

**Congratulations on Joining
the Engine 2 Seven Day
Rescue Challenge!**



*We encourage you to discuss this or any
lifestyle change with your physician, and to
work together in monitoring your results.*

Dear Dr. _____,

I'm taking part in a Seven Day Rescue Challenge to improve my health simply by changing the foods I eat. I've read many articles and watched documentaries about people achieving newfound health and combatting chronic disease by adopting a whole-foods plant-based lifestyle, and I'm giving it a try! Will you monitor my progress?

During the week of _____, I will eat a hearty diet consisting of fruits, vegetables, whole grains, beans and legumes. I will not eat any meat, dairy, eggs, or refined and processed foods. I will also avoid any added sugars and salt.

Reported health benefits from this diet include reduction or elimination of some medications, reduced cholesterol, improved blood sugar, reduced blood pressure, weight loss and improved overall energy. I would like your help to monitor these.

*According to the American Heart Association,
"Most vegetarian diets are lower in fat, saturated
fat and cholesterol than nonvegetarian diets.
Studies have shown that vegetarians show lower
risks of obesity, heart disease, high blood pressure,
diabetes and even some forms of cancer."*

My goals for this challenge will be to see if I can:

- enjoy eating this way
- make this work long term
- improve my:
 - blood pressure blood sugar
 - cholesterol weight
- work to reduce or eliminate my prescriptions
- simply feel better
- avoid heart disease
- improve my pre / type II diabetes
- other: _____

My starting numbers:

Weight _____
Total cholesterol _____ LDL _____ HDL _____
Trig. _____
BP _____
Blood sugar _____

My motivation for taking this challenge is:

"Plant-based diets lead to better outcomes, reduce health risks, and have a much more favorable effect on obesity, compared with the standard American diet."

Kim A. Williams, MD
Immediate Past-President of the American College of Cardiology

**Have questions or want to share your story?
Email us at: 7dayrescue@engine2.com**

Please visit the Scientific Evidence page, found on the American College of Lifestyle Medicine website, to review a wide array of studies that overwhelmingly support the efficacy of whole food, plant-based nutrition for disease prevention, treatment and, many times, even reversal. This page can be found at www.lifestylemedicine.org/Scientific-Evidence.

"An optimal diet for preventing disease is a whole-foods, plant-based diet that is naturally low in animal protein, harmful fats and refined carbohydrates."

Dean Ornish, MD

Additional Challenge resources provided by:

LIGHTER

www.lighter.world



American College of
Lifestyle Medicine

www.lifestylemedicine.org

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