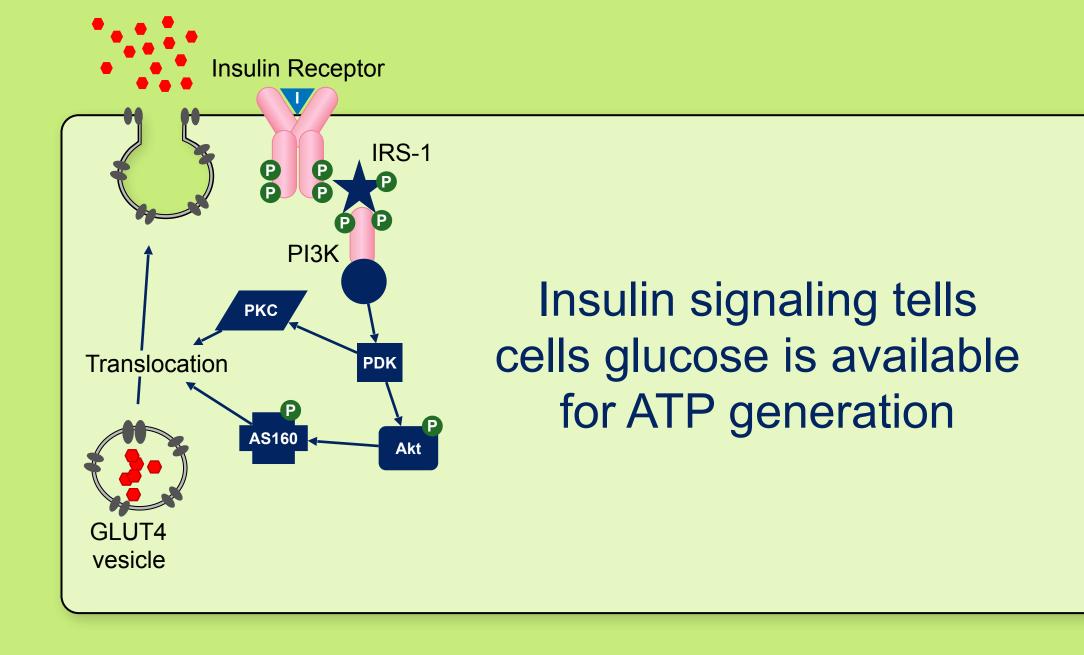


INTRAMYOCELLULAR LIPID

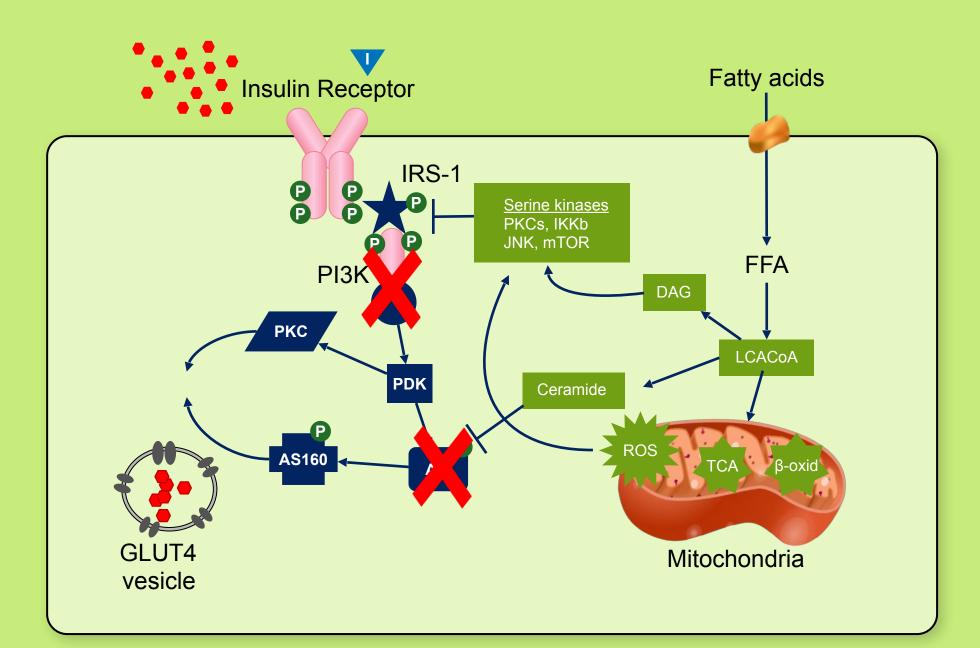
With P³¹ and C¹³ magnetic resonance spectroscopy (MRS)







INSULIN RESISTANCE FROM INTRAMYOCELLULAR LIPID



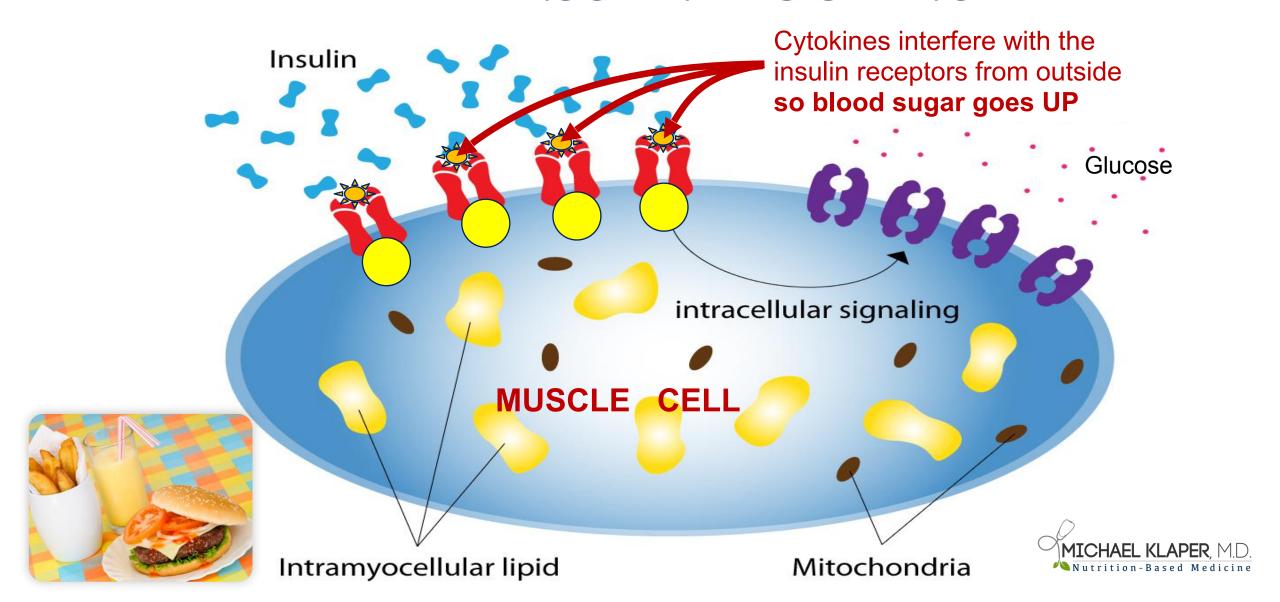
Diabetes Obes Metab. 2004 Jul;6(4):239-48.

Intramyocellular lipids and insulin resistance

Machann J, Häring H, Schick F, Stumvoll M.

Department of Endocrinology, Metabolism and Pathobiochemistry, University of Tübingen, Tübingen, Germany.

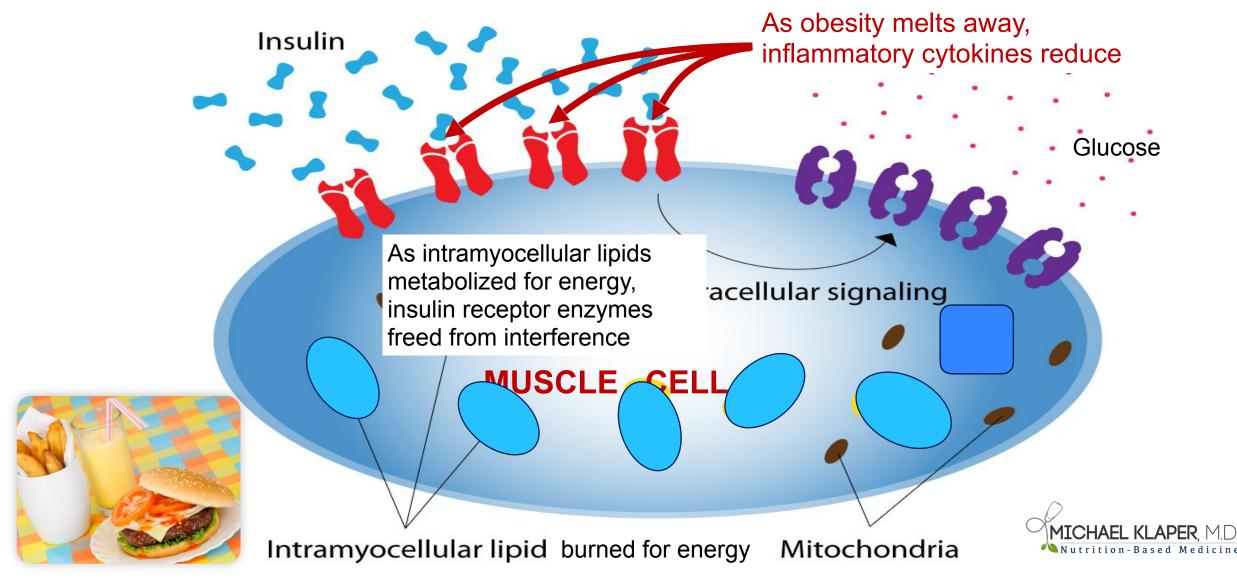
(Patient teaching aid) TYPE II - INSULIN RESISTANCE







TYPE II - INSULIN RESISTANCE REVERSAL! with carbohydrate-rich fuel



TYPE II DIABETES CAN USUALLY BE IMPROVED AND OFTEN REVERSED!

Am J Clin Nutr. 2009 May;89(5):1588S-1596S. Epub 2009 Apr 1.

A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial.

Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Green A, Ferdowsian H.

Department of Medicine, George Washington University School of Medicine, Washington, DC



@ 22 Weeks: Plant-Based Diet vs. A.D.A. Diet

	Plant-Based Diet	A.D.A. Diet
HgbA1c	-1.23 %	-0.38
Body wt	-6.5 kg	-3.1 k
LDL	-21 %	-10.7 %
Urine alb.	-15.9 mg/24h	-10.9 mg/24h

This man's Type 2 diabetes - resolved after adopting a WFPBD...

Success story

"A plant-based diet helped me lose 100 pounds and saved my life"





Pawlak R. Vegetarian Diets in the Prevention and Management of Diabetes and Its Complications. Diabetes Spectr. 2017;30(2):82-88. McMacken M, Shah S. A plant-based diet for the prevention and treatment of type 2 diabetes. J Geriatr Cardiol. 2017;14(5):342-354.

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Ramal E, Champlin A, Bahjri K. Impact of a Plant-Based Diet and Support on Mitigating Type 2 Diabetes Mellitus in Latinos Living in Medically Underserved Areas. Am J Health Promot. 2018;32(3):753-762.

Schwingshackl L, Hoffmann G. Diet quality as assessed by the Healthy Eating Index, the Alternate Healthy Eating Index, the Dietary Approaches to Stop Hypertension score, and health outcomes: a systematic review and meta-analysis of cohort studies. J Acad Nutr Diet. 2015;115(5):780-800.e5.

Johansen K. Efficacy of metformin in the treatment of NIDDM. Meta-analysis. Diabetes Care. 1999;22(1):33-37.

Bahadoran Z, Mirmiran P, Tohidi M, Azizi F. Dietary phytochemical index and the risk of insulin resistance and β-cell dysfunction: a prospective approach in Jetuan No. 2015;66(8):950-955.









ANTIHYPERGLYCAEMIC AGENTS

□ KEY POINTS

- Tight glycaemic control (HbAlc <7% or 53mmol/mol) reduces the frequency of microvascular events and this remains appropriate for people who are robust and have sufficient life expectancy to derive benefit.
- Glycosylated haemoglobin levels below 6.5% (48mmol/ mol) are associated with increased morbidity and mortality in the elderly.
- Adverse effects of antidiabetic treatment are more common in elderly people.
- Decreasing intensity of treatment after 10 years or more of good glucose control does not seem to result in loss of the microvascular benefits.
- Intensity of diabetes management should be reduced in frail elderly patients in order to minimise hypoglycaemia.

© CONTEXT

This guide considers the use of antihyperglycaemics in elderly patients.

RECOMMENDED DEPRESCRIBING STRATEGY

- Patients who have been taking sulphonylureas for more than 10 years are likely to have limited effectiveness of the agent. If diabetes management goals are satisfactory, dose reduction (with appropriate monitoring to ensure lack of effect) with a view to cessation would be
- In elderly people taking antihyperglycaemics, who have an HbAlc below 6.5% (48mmol/mol) reduction of treatment, followed by appropriate monitoring would be appropriate.
- Patients who have hypoglycaemia associated with their antihyperglycaemic therapy should have the intensity of treatment

A detailed antihyperglycaemic deprescribing guide is shown on Page 5.

BENEFIT VERSUS HARM

Favours Deprescribing Medication Continuing Medication **Main Benefits** Increased Benefit **Decreased Benefits** > Reduced micro and Troublesome > Frailty, especially with macro-vascular reduced BMI or poor hyperalycemic complications of symptoms (e.g. thirst, dietary patterns diabetes polyuria, neuropathy) > Limited life expectancy due to comorbidities cardiovascular risk (dementia, heart factors failure, airways disease, malignancy) Main Harms ncreased Harms > Hypoglycaemia Reduced Harms > Glycosylated and its > Relatively young with haemoglobin of 6.5% consequences (48mmol/mol) or less > Frailty, increased falls risk





DISEASE REVERSAL IN CARDIOLOGY

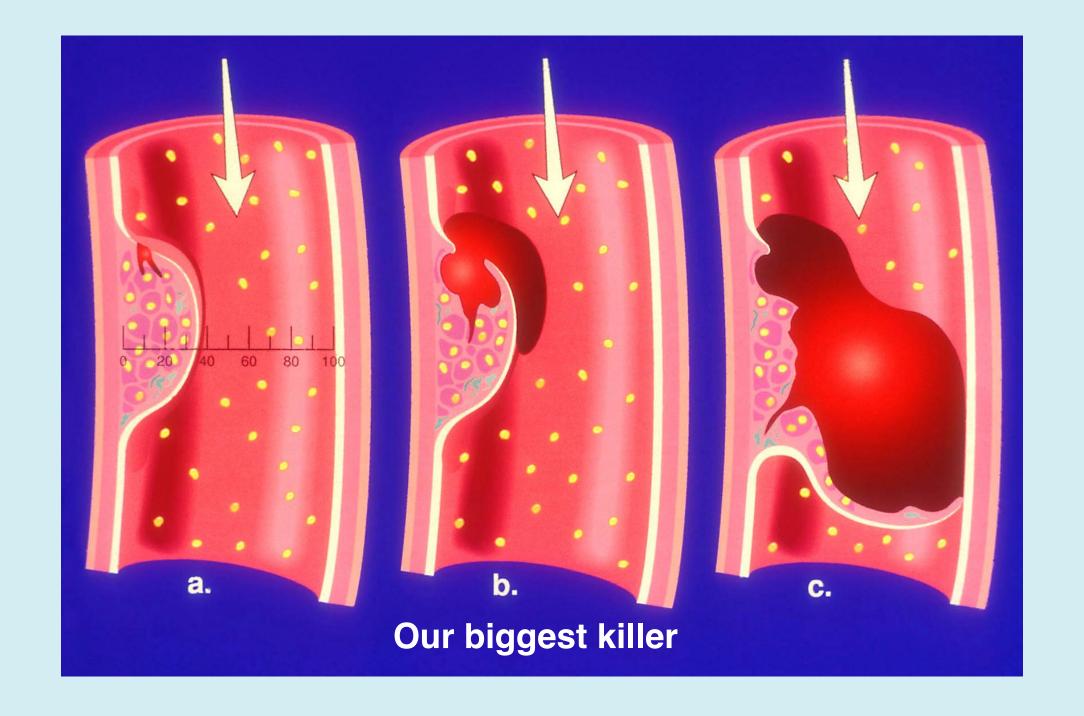


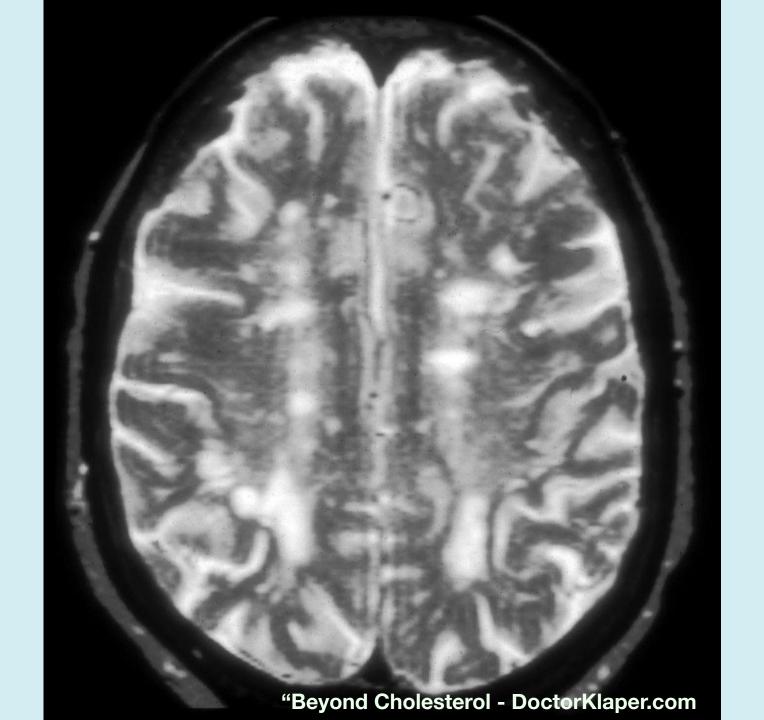




ATHEROSCLEROTIC VASCULAR DISEASE

- our biggest killer
- ONE DEATH EVERY 40 SECONDS





Early Atherosclerosis Present in Virtually All Americans

Strong JP et al. Prevalence and extent of

Atherosclerosis in adolescents and young adults: Implications for prevention from the Pathobiological Determinants of Atherosclerosis in Youth Study. JAMA 1999 Feb 24; 281:727-35

Carotid and Peripheral Atherosclerosis in Male Marathon Runners

CONCLUSIONS:

"The prevalence of carotid and peripheral atherosclerosis in marathon runners is high and is related to cardiovascular risk factors and the coronary atherosclerotic burden."

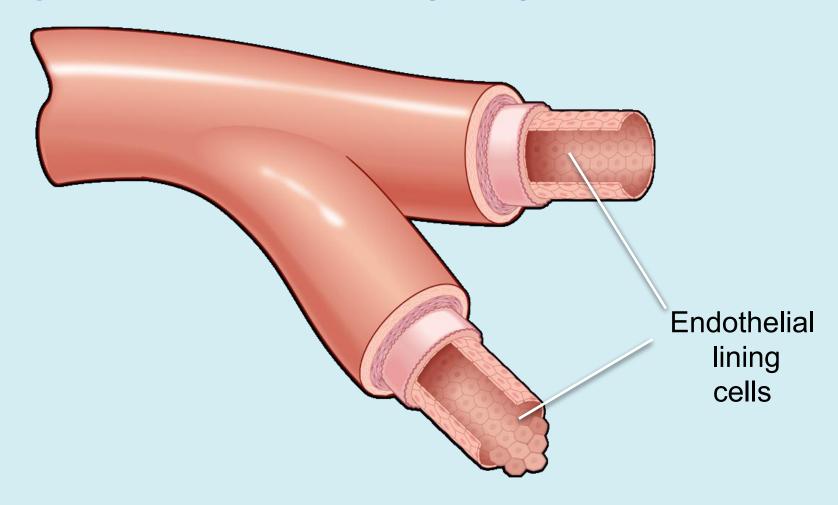
MEDICINE & SCIENCE IN SPORTS & EXERCISE Copyright 2011 by the American College of Sports Medicine

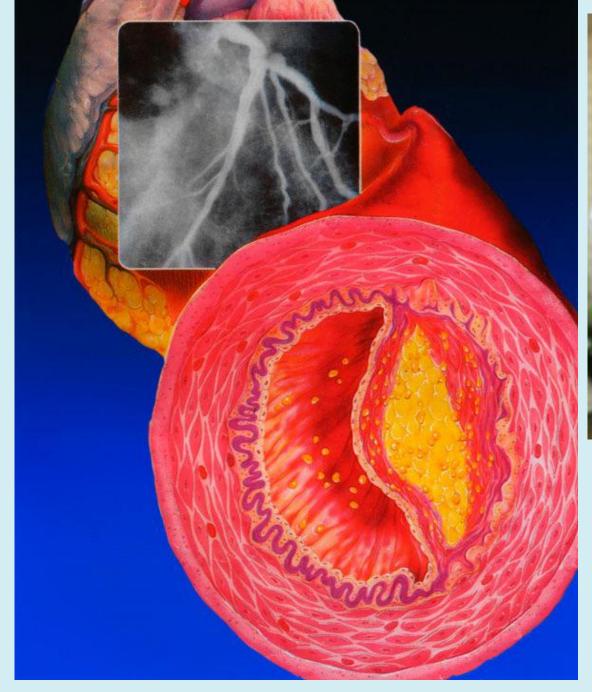
DOL: 10.1249/MSS.0b013e3182098a5

"Beyond Cholesterol - DoctorKlaper.com

The Question is NOT, "How high is your cholesterol?"

The question is, "How healthy are your arteries?"



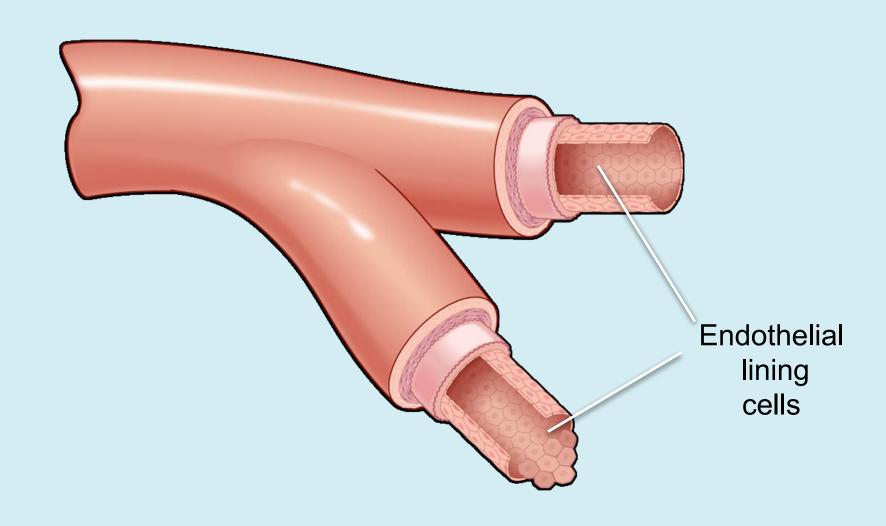




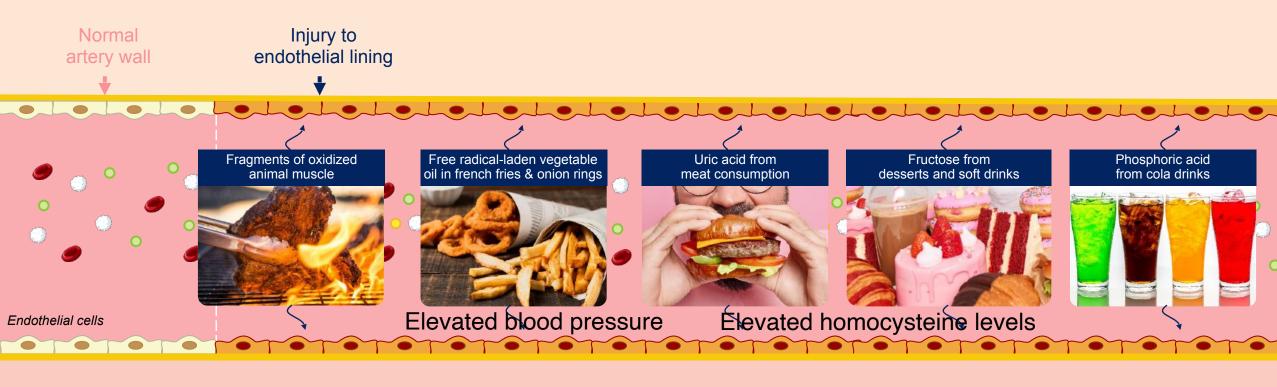
THE FORMATION OF ATHEROSCLEROTIC PLAQUES IS AN INFLAMMATORY PROCESS!

WHAT SETS OFF THE INFLAMMATION?

FIRST, THE ENDOTHELIAL LININGS OF THE ARTERIES ARE INJURED

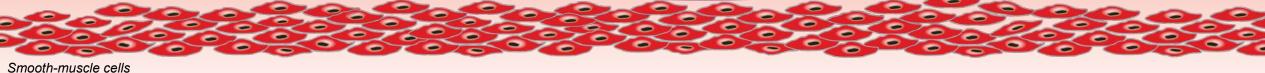


Process of Atherosclerotic Plaque Formation



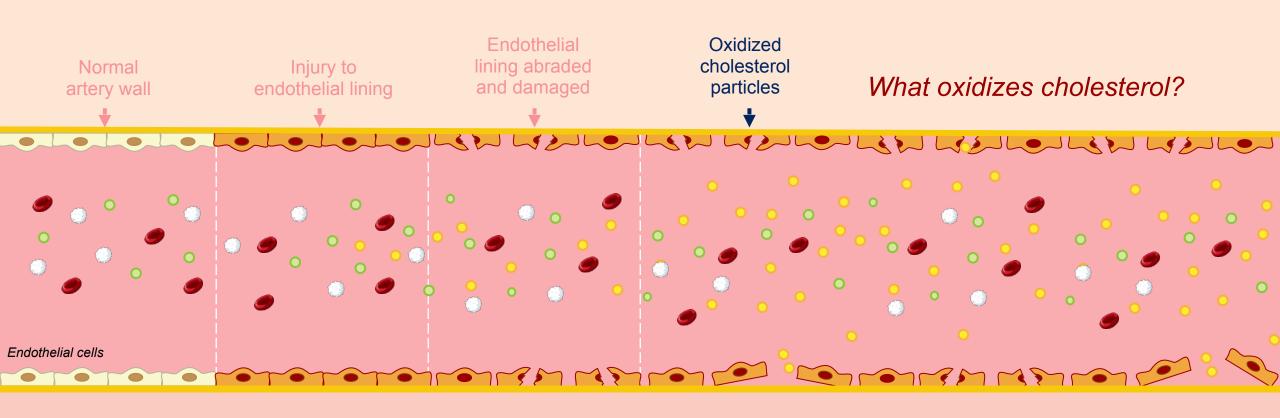
Subendothelium

Internal Elastic Lamina





Process of Atherosclerotic Plaque Formation



Subendothelium

Internal Elastic Lamina



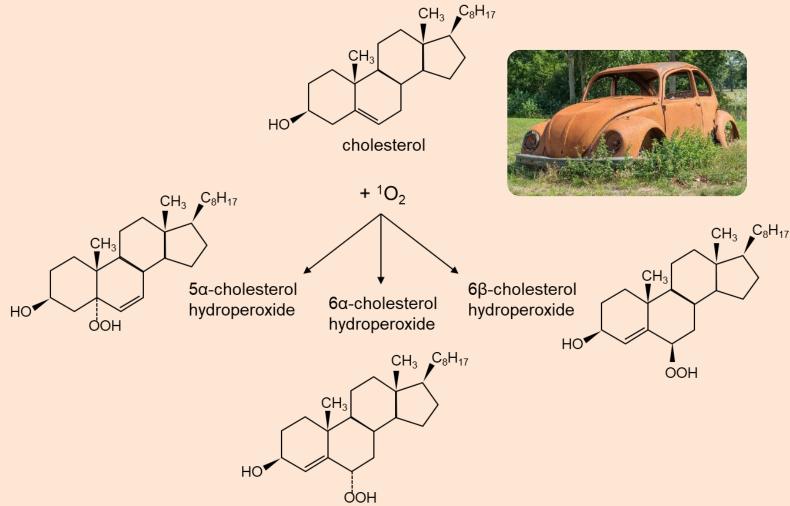




WHAT OXIDIZES CHOLESTEROL?

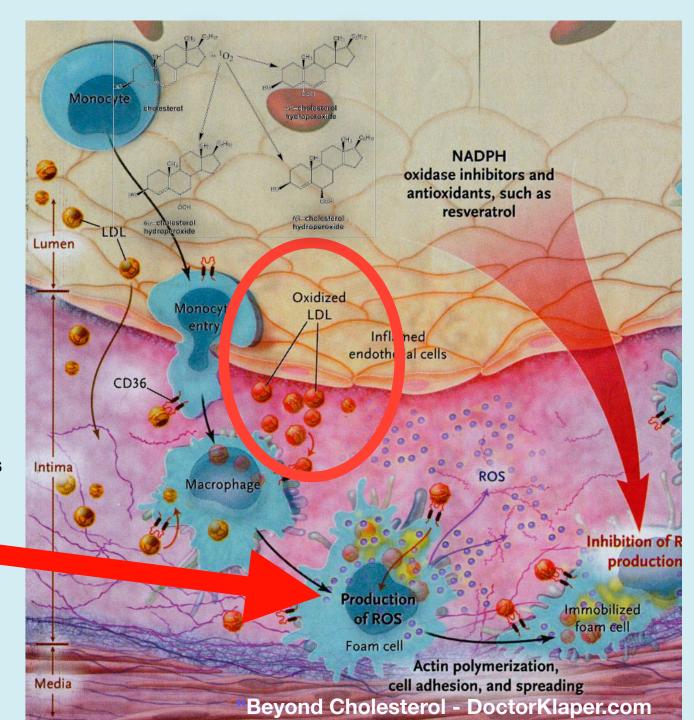
Many of these chemicals can oxidize (rip electrons off of) cholesterol:

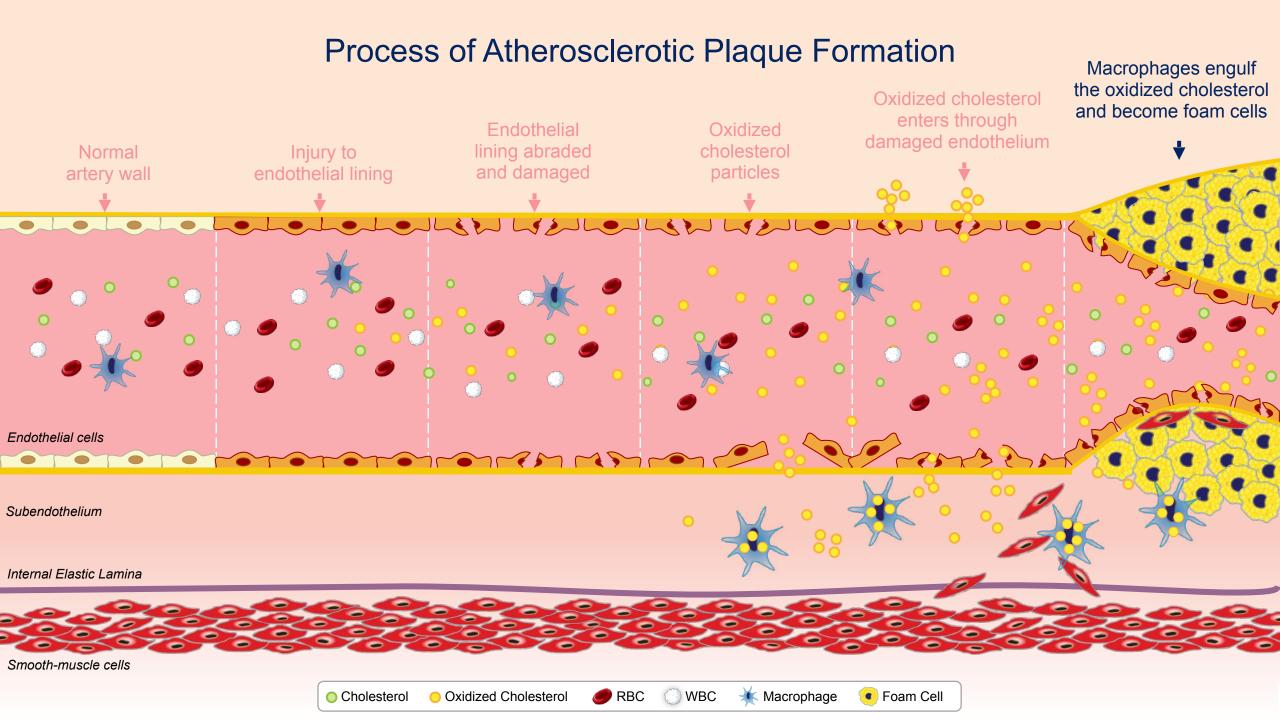
- Free radicals from cooked animal protein
- Frying oil from fried foods
- Processing food with heat, chemicals, colorings, flavorings, etc.
- Simple sugars (fructose, etc.)
- (Phosphoric) acid cola drinks

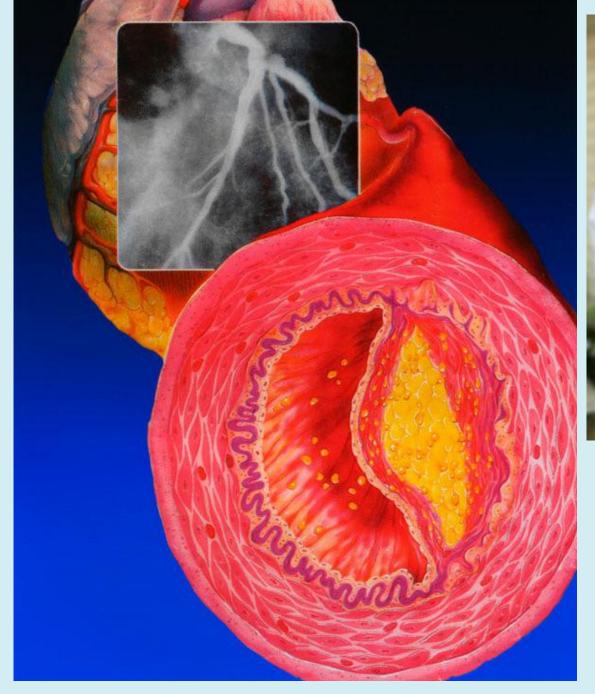


OXIDIZED
cholesterol
seeps into
artery walls which summons
macrophages
to engulf them...

In destroying the oxidized LDL particles, the macrophages become "foam cells" - cauldrons of free radicals and oxidative damage...

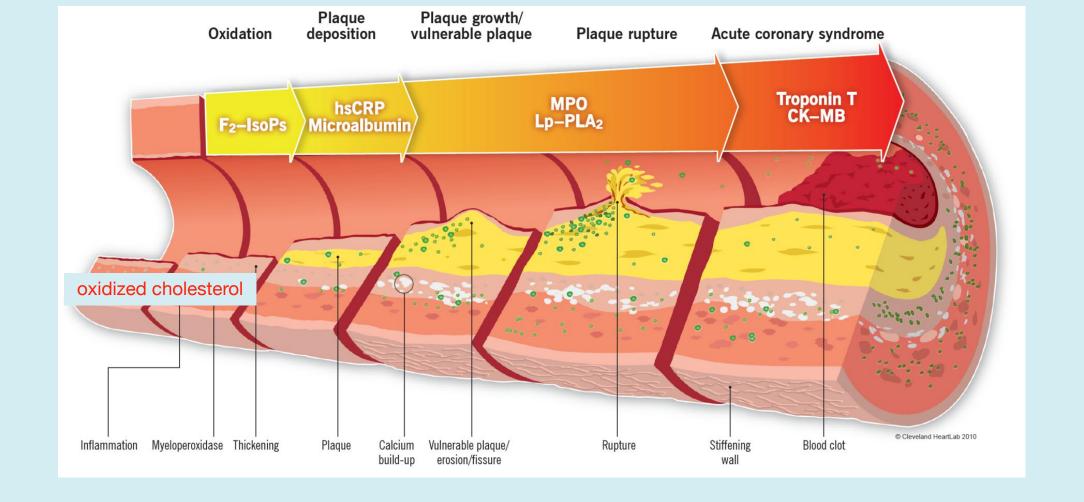




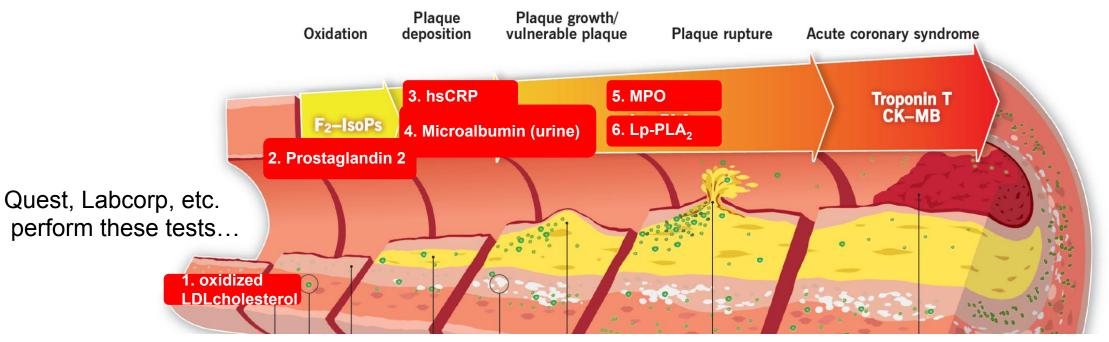




THE FORMATION OF ATHEROSCLEROTIC PLAQUES IS AN INFLAMMATORY PROCESS!



TO BETTER ASSESS ARTERIAL HEALTH, MEASURE INFLAMMATORY MARKERS, NOT JUST LIPIDS...



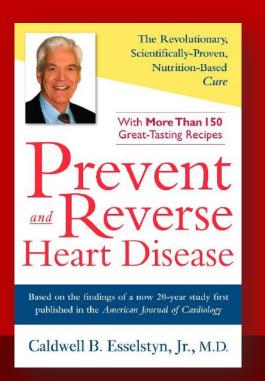
TO BETTER ASSESS ARTERIAL HEALTH, MEASURE INFLAMMATORY MARKERS, NOT JUST LIPIDS, etc...

MARKERS of ARTERY INFLAMMATION

- 1. Oxidized LDL cholesterol
- 2. Prostaglandin-2 (F₂₋Isoprostane)
- 3. High Sensitivity C-Reactive protein ("HS-CRP")
- 4. Microalbumin in urine = endothelial damage
- Myeloperoxidase ("MPO" = plaque rupture risk)
- 6. Lipoprotein Phospholipase (Lp-PLA₂ plaque rupture?) + Ultrasound Intimal-Medial Thickness/vascular survey including carotid arteries

IF MARKERS of ARTERY INFLAMMATION ARE **POSITIVE**...

- Oxidized cholesterol
- 2. High Sensitivity C-Reactive protein ("HS-CRP")
- 3. F₂ Isoprostane
- 4. Microalbumin in urine
- 5. Myeloperoxidase (MPO)
- 6. Lipoprotein Phospholipase (Lp-PLA₂)



ULTRASOUND IMT and/or VASCULAR SURVEY

Assure trace mineral adequacy for thyroid, etc.:

- lodine 150 mcg/d
- Selenium 200 mcg/d
- B-vitamins



FOLLOW RECOMMENDATIONS TO THE LETTER



A LOW-FAT, WHOLE
FOOD, PLANT-BASED
FOOD STREAM - with dark
leafy greens eaten
frequently IS A PLAQUEREVERSING DIET!

Polyphenols, alkaloids, and phenolics polyphenols, genistein, curcumin, resveratrol, sulforaphane, isothiocyanates, silymarin, diallyl sulfide, lycopene, rosmarinic acid, apigenin, and gingerol.



TO RESTORE **VASODILATION** FUNCTION, A PLAQUE-REVERSING DIET **BATHES THE ARTERY** WALLS WITH NO-BOOSTING, FREE RADICAL-QUENCHING **PHYTONUTRIENTS** HOUR AFTER HOUR

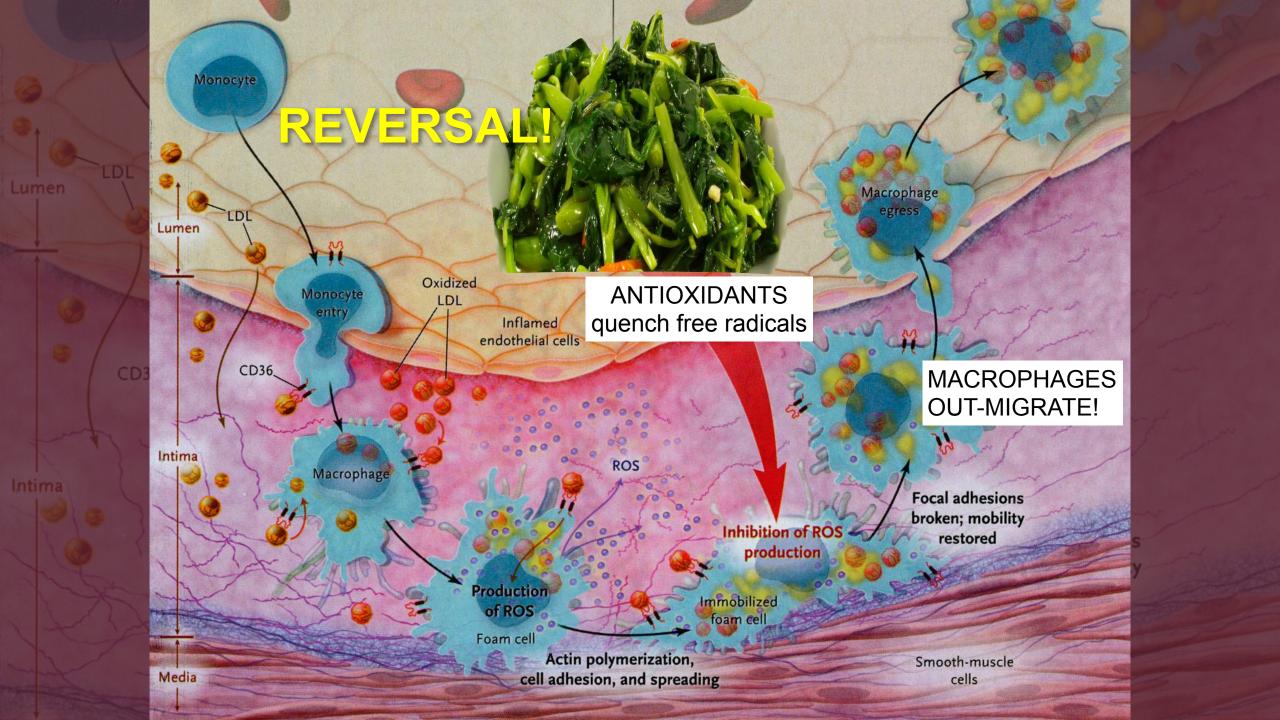


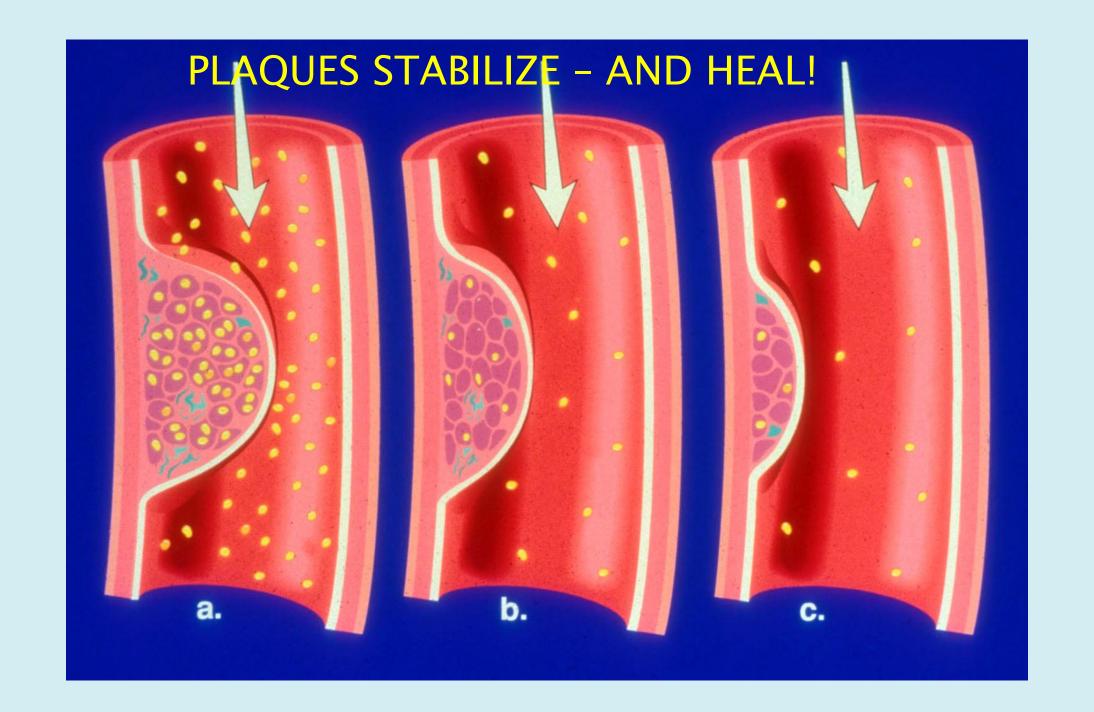


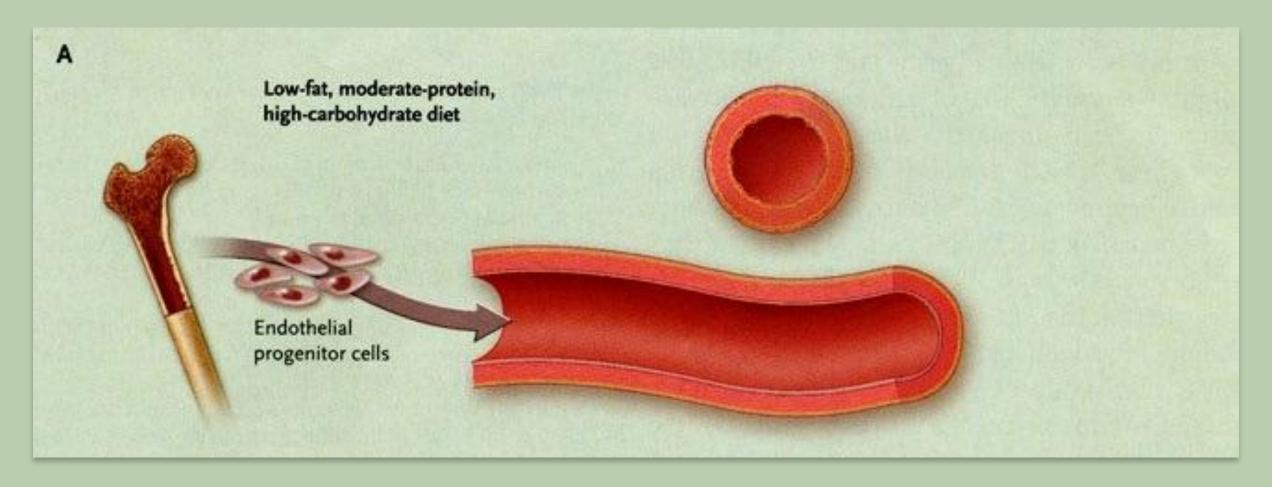


Acetic acid in vinegar potentiates nitric oxide synthase (NOS) to increase NO production

Polyphenols, alkaloids, and phenolics polyphenols, genistein, curcumin, resveratrol, sulforaphane, isothiocyanates, silymarin, diallyl sulfide, lycopene, rosmarinic acid, apigenin, and gingerol.

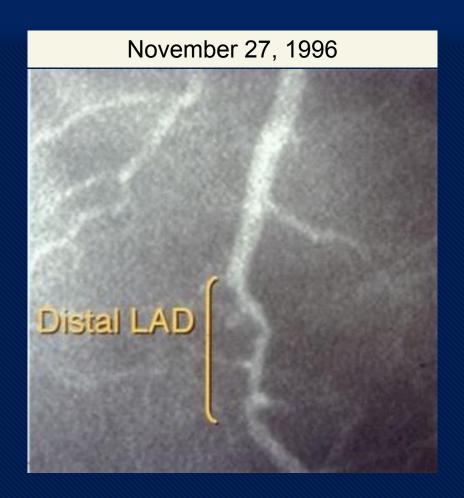






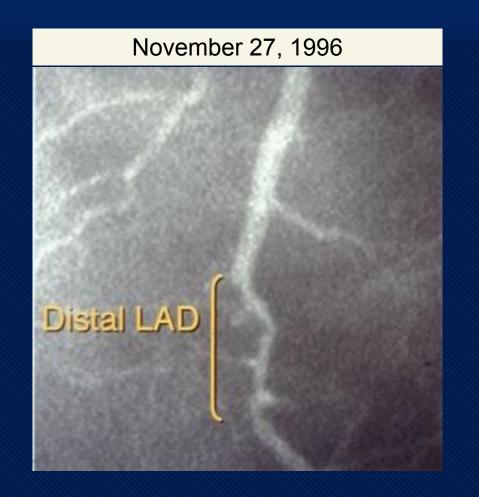
NEJM. December 3, 2009.

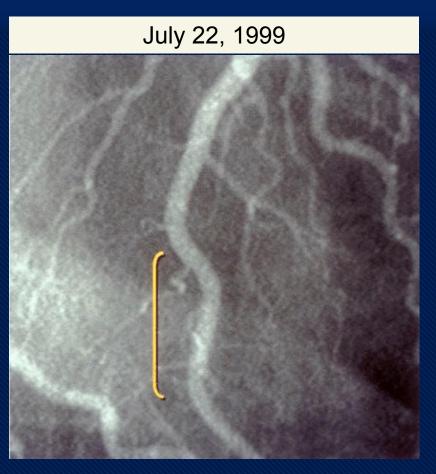
Reversal of Coronary Disease



Esselstyn, Caldwell B, et.al, A way to Reverse CAD?; Journal of Family Practice Vol 63. No. 7 July 2014; 356+

Reversal of Coronary Disease





Esselstyn, Caldwell B, et.al, A way to Reverse CAD?; Journal of Family Practice Vol 63. No. 7 July 2014; 356+



JULY 2014 | VOL 63, NO 7

Caldwell B. Esselstyn Jr, MD; Gina Gendy, MD; Jonathan Doyle, MCS; Mladen Golubic, MD, PhD; Michael F. Roizen, MD

The Wellness Institute of the Cleveland Clinic, Lyndhurst, Ohio

→ aesselstyn@aol.com

The authors reported no potential conflict of interest relevant to this article

ORIGINAL RESEARCH A way to reverse CAD?

Though current medical and surgical treatments manage coronary artery disease, they do little to prevent or stop it. Nutritional intervention, as shown in our study and others, has halted and even reversed CAD.

ABSTRACT

Purpose ▶ Plant-based nutrition achieved coronary artery disease (CAD) arrest and reversal in a small study. However, there was skepticism that this approach could succeed in a larger group of patients. The purpose of our follow-up study was to define the degree of adherence and outcomes of 198 consecutive

test to see if adherence can be sustained in broader populations. Plant-based nutrition has the potential for a large effect on the CVD epidemic.

n a 1985 program initiated at the Cleveland Clinic, we examined whether plantbased nutrition could arrest or reverse

198 patients with significant CAD - stents, MI, etc.

Full adherence to WFPBD

- During four years of follow up, 99.4% of the participants who adhered to WFPBN avoided any major cardiac event including heart attack, stroke, and death
- Angina improved or resolved in 93%.
- Of the 21 non-adherent participants, 13 (62%) experienced an adverse event







Caldwell Esselstyn, M.D.

Author: Preventing and Reversing Heart Disease



The Revolutionary, Scientifically Proven, Nutrition-Based Cure

With More Than 150 Great-Tasting Recipes

Prevent And Reverse Heart Disease

Based on the findings of a now 20-year study first published in the *American Journal of Cardiology*

Caldwell B. Esselstyn, Jr., M.D.

Foreword by T. Colin Campbell, Ph.D., author of The China Study





WE OWE OUR PATIENTS THE INFORMATION

HOW TO CREATE A LEANER, HEALTHIER BODY and A HEALTHIER LIFE

We cause most of our serious diseases with our knives, forks and spoons:

Obesity
Clogged arteries ->heart attacks & strokes
Cancers of breast, prostate & colon
High blood pressure
Type 2 Diabetes
Erectile dysfunction
Fibroids

(Many cases of) asthma, migraines, psoriasis, acne, inflammatory arthritis, colitis, Crohn's disease, diverticulosis - all have a common root: the Standard American Diet

We have basically the same digestive system as our simian cousins, the gorillas and bonobos, and are set up to digest a high-fiber, plant-based diet.

A diet heavy with fiberless animal products - meats, dairy, oils, flour products - is the wrong fuel for our systems, like putting diesel fuel (kerosene) in a gasoline-burning engine. No wonder we become inflamed, oxidized and malnourished.

All the above diseases usually improve markedly - and most resolve completely - with a whole-food, plant-based food stream!

MAKE A MOVE! - EAT HEALTHIER!

The more vegetables you eat, the healthier you are going to be. Plant-based meals are easy, delicious, filling, and guilt-free.

IF YOU NEED TO LOSE WEIGHT, REALIZE THAT FOUR FOODS ARE KEEPING YOU HEAVY and UNHEALTHY:

- DAIRY PRODUCTS Cows milk is made to blow up a baby calf into a 700 pound cow. You
 are not a baby calf. You wouldn't pour dog milk or rat milk on your cereal. Why cow milk?
 Use plant "milks" from almond, rice, soy, hemp, oat, etc.
- VEGETABLE OILS They are liquid fat in a bottle that keep you heavy and injure your artery walls. Stir-fry in vegetable broth and make blender salad dressings without oil.
- FLOUR PRODUCTS baked goods, pastries, most breads are fat/sugar combos that stick to you.
- ANIMAL FLESH meats of all kinds increase IGF-1 and insulin levels, which drive cancer growth and inflammation. Fish are seriously contaminated with mercury and pesticides.

ESPECIALLY avoid the fat/sugar combo - you will burn the sugar and store the fat:

Oil on pasta, nut butter and jelly sandwich, eggs and toast, steak and mashed potatoes, cheeseburger on a bun, donuts, ice cream, pizza - fat and sugar combos, all.

AVOID EATING AFTER 7 OR 8 P.M. AND PUT BREAKFAST OFF AS LONG AS YOU CAN - TILL NOON IF POSSIBLE. TRY TO CONFINE YOUR EATING TO A 6 - 8 HOUR WINDOW OF TIME.



OTHER MEDICAL CONDITIONS THAT CAN IMPROVE OR REVERSE WITH A WFPBD

- Hypertension
- Angina, claudication, etc.
- Obesity
- Type 2 diabetes
- Lupus/autoimmune diseases
- · Colitis and Crohn's disease
- Inflammatory arthritis
- Asthma
- Psoriasis, other skin diseases











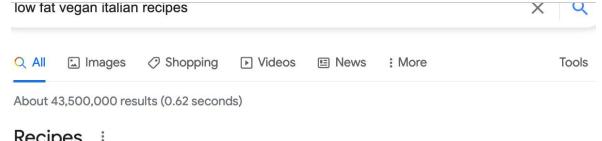


BARRIERS TO THE ADOPTION OF A WFPBD

- Personal tastes/traditions
 - » Adapt and improve favorites
 - » Tapering & transition foods OK!
- Cultural
 - » Adapt deliciously



Healthy, plant-based eating ITALIAN STYLE



Recipes :



30 Spectacular Vegan Italian Recipes - Delicious...

Hurry The Food Up

5.0 *** * * * *** (2)

5 min

Olive oil, basil, garlic



Vegan Spaghetti & Meatballs Recipe

A Couple Cooks

 $5.0 \star \star \star \star \star \star (1)$

40 min

Gluten free, red potatoes, marinara sauce, rolled oats,



Oil-Free Vegan Italian **Eggplant Caponata**

Plants-Rule

 $5.0 \star \star \star \star \star \star \star (1)$

1 hr

Ribs, red wine vinegar, green olives, tomato paste, red pepper



28 Tasty Vegan Italian Recipes (Dinner, Dessert,...



Low-fat Vegan Pasta Salad Recipe



Healthy Italian recipes BBC Good Food

BARRIERS TO THE ADOPTION OF A WEPBD

- Personal tastes/traditions
 - » Adapt and improve favorites
 - » Tapering & transition foods OK!
- Cultural
 - » Adapt deliciously



Healthy, plant-based eating INDIAN STYLE



Top 10 Indian Recipes for Weight Loss

Hurry The Food Up

5.0 ***** (3)

30 min

Tikka masala, coconut milk, creme fraiche, mango chutney,



Easy Vegan Chickpea Curry

Shane & Simple

5.0 ***** (95)

20 min

Almond milk, maple syrup, curry powder, red onion, diced



Healthy Indian recipes BBC Good Food

No reviews

Indian



Low Fat Indian Dahl Neils Healthy Meals

5.0 ***** (4)

1 hr

Low fat, ginger, red split lentils, fenugreek leaves, tomato puree



Fat-Free Dal Tadka FatFree Vegan Kitchen

5.0 ***** (20)

35 min

Yellow moong dal, masoor dal, garam masala, red pepper



CHICKPEA TIKKA MASALA

The Simple Veganista

5.0 * * * * * (29)

50 min

Coconut milk, couscous, garbanzo beans, tomato paste,

BARRIERS TO THE ADOPTION OF A WFPBD

- Personal tastes/traditions
 - » Adapt and improve favorites
 - » Tapering & transition foods OK!
- Cultural
 - » Adapt deliciously



Healthy, plant-based eating **MEXICAN STYLE**

low fat vegan mexican recipes



QA

Images

Shopping

▶ Videos

News

: More

Tools

About 57,300,000 results (0.70 seconds)

Recipes :



Vegan Taco Bowl Recipe Veggies Don't Bite

5.0 * * * * * (6)

20 min

Black beans, walnut taco meat, cheese sauce, mexican rice,



28 Mexican Recipes You Won't Believe Are Vegan

Forks Over Knives

5.0 ***** * * * (**3)



Vegan Cheesy Mexican Tortilla Bake

The Vegan 8

5.0 **** * * * *** (138)

45 min

Sodium black beans, dairy free yogurt, sweet corn, trader joe's,



30+ Low-Calorie Vegan Recipes for Weight Loss



Vegetarian Mexican recipes
BBC Good Food



BLACK BEAN TACOS

The Simple Veganista

BARRIERS TO THE ADOPTION OF A WFPBD

- Personal tastes/traditions
 - » Adapt and improve favorites
 - » Tapering & transition foods OK!
- Cultural
 - » Adapt deliciously

Healthy, plant-based eating ASIAN STYLE

low fat vegan asian recipes

About 22,600,000 results (0.60 seconds)

Recipes :



55+ Vegan Asian Recipes (Easy & Authentic)

The Green Loot

5.0 ***** * * (1)**

40 min

Tofu, noodles, sesame oil



60 Vegan Asian Recipes -Find your new favorite

Hurry The Food Up

5.0 * * * * * (2)

45 min

Lemon, pomegranate seeds, sesame paste, olive oil, garlic



Asian Stir Fry Sauce

Brand New Vegan

5.0 *** * * * *** (2)

10 min

Soy sauce, rice vinegar, ginger, low sodium, corn starch



Tofu and Vegetables with Lower-Fat Thai Peanut...

FatFree Vegan Kitchen

5.0 **** (5)



Asian-inspired mains that are under 500 calories

Taste

No reviews



Vegetarian stir-fry recipes

BBC Good Food

No reviews

Vegetarian stir fry



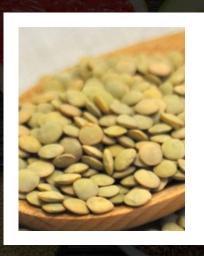


- Personal tastes/traditions
 - » Adapt and improve favorites
 - » Tapering & transition foods OK!
- Cultural
 - » Adapt deliciously
- Economic
 - » Staple foods are economical



MYTH: "EATING PLANT-BASED FOODS IS EXPENSIVE"





Lentils - Large Green 10 Lb. Case



Please select a product *

- Lentils Large Green 10 Lb. (1 pcs Case) \$12.19
- O Lentils Large Green 25 Lb. (1 pcs Case) \$29.30

Iberia Long Grain Brown Rice 10 lbs = \$6.78 4 cups = 17.2 g. protein Lentils - Large Green 10 lbs = \$12.19 2 cups = 36 g. protein

53.2 grams

S.N.A.P. PAYS FOR THIS!





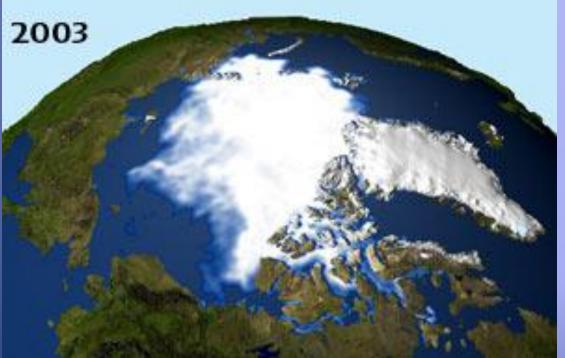


What would happen to the Earth - and us - if everyone ate a "Paleo diet"?





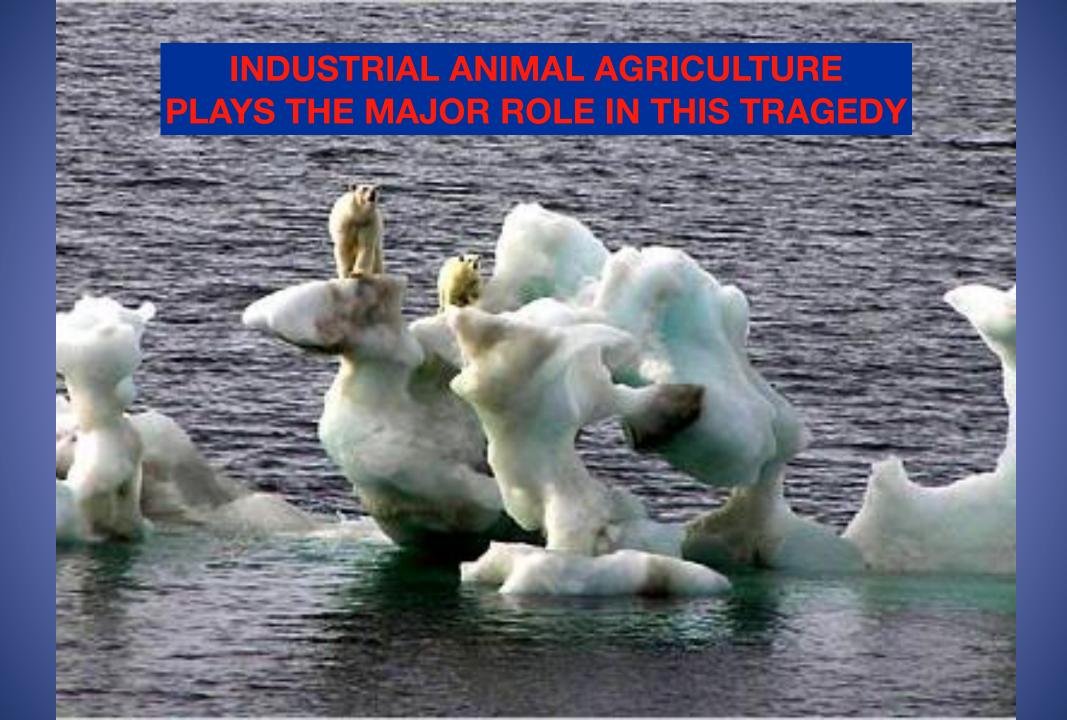




GLOBAL WARMING MELTING ICE CAPS SEA LEVEL RISE

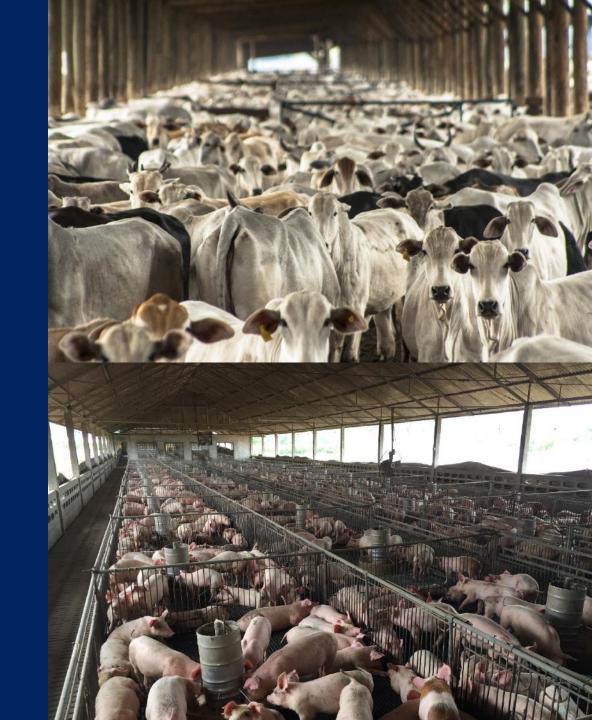
RAISING 80 BILLION
ANIMALS EVERY YEAR
HAS A MAJOR ROLE
IN THIS DISASTER





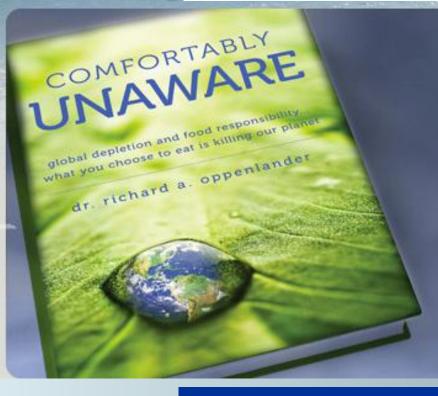
THE MAJORITY OF ENVIRONMENTAL DESTRUCTION ON THE PLANET TODAY IS FROM INDUSTRIAL-SCALE ANIMAL AGRICULTURE!

Deforestation Soil Erosion Water Depletion Water Pollution Pesticide and Herbicide Use **Species Extinction** Greenhouse Gas Emissions CLIMATE CHANGE



OPENLANDER

ComfortablyUnaware.com

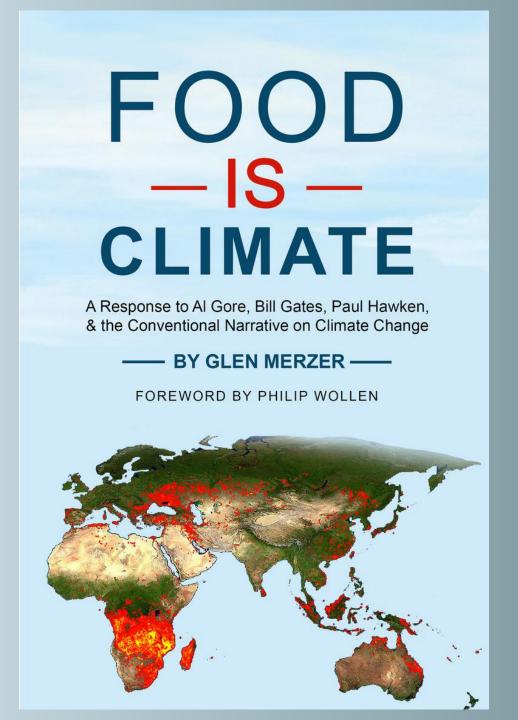


"Comfortably Unaware explains, so clearly, how what we choose to eat has a direct impact on the health of Planet Earth: how modern agro-business and our thoughtless appetites are, quite literally, destroying the environment and the future of our children. I urge you to read it, to think about its message, discuss it with your friends – and start to change the world, one bite, one meal, one diet at a time."

~ Jane Goodall, PhD, DBE, UN Messenger of Peace

WE HAVE USED MEAT-EATING UP!

WE HAVE USED MEAT-EATING UP!



ON STREAMING VIDEO

OUR WAY TO EXTINCTION

TAKE ACTION

ABOUT

FAQS

FACTS

MEAL PLANNER

PRESS

SHOP

WHERE TO WATCH

EATING OUR WAY TO EXTINCTION

NARRATED BY ACADEMY AWARD® WINNER

KATE WINSLET

WATCH NOW

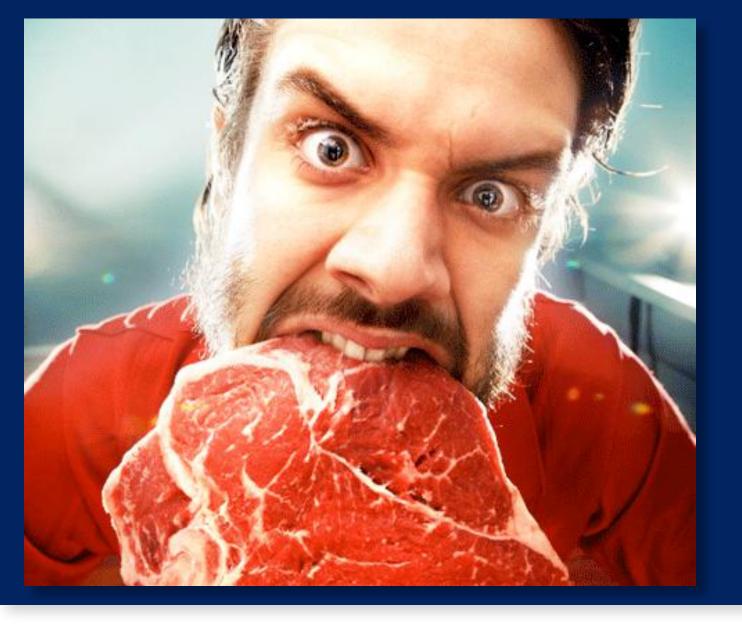
TRAILER





WE'VE USED FISHING UP...

IT IS TIME TO LET THEM HEAL



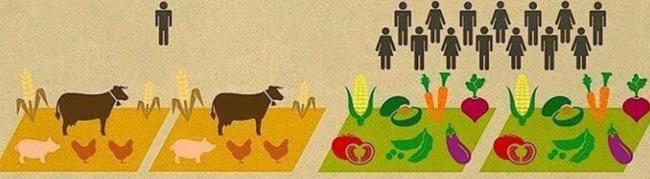
It's time to leave cave-man thinking behind!



ANIMAL-BASED DIET V. PLANT-BASED DIET: LAND USE

On a Standard American Diet:

On a Plant-Based Diet:



2 football fields feed 1 person per year

2 football fields feed 14 people per year

If Everyone In the World Ate a Plant-Based Diet:



5 billion football fields worth of land could be returned to forests.

http:/climatehealers.org/facts







A GLOBAL MOVE TO PLANT-BASED DIETS WILL SOLVE WORLD HUNGER – AND SO MUCH MORE

- We would need less land to feed ourselves
- The forests would return
- Greenhouse gases will reduce
- The soils would stabilize
- The rivers will run clean again
- The land and people would become healthy again

What about the farmers and the ranchers?

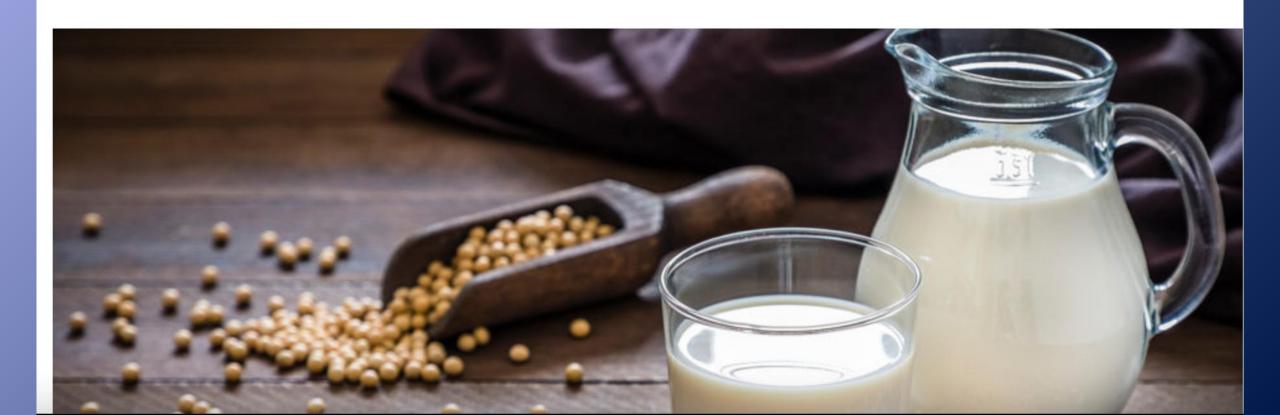


WISCONSIN IS A DAIRY-PRODUCING STATE - but we don't have to run a dairy operation on the land.



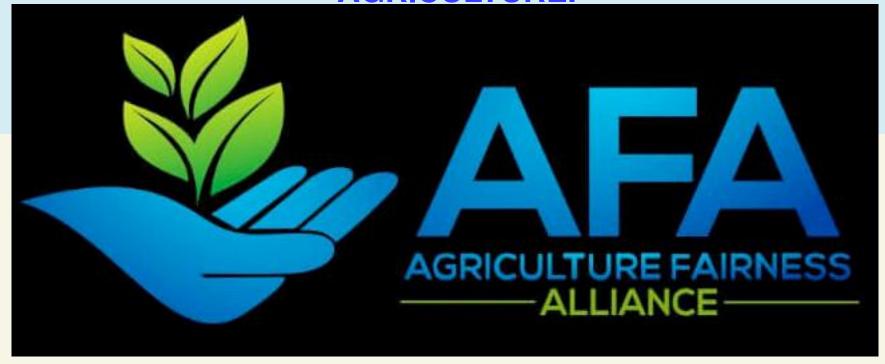
CREATIVE PROGRAMS HELP DAIRY FARMERS TRANSITION TO PLANT-BASED MILKS

A move away from producing exclusively animal-derived milk could help farmers and the environment



HELP THE FARMERS and RANCHERS TRANSITION TO GROWING FOOD FOR PEOPLE!

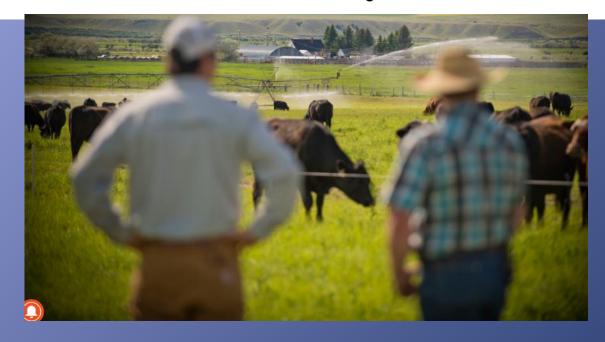
BUILD ONE LESS AIRCRAFT CARRIER USE THE BILLIONS SAVED TO SUPPORT OUR FOOD-GROWING NEIGHBORS AS THEY TRANSITION FROM ANIMAL TO PLANT-BASED AGRICULTURE.



join the AGRICULTURAL FAIRNESS ALLIANCE

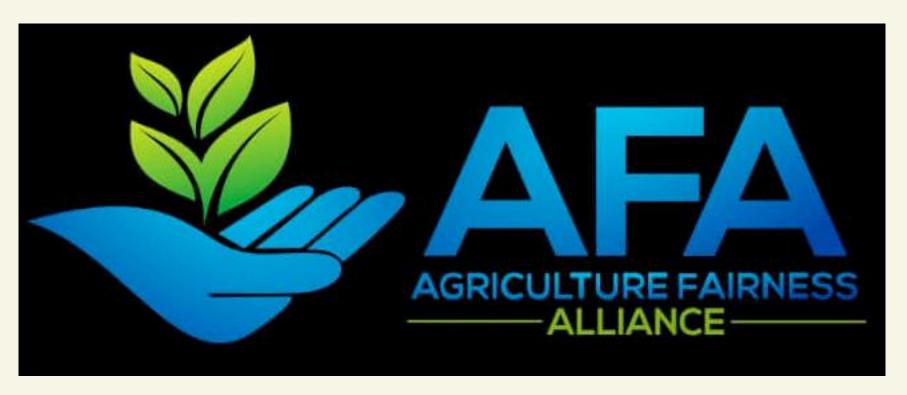
https://www.agriculturefairnessalliance.org

The Plant-Based Movement to Transition Farmers Away from Meat and Dairy Production



The 67-year-old isn't giving up farming altogether but transitioning to growing hemp.

Refarm'd: How dairy farmers are switching to plant-based milk



HELP THEM:

LEARN TO GROW NEW CROPS
PURCHASE EQUIPMENT, SEEDS,
INSURE THEIR CROPS
GIVE SCHOLARSHIPS TO CHILDREN
PAY THEIR MORTGAGE, etc.

join the AGRICULTURAL FAIRNESS ALLIANCE

https://www.agriculturefairnessalliance.org

A GLOBAL MOVE TO PLANT-BASED DIETS WILL NOT DESTROY THE ECONOMY - IT WILL SAVE IT

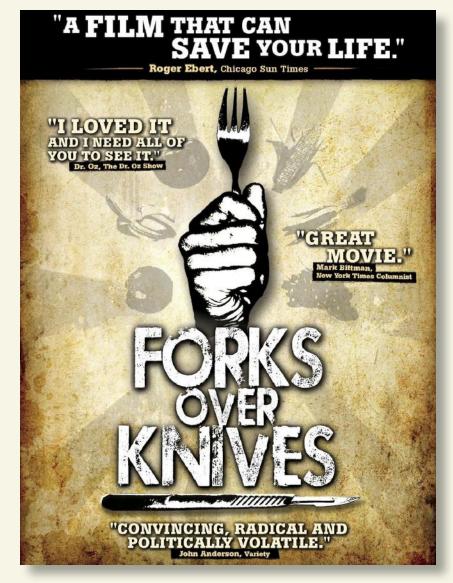
WE WILL SAVE TRILLIONS IN HEALTH CARE COSTS, LESS LOST PRODUCTIVITY

IT WILL MITIGATE THE TRILLIONS OF DOLLARS WE WILL BE SPENDING ON CLIMATE CHANGE

THERE WILL BE MONEY TO FIX THE INFRASTRUCTURE, PROVIDE SCHOLARSHIPS, PROVIDE INTERNET ACCESS FOR ALL, ETC.

IT COSTS NOTHING AND CAN BE DONE NOW

- by all of us evolving our diets to plant-based ones!



A good place to start, for patients and professionals...

http://www.forksoverknives.com/ on YouTube







Articles

Meal Planner



We empower people to take control of their health destiny.

At PLANTSTRONG, we advocate for the scientifically proven benefits of plant-based living. We envision a world that universally understands, promotes and prescribes plants as the solution to empowering health, enhancing performance, and restoring the environment.

Meet Rip Esselstyn & Watch the Engine 2 Story



education, support, and delicious meal solutions.

Live your best PLANTSTRONG Life.

Our purpose is to simplify the journey to a whole foods

plant-based lifestyle with a complete ecosystem of

GO PLANTSTRONG

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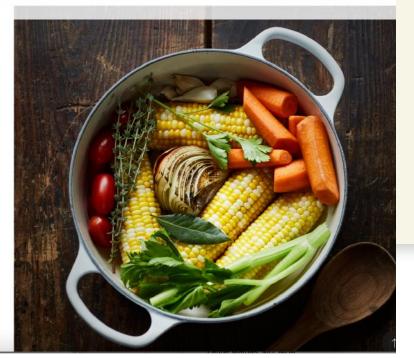




PLANTSTRONG Meal Planner

Members have access to hundreds of whole food, plant-based, oil-free recipes, personalized meal recommendations, interactive grocery lists, access to food coaches, personal saved menus and a database...

Check it Out



Plantstrong.com

Guidance, coaching, meal planning, community





You have the power to improve your health, once and for all.

Did you know that eating the right foods can heal and reverse chronic diseases, such as heart disease, diabetes and obesity?

GET STARTED





ABOUT ROCHESTER LIFESTYLE MEDICINE

Rochester Lifestyle Medicine Institute addresses the root causes of these

lifestyle-hased diseases and doesn't just treat the symptoms. We are









With the **15-Day Jumpstart Program** you can lose weight, lower cholesterol, improve blood sugar, sleep better and feel great in just 2 weeks!

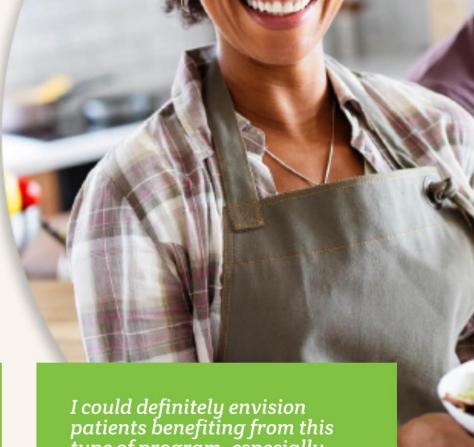
LEARN MORE

My PCP endorsed this program after he was a participant and I agree with him that it was important information for someone who wanted to improve their health, weight, and heart blood values.

— E.M.K.

Changed my life forever... For literally years I've had GI issues, and this has put those to rest once and for all.

- R.K.



I could definitely envision patients benefiting from this type of program, especially from a disease reversal perspective.

- A.M., M.D.

<u>plantpurecommunities.org</u> - 10-Day jumpstart



The PlantPure Communities Oasis Jumpstart Program



THERE ARE PROFESSIONAL ALLIES TO HELP YOU:



FIND LOCAL PLANT-BASED DIETITIANS



Plant Based Diets Nutritionists and Dietitians in Wisconsin

Plant Based Diets X

< See all health professionals in Wisconsin

Style/Type

Clinical Dietitian Community Dietitian Consultant Dietitian More +

Treatment Techniques

Diet Therapy
Medical Nutrition
Therapy
Menu Planning
Mindful Eating
Nutrition Coaching

Nutrition Counseling

Issues

Diabetes
Diet and Nutrition
Digestive Issues
Weight Management
Wellness Counseling
More +

Gender

Show only women Show only men

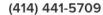
See Nearest

Acupuncturists
Chiropractors
Dentists
Homeopaths
Massage Therapists
Medical Doctors
Naturopaths
Physical Therapists
+ All



Fuel Better Sports Nutrition LLC

As a retired high school and college athlete, I know the struggle of trying to find the best way to eat to accomplish your goals firsthand. You've searched Google for nutrition tips or followed countless social media influencers





Milwaukee, WI 53211



Abigail Olcott

Nutritionist/Dietitian, MS, RD, CDN Verified

I help athletes and active people optimize performance through nutrition without sacrificing a healthy relationship with food. Growing up in central IL, I competed in track and cross country, and I continued to compete in track





Nenosha, WI 53142



Elisa Salvat

Nutritionist/Dietitian, MS, RD, CD, PFT Verified

I work with children, adolescents, and adults who suffer with eating disorders, disordered eating, dieting, weight, and food concerns. I accept clients who may suffer from multiple mental health and/or medical issues.

(414) 240-9413



Milwaukee, WI 53202

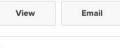


Nutrimental Healthcare

Nutritionist/Dietitian, MS, RDN, CMHIMP, CCATP & Verified

Our personalized nutrition approach uses current scientific research and your genetics to determine how you should be eating, how your body metabolizes different foods, possible allergies and intolerances, and risk of de-

(920) 250-9492



Neenah, WI 54956



Liz Riesen

Nutritionist/Dietitian, RD, CD, CLT

I help busy moms balance hormones, lose weight naturally, and have more energy using a holistic nutrition and lifestyle approach. If you feel disconnected from your body and drained of energy - it's time to make a change!

(262) 735-8330

Menomonee Falls, WI 53051



Stephanie Allison

Nutritionist/Dietitian, MS, RD, LDN, CHES Verified

I am a Registered Dietitian Nutritionist who provides nutri-

I am a Registered Dietitian Nutritionist who provides nutrition therapy for adults and adolescents with disordered eating and eating disorders. I truly enjoy helping and empowering those that are wanting to create a positive rela-



View	Email

Milwaukee, WI 53202



Kelli Kratt-Dunham -KKDNutrition

Nutritionist/Dietitian, MS, RD, CD Verified

I'm here to help you ditch the diet...when you've tried everything and the results either don't last or just don't come. You can reach your health and fitness goals without counting calories or points and best of all - it will

(414) 436-2247

Waterford, WI 53185



Jennifer Huelskamp

Nutritionist/Dietitian, MS, CNSc Verified

Are you struggling with how to manage your IBS, IBD, SIBO, hypertension, or high cholesterol? Together we will make nutrition and lifestyle changes to improve your health. Nutrition and lifestyle modifications do not have to

(312) 584-3689

View	Email

Office is near: Milwaukee, WI 53212

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DIETARY
COUNSELING
LENDS ITSELF
WELL TO
TELEMEDICINE
CONSULTATIONS

NURSE -HEALTH COACHES CAN BE INVALUABLE

Vegan Nutritionists and Dietitians in Boston, MA

See all health professionals in Boston | View neighborhoods in Boston >

Style/Type

Clinical Dietitian Community Dietitian Consultant Dietitian

Treatment Techniques

Diet Therapy Medical Nutrition Therapy Menu Planning Mindful Eating **Nutrition Coaching**

Nutrition Counseling

Issues

Diabetes Digestive Issues Weight Management Wellness Counseling More +

Gender

Show only womer Show only men

See Nearest

Acupuncturists Massage Therapists Medical Doctors Physical Therapists



Meredith Price

Nutritionist/Dietitian, MS, RD, CDN

I am a vegan dietitian who helps people heal their gut and restore their energy through plant-based living and sustainable eating. I'm also a certified specialist in the Low FODMAP diet and help plant-based individuals with



Newbury Street Nutrition Nutritionist/Dietitian, MS, RD, LDN Verified

I believe in an individualized, evidenced-based approach to nutrition. My passion lies in helping my adults, children and families reach their goals in a way that fits their lifestyle and eating preferences. I will spend time listening to

In-network with Allways Health Partners! Want to stop

dieting for good? Confused about how to fuel your body

properly? Want to manage your chronic condition without

going on a strict diet? I help individuals put intention into

(917) 725-6728

PLANT-BASED DIETARY « COUNSELING LENDS ITSELF WELL TO



Boston, MA 02116



Sally M Cohen

Kathleen Wright

Nutritionist/Dietitian, RD, LDN Verified

Nutritionist/Dietitian, MS, RD, LDN & Verified

I'm a Registered Dietitian who does not believe in diets. I do believe that it's equally important for nutrition advice to be both evidenced-based and personalized. I think we should enjoy food and celebrate its role in our traditions



Boston, MA 02130



Emily Lehane

Nutritionist/Dietitian, MS, RD, LDN Verified

I specialize in weight management, chronic disease prevention & management, meal planning & preparation, mindful eating, and digestive issues. I share healthy recipes on my Instagram @rdemily_goodeat and my



COACHES

(928 CAN BE

INVALUABLE



Rachel Artus

Nutritionist/Dietitian, RD, LDN Verified

Rachel's goal is to empower her clients to make food and lifestyle choices that will result in joyful and wholesome living. Her true passion lies in helping others make sustainable lifestyle changes that stick, and she promotes at-



Boston, MA 02129



Matt Stranberg

Nutritionist/Dietitian, MS, RDN, LDN, CSCS & Verified

We are overloaded with information about food and exercise, but often struggle to find the wisdom needed to nurture these relationships. To address these issues, I have studied and worked with some of the best athletes,



Boston, MA 02135



Sarah Canterman

Nutritionist/Dietitian, MS, RD, LDN @ Verified

Are you tired of dieting and looking to feel better, improve your health, and feel more confident about your body? I am a dietitian that focuses on creating long-term change by eliminating the restriction of dieting and instead focus-



Boston, MA 02135

(508) 955-0579



Katherine L Fernald

Nutritionist/Dietitian, MS, RD, LDN, Reiki, Master Verified I am a registered, licensed, insurance accepting, psych-

specialist nutritionist with over 20 years experience.

Referrals and inquiries accepted for nutritional concerns

including: eating disorders, weight control issues for all

 Office is near: Boston, MA 02110













Alexis Beck Nutritionist/Dietitian, MPH, RD, LDN & Verified

...WE HAVE YOUR NUTRITION PRESCRIPTION(Rx)... Are you challenged by Bingeing, Compulsive Eating, Weight Gain, an Eating Disorder? Are you Pregnant and need Diet Mangement? AlexisRD and the NutritionRx Team

Are you tired of living in a constant food battle? I am here to help! My name is Emily Gargis and I am a Registered

Georgia, Washington, and Massachusetts. My interest for

and Licensed Dietitian in North and South Carolina,



Email

 Office is near Boston, MA 02114



Rachna Rajpal

Nutritionist/Dietitian, MS, RDN Verified

Working closely with clients to help them create and live a health lifestyle, by also giving you a took kit for life. Whether you are looking to improve your eating habits, lose weight sustainably, or manage a chronic disease. I

Boston, MA 02127

Emily Gargis (803) 219-4516 Nutritionist/Dietitian, MS, RD, LDN Verified

Email

Office is near: Boston, MA 02130



Plant-based Dietitians in Broward County, FL



Nutrition Connections Nutritionist/Dietitian, MS, RD, LDN

"My nutrition practice focuses on a personalized and mindful approach to healthy living, with a holistic theme. I have the skills to work with you to tailor achievable diet and health goals. To me



Christopher Fuzy Nutritionist/Dietitian, MS, RD, LD

"We specialize in customizing nutrition programs for your lifestyle, food preferences, metabolism and your personal goals. Our 30 vears counseling experience in hospitals and our private prac-





Sandra Ramirez

Nutritionist/Dietitian, MS, RDN, LDN

"For over 10 years, I have helped people achieve their health and nutritional goals. I use a non-diet approach and I work with you to include the foods you love while improving your weight, blood





Vicki Ellis Hatch

Nutritionist/Dietitian, MS, RDN, LDN, CDE

"Diets come and go- I am still here! Certified Diabetes Educator, Weight Management, Sports Nutrition, Eating Disorders, Gastro-Intestinal Disorders, Heart Disease/ Cholesterol Control, Pediatric



Julie Rothenberg Nutritionist/Dietitian, MS, RD, LDN

"I would be SO EXCITED to help you meet your nutrition needs. I am an advocate for mindful / intuitive eating and realistic lifestyle changes. I would love to work with you for overcoming emotional



Lori B Kupferman

"I grew up on Long Island and attended Oneonta State College

and I received my Bachelors of Science in Nutrition/Dietetics. Then I attended Tufts University in Boston where I received my







(954) 280-5280

Fort Lauderdale, Florida

(954) 280-1264

(954) 951-2368

(786) 268-9953

Hallandale Beach, Florida

(954) 800-2856

Pembroke Pines, Florida

33024

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Fort Lauderdale, Florida 33312

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Fort Lauderdale, Florida 33301

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33304

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View

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Community Dietitian More +

Treatment Techniques

Diet Therapy Medical Nutrition Menu Planning Mindful Eating **Nutrition Coaching Nutrition Counseling** More +

Issues

Diet and Nutrition Digestive Issues Weight Management Wellness Counseling Vegan

More + Gender

Show only women Show only men

See Nearest

Acupuncturists Dentists Massage Therapists Medical Doctors Naturopaths Physical Therapists + All



Sheila Schlegel Nutritionist/Dietitian, MS, RDN, LDN

"If you want to make better lifestyle choices or you are seeking disease management for several conditions, it is essential to address each of the six dimensions of wellness; physical, emotional,



(561) 220-6967

Fort Lauderdale, Florida 33316





Mervl Brandwein

"Meryl Brandwein, RD/LDN, specializes in functional and integrative nutrition. She holds a degree from the University of



(954) 828-2602 Nutritionist/Dietitian, RD, LDN Weston, Florida 33326

Delaware, as well as certifications from the Institute of Functional



Ronit Mendel-Gold Nutritionist/Dietitian, MS. RD. LDN. CLT

& other headaches, Irritable Bowel Syndrome, Chronic Diarrhea, Heartburn/GERD, Fibromyalgia, Arthritis, Joint Pain, Muscle Pain,



(786) 481-1256 Fort Lauderdale, Florida 33312

"DO YOU SUFFER FROM ANY OF THESE SYMPTOMS? Migraine



Alix B Landman Nutritionist/Dietitian, RD, MPH, CDE

"Patients report the following changes from following Alix Landman's nutritional counseling; improved sleep, improved energy, lowered LDL cholesterol, improved blood alucose levels.



(954) 283-7266

Plantation, Florida 33317

Email





(954) 385-0055

Weston, Florida 33326



MOVING MEDICINE **FORWARD**

Medical School Nutrition Education

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TELEMEDICINE

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Jessica Gallego

Nutritionist/Dietitian, MS, RD, LDN, CEDRD

"I am a bilingual (English/Spanish) registered and licensed dietitian/nutritionist. I am currently running a private practice providing outpatient care to eating disorder patients, obese and overweight



NURSE - HEALTH COACHES CAN BE INVALUABLE





Office is near: Pompano Beach, Florida 33064







Plant-based Dietitians in Houston, Tx.



Kristin Kabay

Nutritionist/Dietitian, MS, RD, CSSD, LD

Kristin is a registered dietitian with years of experience working in healthcare, corporate wellness, and the sports & fitness industry. She's coached countless individuals to reach their nutrition and





Natural Health Wellness Clinic-**Nutrition & Diet**

Nutritionist/Dietitian, CNC, LN, CWMC

Natural Health Wellness is a privately owned practice, specializing in customized, affordable Nutritional Counseling, Dietary services, Nutrition for Health Improvement, & Holistic Nutrition pro-



PLANT-BASED DIETARY COUNSELING LENDS ITSELF WELL TO TELEMEDICINE CONSULTATIONS



Please know that I am inclusive and am open to connecting with people from all backgrounds.





Muriel Dovle

Nutritionist/Dietitian, MS, RDLDN, CDCES, CPT

Muriel Doyle is a gifted educator and motivator. Her knack for identifying her clients' specific lifestyle challenges and creating a plan for successful improvement is one of her many strengths





Juhina Aisha Farooki

Nutritionist/Dietitian, MPH, RD, LD

It is my belief that Food is one of the most important factors in promoting good physical, mental, and emotional health. There is a well-known phrase that Love is the universal language. In my





Lisa Wartenberg

Nutritionist/Dietitian, MFA, RD, LD

Clients who ache to heal their relationship with food, as well as their body, will benefit the most from their work with me.





Catherine C Kruppa

Nutritionist/Dietitian, MS, RD, LD

Growing up the daughter of athletic parents, I became interested in sports, wellness and nutrition at a young age. As a competitive gymnast and diver in college. I found it fascinating that what you





Caitlyn Fergerson

Nutritionist/Dietitian, RDN, MEd

Would you like help working on your relationship with food and your relationship with your body? There are so many confusing nutrition messages out there and no single plan works for every



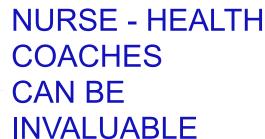


Roger E Adams

Nutritionist/Dietitian, PhD, CISSN, ACE-CPT

No one has the same nutritional needs. Therefore, I customize each nutrition program to fit your individual needs by working one-on-one with you as you strive to meet your personal nutrition







Denise Hernandez

Nutritionist/Dietitian, MS, RD, LD

Samina Qureshi

Nutritionist/Dietitian, RDN, LD, IFNCP

Helping my clients achieve their desired results is the reason why I pursued a career in nutrition. I have experience working with children and adults, and enjoy finding creative ways to coach my





Krystal Hammett

Nutritionist/Dietitian, CNC, CHN

My mission is to improve your health, naturally! Our bodies are miraculous and studies show that they have the ability to heal themselves through proper nutrition, detoxification, exercise and

Brittany earned her BA in Psychology and Master of Social Work

from Tulane University. She is a registered, licensed dietitian, and

wellness coach. Her nutrition focus is in wellness, weight loss,





Diane Campbell

Nutritionist/Dietitian, RDN

Diane Campbell has been a life changer as a Registered Dietitian for 20 years. Her areas of expertise include the treatment of patients with eating disorders, weight loss / weight management,





Kelly Wilson

Nutritionist/Dietitian, MS, RD, LD, CSO, CBC CSO- Board Certified Specialist in Oncology Nutrition. CBC

Board Certified Bariatric Counselor. Often my clients receive a medical diagnosis and are given no direction on nutrition man-

vorite food? You've come to the right place! Schedule your Free





Diets For Life By Lindsey

Nutritionist/Dietitian, RD, LD

Brittany Link

Nutritionist/Dietitian, MSW, RD, LD

I SPECIALIZE IN DESIGNING CUSTOMIZED NUTRITION PLANS FOR YOU! I will help you get your health under control by perfectng your daily meals and snacks to fit your individual needs. I live





Ashley Hurst

Nutritionist/Dietitian, MS, RD, LD

Do you have have Crohn's, UC, Celiac, Colitis, Acid reflux or another digestive issue? You might have tried it all and are ready for a plan that's more targeted and effective. You might not even be

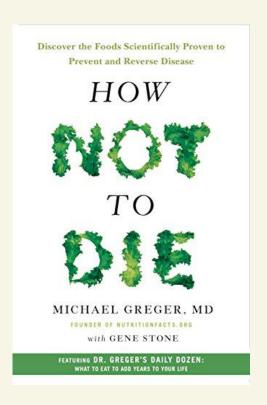




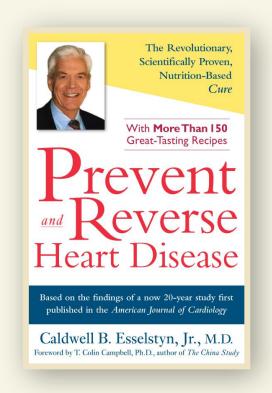
Medical School Nutrition Education Initiative

RESOURCES for Health Professionals

Learn About Practical, Applied Nutrition:



JeffNovick.com
NutritionFacts.org
TheVeganRD.com
DrMcDougall.com - newsletter
DrFuhrman.com - nutrition course
E-Cornell Course on Plant-based Nutrition
NutriSpeak.com
DoctorKlaper.com
WEBINAR: "Thriving on a Plant-based Diet"

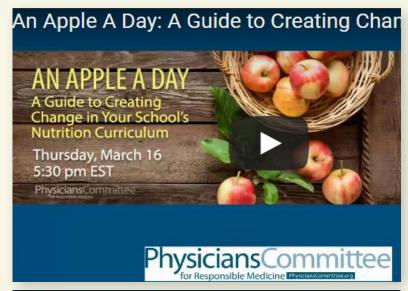




A VALUABLE COURSE on PLANT-BASED NUTRITION 6-week online course



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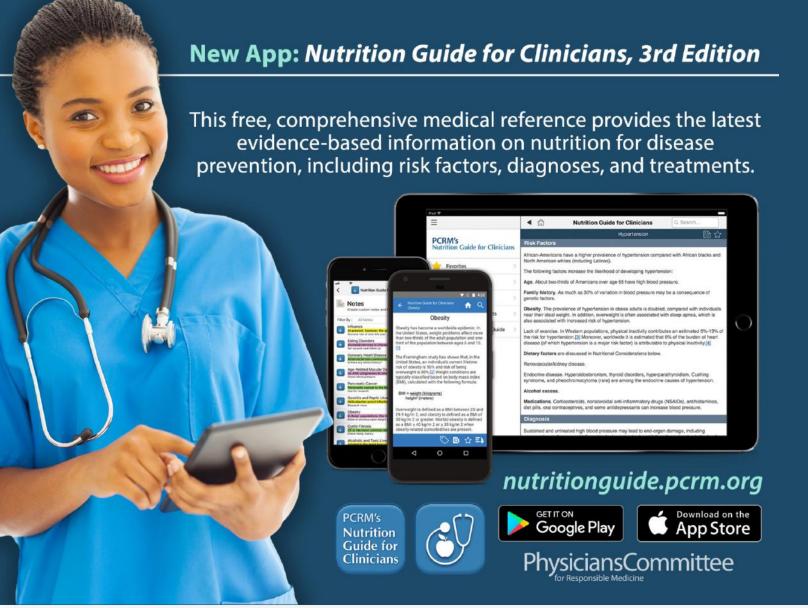






https://www.pcrm.org/physicians-in-training/resources





MEDICAL REFERENCE MANUAL

https://nutritionguide.pcrm.org







https://rochesterlifestylemedicine.org





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plant.ri.cian: a physician or clinician empowered with knowledge of the benefits of whole food, plant-based

PlantricianProject.org











Hilton San Diego Bayfront - San Diego, CA | September 14 - 17, 2018





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American College of Lifestyle Medicine



ACLM.org











The era of applied, nutrition-based, Lifestyle Medicine is dawning - and the plant-based wave is breaking.

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The Plantrician Project Plantrician Project.org

American College of Lifestyle Medicine lifestylemeicine.org

DISEASE REVERSAL





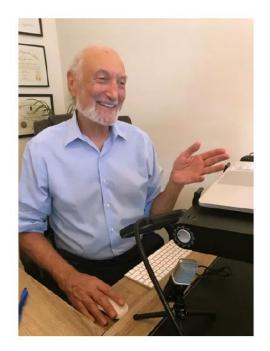
At: <u>Doctorklaper.com</u>:

Click on "Moving Medicine Forward"

and select:

"Clinical Nutrition Forum"

Plant-based Clinical Nutrition Forum



Following on the success of the Moving
Medicine Forward (MMF) Master Class in
Plant-based Clinical Nutrition, we are hosting
monthly Plant-based Clinical Nutrition
(PBCN) Forums to explore all aspects of
plant-based nutrition in clinical practice.

During each 90-minute Forum, we will be examining current topics and reports related to subjects covered in the various Master Class sessions as well as discussing challenging clinical cases submitted by our participants. Of course, controversies and differing perspectives will be welcomed and discussed during a wide-ranging Q&A, with all participants invited to contribute. Each Forum will conclude with reports about and suggestions for incorporating health-promoting nutrition into medical school curricula as well as into clinical practice and hospital meal-planning.



What I Wish I Learned in Medical School About Nutrition

