


# PLANT DOCS REAL FOODS HEAL



## TAKE CONTROL OF YOUR HEALTH WITH YOUR FORK JUMPSTART YOUR HEALTH!

Our monthlong plant-based, whole foods program is carefully curated by physicians to provide you with a comprehensive approach to a healthier lifestyle.

### PROGRAM INCLUDES:

- Two sessions of plant-based nutrition education, menu planning, reading labels, community building
- Two sessions of Cooking Together classes - hands-on in your own kitchen!
- Pre and post blood work, weight & blood pressure checks to assess the transformative impact nutrition has on your health
- Virtual one-on-one consultation with a Plant Doc after the program!

### THE BENEFITS:

Lower your LDL cholesterol & drop your blood pressure without meds, lose weight, improve & reverse type-2 diabetes, heart disease, and autoimmune disorders, decrease inflammation, improve sexual function, improve bowel function... *feel great!!*

### 2024 DATES

January 9, 16, 23, 30 | Tuesdays  
March 4, 11, 18, 25 | Mondays  
May 2, 9, 16, 23 | Thursdays  
Sept 3, 10, 17, 24 | Tuesdays  
November 4, 11, 18, 25 | Mondays

TIME: 6 - 7:30 pm

### COST

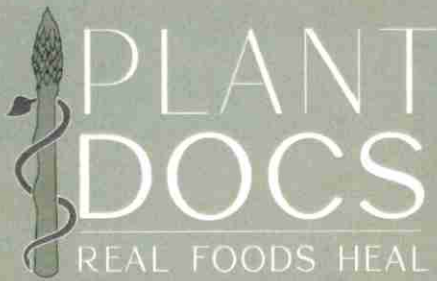
- \$250 for one person
- \$200 for partner or friend

### QUESTIONS

Email: [sandy@plantdocspvd.com](mailto:sandy@plantdocspvd.com)

Phone: 401-474-8222





## What participants are saying...

*"I am thrilled with the results of the class. In just 4 weeks, I lowered both my overall cholesterol and my LDL. I have more energy and feel better overall on a whole foods, plant-based diet and plan on continuing eating this way. The cooking tips and recipes were easy and healthy!"*

— Sara L.

*"I'm so grateful to you for the Jumpstart Program. I've been a vegetarian for decades, but this is my first long-term experience completely eliminating dairy and eggs. Eating consistently WFPB has made a big positive difference in how I feel, and the amount of energy I have. I credit you, the other Plant Docs, and this program with providing the really targeted education and support that have made the shift not only possible, but empowering and enjoyable."*

— Martha S.

*"If you are thinking of ways to change your diet, improve your life, feel great, lose weight, experience significant, positive changes in lots of ways, the Jumpstart program is great. I thought I would try it for a month... eight months later, I am still following a plant-based diet. The program is wonderful, informative, and fun. Thank you Plant Docs!!!"*

— Leah H.

*"I'm happy to say that my gastroenterologist was thrilled with the findings on my recent biannual colonoscopy (I have IBD)! Almost no inflammation visible! The course was really exciting and revelatory!"*

— C. H.