

Project PlantWise

# Resource Kit for Providers



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### A) Project *PlantWise* Resource Kit for providers

*PlantWise* is an excellent tool for patient motivation and education. At AdventHealth, the film was prescribed to patients who had been diagnosed with type 2 diabetes. It was also shared with patients with heart disease, obesity, and high blood pressure. The following tools were used to share and promote the film in hospital and clinical settings.

In this kit you will find:

1. Patient cards
2. Prescription pad for physicians
3. Standing order for patients with diabetes
4. Survey questionnaire and consent form
5. Resources webpage text

#### Patient cards

When patients are seen by a physician in a clinic or hospital admission setting, these cards are given to patients diagnosed with diabetes or other metabolic disease and who can benefit from viewing *PlantWise*. The cards outline the three steps patients take to join the *PlantWise* Film Challenge, listing the webpages with QR codes. Patients can watch the film in the hospital room if admitted or take the card home to watch at home.

### **Prescription pad**

Another tool for communicating to patients about the importance of watching *PlantWise*, prescription pads are easy for physicians to carry in their pocket. Quickly fill out and hand the *PlantWise* prescription to a patient.

### **Standing order process**

The steps are outlined that were taken by AdventHealth to establish a standing order in the medical record system to prescribe the film to those patients who would benefit from viewing the film.

### **Survey Questionnaire and Consent Form language**

Once patients watch the film, they are directed to take a survey to determine their readiness to make a change and move forward in adopting a whole food plant-based diet. If you'd like to use this survey, adapt the questions to fit your practice. In order to use patient information and comply with HIPAA, a consent form is included at the end of the survey. The Consent Form text is also included.

### **Resources webpage text**

After patients complete the survey with consent form, they are directed to the Resources page. Here are a wide variety of resources to choose from. Patients have differing needs and obstacles to making a lifestyle change, and the resources on this page are intended to help them use what works best for them. Books, additional films, classes, meal assistance – all are located here to help patients see how much support they have. The AdventHealth page includes links to AdventHealth service lines. Feel free to use this wording or adapt it to your own practice.

## B) Patient cards



**PlantWise Challenge**

Science is showing us that it is possible to prevent or delay the onset of diabetes, heart disease, hypertension, and other chronic conditions by making healthy choices. It is also demonstrated that lifestyle choices have a major influence on overall health and well-being.

### Take the Challenge

Would you like to take the *PlantWise* Challenge and start on a path towards restoring health? You can start today by taking these steps:

 **STEP 1:** Watch the film at [PlantWiseFilmChallenge.com](http://PlantWiseFilmChallenge.com).

 **STEP 2:** Take the Survey at [PlantWiseFilmChallenge.com/survey](http://PlantWiseFilmChallenge.com/survey)

 **STEP 3:** Start your *PlantWise* journey at [PlantWiseFilmChallenge.com/resource-options](http://PlantWiseFilmChallenge.com/resource-options)

**Questions? Call 407-303-2822**  
**Accept the Challenge!**



**Advent Health**

### C) Prescription pad for physicians

**Center for Family Medicine — Winter Park  
AdventHealth**  
133 Benmore Dr, Suite 200  
Winter Park, FL 32792  
Tel: 407-506-3335, FAX 407-506-7747

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Patient Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Date: \_\_\_\_\_

Rx

- Watch the PlantWise film ***PlantWiseFilmChallenge.com***
- Answer the PlantWise Film Challenge survey  
***PlantWiseFilmChallenge.com/survey***
- Find one PlantWise Film Challenge resource that fits your  
lifestyle needs at ***PlantWiseFilmChallenge.com/resources***
- Visit Diabetes Undone — 407-303-2822 —  
***DiabetesUndone.com/groups***
- Visit Full Plate Living — 407-303-2822 —  
***ArdmoreInstituteofHealth.org/full-plate-living***

Comments: \_\_\_\_\_

Physician Signature: \_\_\_\_\_



## **D) Standing orders for prescribing *PlantWise***

It was decided that a Standing Order in the Medical Record System would help communicate the availability of the film to patients admitted to the hospital and diagnosed with diabetes.

To acquire the Standing Order we took the following steps to put the order in the Standing Diabetes Order Set.

1. Identified all diagnoses that were appropriate for introducing the film and challenge
2. Obtained approval from Department of Endocrinology Committee
3. Obtained approval from Internal Medicine Committee
4. Obtained approval from Physician IT Committee
5. Obtained approval from Nursing IT Committee for process and clarity of wording
6. Awaited IT to build the order
7. Shared the film with Nursing Leadership
8. Shared film with Nursing staff via email sharing the URL
9. Nursing assigned an education program for nurses on all shifts
10. Case Manager saw the film and educated others
11. Began placing orders

## **E) Survey questionnaire**

### **1. I choose to take the first steps toward maximizing my health**

Yes

### **2. Which stories gave you the most hope? (choose all that apply)**

Susan Weinick – Weighed 380 pounds and on medication for type 2 diabetes and hypertension. Lost 220 pounds, diabetes and hypertension were reversed, and she was able to stop taking medications.

Eric Adams, President Brooklyn Borough – Saw 5 experts who all told him diabetes was in his DNA because his mother was diabetic, and his family was diabetic. But reversed his diabetes through breakfast, lunch, and dinner.

Angela Hardin – Wanted to be healthy at 36 and enjoy her children. She lost 102 pounds, has no more gallbladder issues, runs 5 miles a day 5-6 days a week, and takes no medications.

Mark Ramirez – Mother and siblings had diabetes, many were on dialysis, and his mother and brother passed away. He was placed on medications for diabetes, cholesterol, and blood pressure and needed insulin shots. Reversed his psoriasis, heartburn, high cholesterol, and high blood pressure. Now has normal A1C and was able to stop all five medications.

Karene Bejarano – Grew up vegetarian, developed thyroid issues, then developed gestational diabetes which developed into type 1 diabetes. Through changing diet, she was able to stop blood pressure and cholesterol medicines and experienced no more acid reflux or allergies. Even thyroid and type 1 diabetes improved, and medication doses were lowered.

Michael Greger, M.D. – Grandmother was diagnosed with end stage heart disease at 65 and sent home to die. Nutrition turned her health around and she lived 31 more years.

Ashley Chapman, M.D. – Medical resident who gained weight during her residency and was breathless. Switched to whole-food plant-based eating and lost 40 pounds in four months while breathing, sinuses, and skin all improved.

### **3. Identify the most important facts of the film for your personal experience. (choose all that apply)**

Hispanics are 66% more likely to have diagnosed diabetes compared to non-Hispanic Caucasians.

Nearly half of all Americans suffer from at least one chronic disease, which is responsible for 1.7M deaths, 70% of total deaths a year.

40% of children born after the year 2000 will develop type 2 diabetes.

Health is not a matter of chance or genes – you can do many things to stay healthy or turn your health around. The choices we make today can affect what happens in our bodies.

One calorie in an apple can be the difference between it tasting sweet and tasting unpleasant.

Many people with a family history of heart disease also have a family history of eating foods high in junk food, high in salt, sugar, and fat. Foods are the cause of heart disease, diabetes, many forms of cancer, and hypertension.

Nutrition can prevent, treat, and even reverse chronic diseases like type 2 diabetes, heart disease, hypertension.

Vegan and vegetarian eating is not automatically healthy.

Exercise alone will not reverse disease. It helps, but what we eat is what makes the difference.

There's a basic lack of training for doctors in nutrition.

A mother's diet affects the diabetes risk of her child.

**4. What do you think the likelihood is that YOU can personally return to disease free living?  
Impossible**

Low - 10%

Fair - 25%

Good - 50%

Very good - 75%

Excellent - 90%

**5. Which would be the most powerful evidence that you are succeeding in your quest for disease-free living?**

Stopping a medication

Losing 10 pounds of weight

Having an A1C in the normal range

Having a normal blood pressure



**6. What is your largest barrier to making the changes you already know need to be done?**

Finances - not enough money

Time - too busy

Family pressures

Social pressures

Addiction of some kind (food, drugs, gambling, other)

Habits

I have low will power

**7. How ready WERE you to change your lifestyle to improve your health before you saw the film?**

I was not ready

I was ready to change within the next 6 months

I was getting ready to change

I was ready to take action now

I had already started and wanted support

I had been doing this already for 6 months or more and would be happy to help others make the necessary change

**8. How ready ARE you NOW to change your lifestyle and improve your health after watching the film?**

I am not ready

I might be ready to start within the next 6 months

I am getting ready to change

I am ready to take action now - what do I need to do?

I have already started and will appreciate any support available

I have been doing this already for 6 months or more and would be happy to help others make the necessary change

**9. Are you interested in receiving assistance from the PlantWise Film Challenge to improve your health?\***

Yes      No

**10. Are you from the greater Orlando area?\***

Yes      No

**11. How were you first introduced to the PlantWise Challenge?\***

In the Winter Park Hospital

Primary Care Doctor's Office

A specialist office

Church

Friend or Family

Other

Join the PlantWise Film Challenge by clicking 'Submit' below. A consent form will appear giving permission to use your responses in the PlantWise study.

First Name\*

Last Name\*

Date of Birth\*

Email\*

In the following pages, the PlantWise Film Challenge recommends resources that can help you succeed at reversing your disease. These resources include doctor visits with doctors, nutritionists, and diabetes educators that have experience with reversing diabetes through a plant-based diet. You will also find other media resources like books and other movies. Help with cooking or even food delivery or healthy behavior monitoring resources are included for those who would like extra help.

Join now. Start your journey. You can do this.

**SUBMIT FORM**

## **F) Consent form**

Thank you for watching the *PlantWise* film and for taking the survey. If you would like help changing your diet, you may benefit from participating in the *PlantWise* Program offered at participating AdventHealth hospitals, physician practices and urgent care centers.

### ***PlantWise* Program Overview:**

The goal of the *PlantWise* Program is to introduce you to programs and services that may be helpful for you as you accept the challenge of changing your habits and lifestyle practices to improve your health. Your participation will also provide AdventHealth with evidence-based information to support the AdventHealth belief that what a person eats affects whole person health.

### ***PlantWise* Program Consent:**

I understand that AdventHealth hospitals, physician practices and urgent care centers who are offering this *PlantWise* Program may get a copy of any information or data created from my use of the third-party websites or apps I link to through the *PlantWise* website.

I give permission for these third-party websites and apps to give this information to these AdventHealth hospitals, physician practices and urgent care centers and the members of their respective medical staff or employed physicians while I participate in the *PlantWise* Program.

I understand this information will be used by AdventHealth hospitals, physician practices, urgent care centers and physicians who are offering this *PlantWise* Program to assist in treating my health problems, understanding the effectiveness of the *PlantWise* Film Challenge and creating quality improvement reports with the overall results of the *PlantWise* Film Challenge.

I understand that if I do not want the AdventHealth hospitals, physician practices, urgent care centers, and physicians who are offering this *PlantWise* Program to have access to any information or data created from my use of the third-party websites or apps, then I should not click on the links provided on this website. I can then separately access the third-party websites and tools and no information about me will be given to AdventHealth hospitals, physician practices and urgent care centers who are offering this *PlantWise* Program.

### **Your Responsibilities:**

Read the website privacy policies of the third-party websites or apps listed on the *PlantWise* website to understand how they will further use and share your information separate and apart from AdventHealth hospitals, physician practices and urgent care centers who are offering this *PlantWise* Program.

Pay any fees required by the third-party websites or apps.

Pick the third-party website or app that is best for you and follow their plan.

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Call or email AdventHealth if you have questions.

Stop using the websites or apps if and when you want to stop participating in the *PlantWise* Program. Please understand this cancellation will not affect any of your information that AdventHealth hospitals, physician practices and urgent care centers who are offering this *PlantWise* Program have already received from your chosen third-party website or app. You can also sign up with these same websites and apps separate and apart from AdventHealth by accessing these resources directly and not through the AdventHealth website.

Joining the *PlantWise* Program is your choice and does not affect your ability to get health care treatment or services from AdventHealth Orlando. By signing below, I agree to participate in the *PlantWise* Program and give consent to the third-party websites and apps to release my information to participating AdventHealth hospitals, physician practices and urgent care centers.

Patient Name\*

Date of Birth\*

Patient/Legal Representative Signature\*

Date\*

Submit Form



Screenshot of consent form

## G) Project *PlantWise* webpages for patients

### Project *PlantWise* Webpages and Text

Visit the webpages for the *PlantWise* Film Challenge to see how AdventHealth shared the film and directed patients to take the survey. After the survey, viewers accessed the Resources page. There were three web pages to view:

1. The Home Page [PlantWise Film Challenge | AdventHealth Press | AdventHealth](#)
2. The Survey Page [PlantWise Film Challenge Survey | AdventHealth Press | AdventHealth](#)
3. The Resource Page [PlantWise Resource Options | AdventHealth Press | AdventHealth](#)



Home Page – *PlantWise* Film Challenge



Survey Page – Survey scrolls through 11 questions and ends on the Consent Form. Text is available on pages 7-12 of this kit.



## Resource Page

The Resources page contains 15 resources. Some resources are AdventHealth programs. Other resources are outside of AdventHealth and include courses, books, films, programs, meal plans, and other products. Go to [PlantWiseFilmChallenge.com/resource-options](http://PlantWiseFilmChallenge.com/resource-options) to see the complete page. Text for the page is below.

### ***PlantWise* Film Resource Options**

If you've watched the *PlantWise* film, you know there's hope your chronic disease might be curable. It's possible for some with chronic diseases to return their physiology back to normal function and restore their health. We're eager for you to experience as much of this healing as possible.

AdventHealth Winter Park has received support from Ardmore Institute of Health and The American College of Lifestyle Medicine to provide you with the opportunity and tools to actively treat chronic diseases such as type 2 diabetes, heart disease, obesity and hypertension.

AdventHealth has also reviewed other helpful lifestyle tools and options that you may be interested in. We have links to these tools and options on this website to assist you on your *PlantWise* journey to health.

## Programs That Support Healthy Lifestyle Changes

The majority of chronic diseases are caused by poor lifestyle choices — but there is also more evidence than ever before that we can use lifestyle choices to reverse them. We understand that everyone is different. Some are internally motivated and ready to jump in and do whatever it takes. Others are hesitant and unsure, needing encouragement and time to decide.

Please read through the array of options we have linked below and know that we're here to support you on this journey toward a disease-free life. AdventHealth is offering free webinars and paid classes to get you started, or you may review the linked options below and choose the path that works for you. Either way, AdventHealth is here to encourage you on this journey.

### ***PlantWise* Tools**

Questions? Free AdventHealth webinar Information sessions available.  
Email [caryn.mccleskey@adventhealth.com](mailto:caryn.mccleskey@adventhealth.com) to learn more.

Here are the links to the lifestyle tools you may find helpful for you.

(Key: \$ = \$50 or less | \$\$ = \$51 - \$200 | \$\$\$ = over \$200)

## Diabetes Institute

### Individual Options

#### *New Day, New Weigh*

Because weight management is often recommended to manage diabetes and its complications, the AdventHealth Diabetes Institute offers a six-month medically supervised weight-loss program. This is a multidisciplinary program that provides visits with an endocrinologist, our dietitians, exercise specialist, and behavioral health therapist. A monthly lifestyle class is also offered and includes topics such as: Self Care, Simple Label Reading, Master Meal Planning, SMART Exercise, Stress Less, and Prescribing Sleep.

Mention the *PlantWise* Challenge when you call the Diabetes Institute at 407-303-2720 to make an appointment.

Find out more

#### *Medical Nutrition Therapy*

Our team of licensed, registered dietitians are available to work with you to develop a nutrition plan tailored to your specific health needs. They will provide you with up-to-date recommendations that are evidence-based as well as tips for applying these to your everyday life. During your individual session, the dietitian will review your current nutrition habits and provide recommendations, assist you with setting realistic goals, offer guidance on overcoming barriers to achieving positive change, and answer your questions and concerns about nutrition.

Mention the *PlantWise* challenge when you call the Diabetes Institute at 407-303-2720 to make an appointment.

Find out more

#### *Behavioral Health Therapy*

Our licensed, clinical social worker specializes in helping adults cope with psychological stressors that can be associated with managing diabetes and other illnesses and encourages the development of healthful behaviors. An evidence-based treatment plan is designed to educate and empower you, improve your coping skills, foster positive thinking and teach new ways to manage stress, mood and sleep problems.

Mention the *PlantWise* Challenge when you call the Diabetes Institute at 407-303-2720 to make an appointment.

Find out more



### *Diabetes Comprehensive Education Groups*

Whether you have been recently diagnosed with diabetes or are seeking to focus on a particular aspect of your diabetes management, the AdventHealth Diabetes Institute offers a path of learning that can help you successfully manage your diabetes each day. You will learn: how to monitor your blood glucose and prevent complications due to diabetes, how to manage your diabetes medications, why you need a specialized meal plan designed to improve blood glucose control, how to make lifestyle changes that improve your health, and how to cope with the stress of living with diabetes.

Mention the *PlantWise* Challenge when you call the Diabetes Institute at 407-303-2720 to make an appointment.

Find out more

### *Diabetes Undone* course

#### **Individual Option**

Do you have diabetes or prediabetes? There's hope for change. This dynamic video course will empower you to address the root causes of disease through simple lifestyle strategies such as nutrition, exercise, comprehensive testing and more. Join Dr. Wes Youngberg, author of *Goodbye Diabetes*, and Brenda Davis, world-renowned plant-based dietician, as they guide you through a hope-filled journey to undo your disease and reclaim your health.

Cost: Some programs are free and some may be covered by insurance.

Call the AdventHealth Diabetes Institute and mention *PlantWise* to schedule an appointment at 407-303-2720.

Find Out More

#### **Group Option**

The typical standard of care for type 2 diabetes today is blood sugar management by using medication and reducing sugar intake as much as possible. However, for most type 2 diabetics, it's not the production of insulin that's a problem or even sugar for that matter — it's insulin resistance, a condition where insulin in your body becomes increasingly less effective as time goes on.

The good news is insulin resistance can be reversed. *Diabetes Undone* explains how and why a person becomes insulin resistant and how to reverse this condition using simple lifestyle changes. In fact, it has been scientifically demonstrated that many can experience dramatic health improvement, be free of medications, and even reverse the disease itself with a healthy lifestyle. Understanding the power in your lifestyle is the crucial first step in reversing your type 2 diabetes or prediabetes. You can begin to reverse diabetes, right now, immediately. All without outrageous cost, without drugs and without surgery.

Cost: Some programs are free and some may be covered by insurance.



Call the AdventHealth Diabetes Institute and mention *PlantWise* to schedule an appointment at 407-303-2720.

Look for the Find a Group button when you Find Out More.

## *Full Plate Living* program and courses

### **Individual or Group Option**

*Full Plate Living* promotes a high-fiber approach to healthy eating, highlighting the consumption of whole, unprocessed plant foods: fruits, vegetables, beans and legumes, whole grains, nuts and seeds. Besides being a rich source of dietary fiber, whole plant foods are abundant in essential vitamins and minerals, antioxidants, phytochemicals, as well as healthy fats and protein.

About 90% of Americans fail to meet the minimum daily fiber recommendations (25 grams for women, 38 grams for men). A high-fiber diet is associated with decreased risk of cardiovascular disease (CVD) and CVD mortality, coronary artery disease, type 2 diabetes, gastric, pancreatic, breast and colorectal cancers, all-cause mortality, overweight and obesity. It can also lower cholesterol and even your risk for depression.

In order to optimize health and longevity, focus on eating fiber-rich, whole, unprocessed plant foods at every meal, augmenting that with a soluble fiber supplement if medically prescribed.

Call the AdventHealth Diabetes Institute and mention *PlantWise* to schedule an appointment at 407-303-2720.

Cost: Some programs are free and some may be covered by insurance.

Find Out More

## Intermittent Fasting and the Fasting Mimicking Diet

Since type 2 diabetes, hypertension, obesity and heart disease are related to chronic caloric excess, it makes sense that restricting calories will be beneficial and even necessary in order to fix the underlying problems.

One way to accomplish this is with “fasting.” It causes energy to be taken from storage instead of from the intestines. Intermittent fasting is a reasonable way to gain the benefits and involves having only non-caloric liquids for about 18 hours a day. It has been demonstrated to reverse the fatty liver pathology so strongly associated with especially type 2 diabetes and “rewire” to a healthier liver. It can even help the heart clean up its disease and stress.

The Fasting Mimicking Diet is a way to get the increased speed and benefits of a longer fast without the dangers and negative effects of total fasting. It involves eating a small number of calories (around 800 per day) of specially chosen foods that provide necessary nutrients that do not negate the beneficial effects of water-only fasting. This is done for five days in a row once a month. While this is a rather new technique and continues to need further research, the findings

to date are very encouraging. When the Fasting Mimicking Diet is stopped, the body's own stem cells are ready to rebuild all kinds of tissues. Not only are body tissues (like muscle and liver) much more sensitive to insulin but the results lead to increases the number of brain and muscle cells.

If you are interested in learning more about the Fasting Mimicking products from PROLON, click [here](#).

### Medical Guidance for Fasting

For those wanting to try intermittent fasting or the Fasting Mimicking Diet, it is best to have an appointment with one of our doctors experienced in using these tools. It might involve some medication changes as insulin and some oral medications can cause the blood sugars to go dangerously low. If you would like to purchase the Fasting Mimicking Diet program from PROLON you will need to have a doctor's visit as well as a doctor's prescription and monitoring.

To make an in-person or virtual appointment with Dr. Alvi please call 407-303-2801 and mention *PlantWise*.

To make an in-person or virtual appointment with Dr. Guthrie please call 407-646-7070 and mention *PlantWise*.

### Books and Films

Want to watch more films or read more about a *PlantWise* lifestyle? Here is information about books and movies for you to explore.

Questions? Free AdventHealth webinar information sessions available. Email [caryn.mccleskey@adventhealth.com](mailto:caryn.mccleskey@adventhealth.com) to learn more.

*Eat Plants Feel Whole* book and journal by Dr. Guthrie



#### Individual Option

You want to be healthy. You want vitality. You want to live your greatest life possible, to be the best you can be. Perhaps you've heard about the benefits of a whole-food, plant-based (beyond vegan) lifestyle. In *Eat Plants Feel Whole*, Dr. George Guthrie shows you the way.

For over thirty years, Dr. Guthrie has been helping his patients gain better health through an evidence-based, whole-food, plant-based lifestyle. In *Eat Plants Feel Whole*, he shares not only his years of expertise with you, but the scientific evidence to back it up as well. The essential companion journal will help you track your journey to feeling whole. The journal includes:

- ◆ The 4 principles you need to determine the healthiest foods

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- ◆ Dr. Guthrie's most successful method for transitioning to a healthier lifestyle
- ◆ How to maximize the 18-day *Eat Plants Feel Whole* Plan
- ◆ Daily journal pages to record your activities, food choices, and thoughts
- ◆ Weekly summary pages to measure and celebrate your progress

Cost: Use coupon code FILMCHALLENGE to receive a 50% discount on both books for a total of \$25 for both books. Includes free shipping in the continental U.S.

Find Out More about *Eat Plants Feel Whole*

Find Out More about the *Eat Plants Feel Whole Journal*

### *Mastering Diabetes* book

A groundbreaking method to master all types of diabetes by reversing insulin resistance.

Current medical wisdom advises that anyone suffering from diabetes or prediabetes should eat a low-carbohydrate, high-fat diet. But in this revolutionary book, Cyrus Khambatta, PhD, and Robby Barbaro, MPH, rely on a century of research to show that advice is misguided. While it may improve short-term blood glucose control, such a diet also increases the long-term risk for chronic diseases like cancer, high blood pressure, high cholesterol, chronic kidney disease, and fatty liver disease.

The revolutionary solution is to eat a low-fat plant-based whole-food diet, the most powerful way to reverse insulin resistance in all types of diabetes: type 1, type 1.5, type 2, prediabetes, and gestational diabetes.

Cost: \$

Find out more

### *Healthy at Last* book

Brooklyn Borough President Eric Adams is on a mission to tackle one of the most stubborn health problems in the country: chronic disease in the African American community.

African Americans are heavier and sicker than any other group in the U.S., with nearly half of all Black adults suffering from some form of cardiovascular disease. After Adams woke up with severe vision loss one day in 2016, he learned that he was one of the nearly 5 million Black people living with diabetes-and, according to his doctor, he would have it for the rest of his life.

A police officer for more than two decades, Adams was a connoisseur of the fast-food dollar menu. Like so many Americans with stressful jobs, the last thing he wanted to think about was

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eating healthfully. Fast food was easy, cheap, and comfortable. His diet followed him from the squad car to the state senate, and then to Brooklyn Borough Hall, where it finally caught up with him.

But Adams was not ready to become a statistic. There was a better option besides medication and shots of insulin: food. Within three months of adopting a plant-based diet, he lost 35 pounds, lowered his cholesterol by 30 points, restored his vision, and reversed his diabetes. Now he is on a mission to revolutionize the health of not just the borough of Brooklyn, but of African Americans across the country.

Cost: \$

[Find out more](#)

### *The Game Changers*

Executive produced by James Cameron, Arnold Schwarzenegger and Jackie Chan, a UFC fighter's world is turned upside down when he discovers a group of world-renowned athletes and scientists who prove that everything he'd been taught about protein was a lie.

Cost: \$

[Find out more](#)

### *Forks Over Knives*

The feature film *Forks Over Knives* examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods.

Cost: \$

[Find out more](#)

### *Eating You Alive*

Featuring leading medical experts and researchers, *Eating You Alive* takes a scientific look at the reasons we're so sick, who's responsible for feeding us the wrong information and how we can use whole-food, plant-based nutrition to take control of our health—one bite at a time.

Cost: \$

[Find out more](#)

## Additional Resources

The more support you have for lifestyle change, the more effective you can be. Recommended tools for improving your health and cooking can also be found at the websites below. Questions? Free AdventHealth webinar Information sessions available. Email [caryn.mccleskey@adventhealth.com](mailto:caryn.mccleskey@adventhealth.com) to learn more.

### Rouxbe CulinaryRx online classes

Transform the way you cook, eat, and live. Rouxbe's CulinaryRx trains you in healthy home cooking.

This online instructional cooking and nutrition course, taught by leading chef educators and medical professionals, empowers students through their transition to a more health-supportive diet and lifestyle. Completing the course provides individuals with the tools, resources and culinary confidence to take control of their life through food and cooking.

Cost: \$

Find out more

### Rouxbe professional cooking classes

Rouxbe trains chefs for healthy cuisine.

A team of world-class chef educators and former culinary school executives dedicated to teaching culinary technique to students around the world – completely online: video, assessments, and instructor interaction. Advance your culinary skills and knowledge any time, anywhere and on any device. Plant-based Professional Course or Forks over Knives Course. Offering a free 30-day trial.

Cost: \$\$

Find out more

### MamaSezz meals and meal plans



Reap the benefits of a plant-based lifestyle without all the work and get fresh and delicious plant-based meal staples delivered to your door. No cooking required - just heat and eat.

MamaSezz promotes healthy lifestyles, not diets. They believe success lies in permanent lifestyle changes and that food should provide the nourishment you need to live your best life.

A whole-food plant-based diet is doctor approved and scientifically proven to prevent heart disease, certain cancers, obesity, diabetes, and cognitive decline. No matter the reason for exploring whole food plant-based eating everyone has one thing in common: lifestyle change is hard. Whole food plant-based eating requires more time menu planning and chopping, learning new recipes, and overcoming salt and cheese cravings.

MamaSezz offers meal plans, shopping lists, tips and tricks, recipes, and a supportive community of people struggling with the same challenges. They support you by bringing simplicity and ease to healthy eating. The meals are familiar, comforting, hearty and easy to prepare so you can spend less time in the kitchen.

Cost: \$\$

[Find out more](#)

## Nutrition for Longevity meal kits

Nutrition for Longevity is an innovative meal kitting company combining the science of regenerative farming with the science of longevity. This approach combines the best of both into plant-forward, Dietitian and chef curated, ultra-fresh meal kits shipped across the continental US.

Nutrition for Longevity focuses on a wide range of offerings based on The Longevity Diet, from farm fresh produce boxes to Heat and Serve ready-made meals. Nutrition for Longevity also has a Longevity Marketplace where it sells its functional foods such as antioxidant rich coffee, chocolate, olive oil and plant-based protein powders to complement our meal kits to support a wide range of lifestyles.

Cost: \$\$

[Find out more](#)

## Minder posture and breathing tracker

Make your Apple watch your health ally. Change your behavior and your life with a product that tracks your breathing, posture, and breaks through visual biofeedback. The Minder is a utility wearable that consists of a core device plus accessories which allow it not only to be worn as an advanced smartwatch, but also be worn on the back, neck, chest, or stomach. The patented technology visually renders and coaches user 'mindee' posture and breathing. Every mindee is matched with a licensed health care provider 'minderPRO' of their choice. The minderPro can mind, motivate and manage their patients' compliance in an environment which is fun for their patient and their practice.

Cost: \$\$

[Find out more](#)

## PAI health app

PAI offers individuals a personalized prescription for exercise, and unlike generic physical activity recommendations that are vague or rely on steps, PAI empowers individuals to achieve long-term wellness through activities they love. Maintaining PAI's recommended level of activity has been associated with a 25% lower risk of lifestyle disease mortality and an additional 5 years added to lifespan. This impact is intensified for high-risk cohorts, and those with pre-existing cardiovascular disease and Type 2 Diabetes have lowered their risk by 37% and 56% respectively. Derived from one of the world's largest health studies, the PAI (Personal Activity Intelligence) algorithm determines the amount and intensity of physical activity needed to maximize protection from heart and lifestyle disease mortality.

Cost: \$

[Find out more](#)

## One Day to Wellness health programs

One Day to Wellness - Whole Food Plant-Based Powered

Power up your mind and body the whole food plant based way with One Day to Wellness. They will help you build your foundation for why a plant-based approach is the optimal way to live to thrive. Then they will help you implement your personal plan with easy behavioral change strategies and delicious recipes and “lean to the green” to experience sustained success for a lifetime. Offers one to one coaching, 2 hour workshops, or a full 9 hour home study immersion.

Cost: \$-\$\$\$

[Find out more](#)

Any Questions? Free AdventHealth webinar Information sessions available. [Schedule here to learn more.](#)

For any questions, contact Caryn McCleskey at Call 407-646-7070 or email [caryn.mccleskey@adventhealth.com](mailto:caryn.mccleskey@adventhealth.com).

If you have not yet watched the film, you can begin watching it now.