

“Let food be thy medicine” ~Hippocrates, the founding father of medicine



Lifestyle Medicine - a medical specialty that uses therapeutic lifestyle interventions (diet, exercise, sleep, stress management, avoidance of harmful substances, and positive social connections) as a primary modality to **prevent, treat, and reverse** chronic conditions, such as: heart and blood vessel diseases, type 2 diabetes, obesity, cancer, depression/anxiety, dementia, aging, immune disorders, and much more. Lifestyle Medicine is appropriate and recommended for people of ALL ages.

Epigenetics - lifestyle choices can override genetic predispositions (you CAN change your destiny)!

Blue Zones (Sardinia, Italy; Okinawa, Japan; Ikaria, Greece; Nicoya Peninsula, Costa Rica; Loma Linda, CA) have the highest population of centenarians (living over 100 yrs). The secret? It's their lifestyle.

Loma Linda, CA - the only “Blue Zone” in the US, largely due to having a large population of Seventh-day Adventists. According to a 12 yr study of 35,000 Adventists from 1975 - 1988, their healthy lifestyle gained men an extra 7.3 yrs and women 4.4 yrs than non-Adventists. If vegetarian, the years gained were even higher, 9.5 yrs and 6.1 yrs, respectively. (1)

Lifestyle works, **proven by medically scientific studies**, only some of which are included below:

Diabetes:

- A randomized controlled trial of 99 patients found that **plant-based diets** improved Hemoglobin A1c by 1.23 points (a 15% reduction in diabetes risk). This was **superior** to those in the study who were on the most current diabetes medications AND those who were following the standard American Diabetes Association diet. (2, 3)
- A randomized controlled trial of 3,234 adults with prediabetes and obesity showed that those who adopted a healthy diet and engaged in moderate intensity exercise for at least 150 minutes per week had a 58% lower chance of developing diabetes after 2-5 yrs than those who followed a standard American diet (the placebo group), whereas those on the same American diet on Metformin only showed a 38% lower chance of developing diabetes than placebo. (4)
- A study of 232 diabetic patients treated with a plant-based diet showed that **>90%** of them were able to **decrease or discontinue their medications within 7 days** while still keeping good blood sugar control (5)

Heart Disease:

- A randomized controlled trial of 46 adults found that patients with high cholesterol who were placed on a low-fat, **vegetarian diet** (high in plant sterols, includes soy proteins, almonds, low-fat dairy, eggs and butter) showed the same cholesterol-lowering effects as a statin medication, without the side effects. (6)
- Intervention studies by Drs Ornish and Esselstyn (2 independent cardiologists) demonstrated that lifestyle can prevent and even reverse heart disease (7, 8, 9). A **whole food, plant-based (WFPB)** diet is associated with lower risks of heart attacks and decreases risk of developing heart disease by almost 25% (10, 11). This is due to the **polyphenols** found in plants, which help to counteract the destruction to the lining of blood vessels caused by LDL cholesterol that lead to inflammation and arterial plaque (12-15).
- A randomized controlled trial of 48 adults with moderate to severe coronary heart disease who adopted a low-fat vegetarian diet, aerobic exercise, smoking cessation, stress management and good social support had proven reductions in both LDL “bad” cholesterol and angina episodes after 1 year, with even more reduction after 5 years of same lifestyle. The patients following usual medical care showed progression of coronary artery plaque and more than twice as many heart attacks (16).

Cancer:

- Men with prostate cancer who were placed on a lifestyle program (plant-based diet, soy protein, vitamin C & E supplements, exercise, and a stress management support group) had a **4% lower cancer marker** (prostate-specific antigen, PSA) as compared to those undergoing routine medical therapy, which saw a 6% increase. Additionally, blood samples from the men in the lifestyle program were **8x more effective** at inhibiting cancer cell growth than those in the control group. (16, 17)
- A 9-year medical study of 1,500 women with early-stage breast cancer showed a **50% reduced death rate** in those who ate 5 servings daily of fruits & vegetables and exercised 150 minutes weekly as compared to those who did not. (18)

This list only scratches the surface of the published medical literature so far, and the evidence continues to grow as more studies confirm that a healthy lifestyle is the key to living a long and happy life. Let the Hot Springs Seventh-day Adventist Church help you learn how to achieve this healthy lifestyle.

Sources:

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