

FOOD AS MEDICINE:

The Evidence Underlying the Transformational Power of a Whole-Food Plant-Based Diet and Healthy Lifestyle

James F. Loomis, MD, MBA, dipABLM,
FACLM

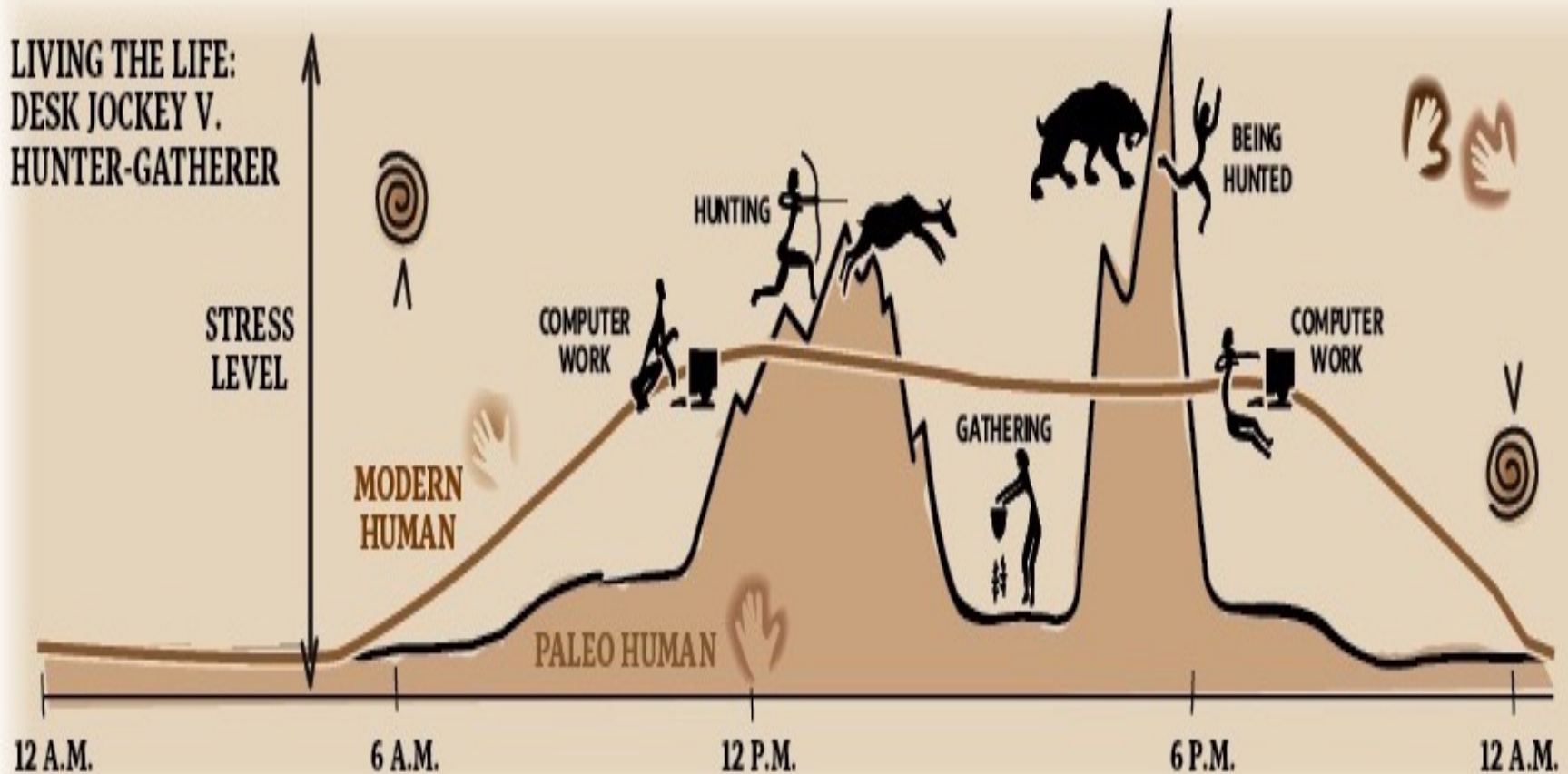
Medical Director, Barnard Medical Center
Washington, DC

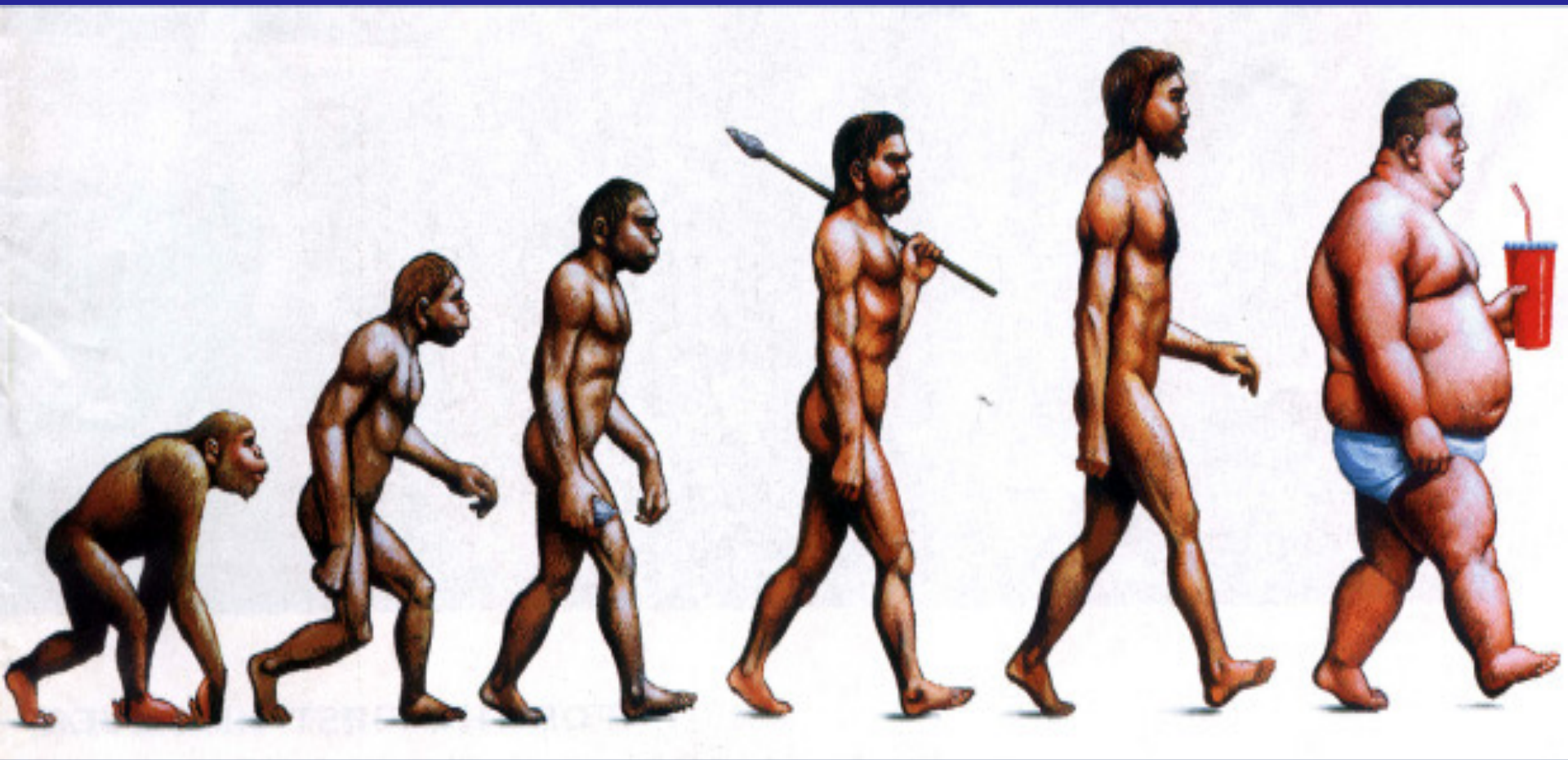
DISCLOSURES

- The speaker does not have a conflict of interest in this topic
- There is no commercial support for this lecture

OUR EVOLUTIONARY HERITAGE

LIVING THE LIFE:
DESK JOCKEY V.
HUNTER-GATHERER





- **Consume too much alcohol and use tobacco**



- **Eat an unhealthy diet**



Heart attack with extra cheese, heart
attack with bacon, double bypass no
pickles, --hey! Where's my diabetes
and large stroke?



- Mismatched lifestyle accounts for most of the risk for most chronic diseases

- Focus is on treatment



- **Prevalence of obesity, type 2 diabetes also increasing**



- **But arguably, many are not even chronic diseases**

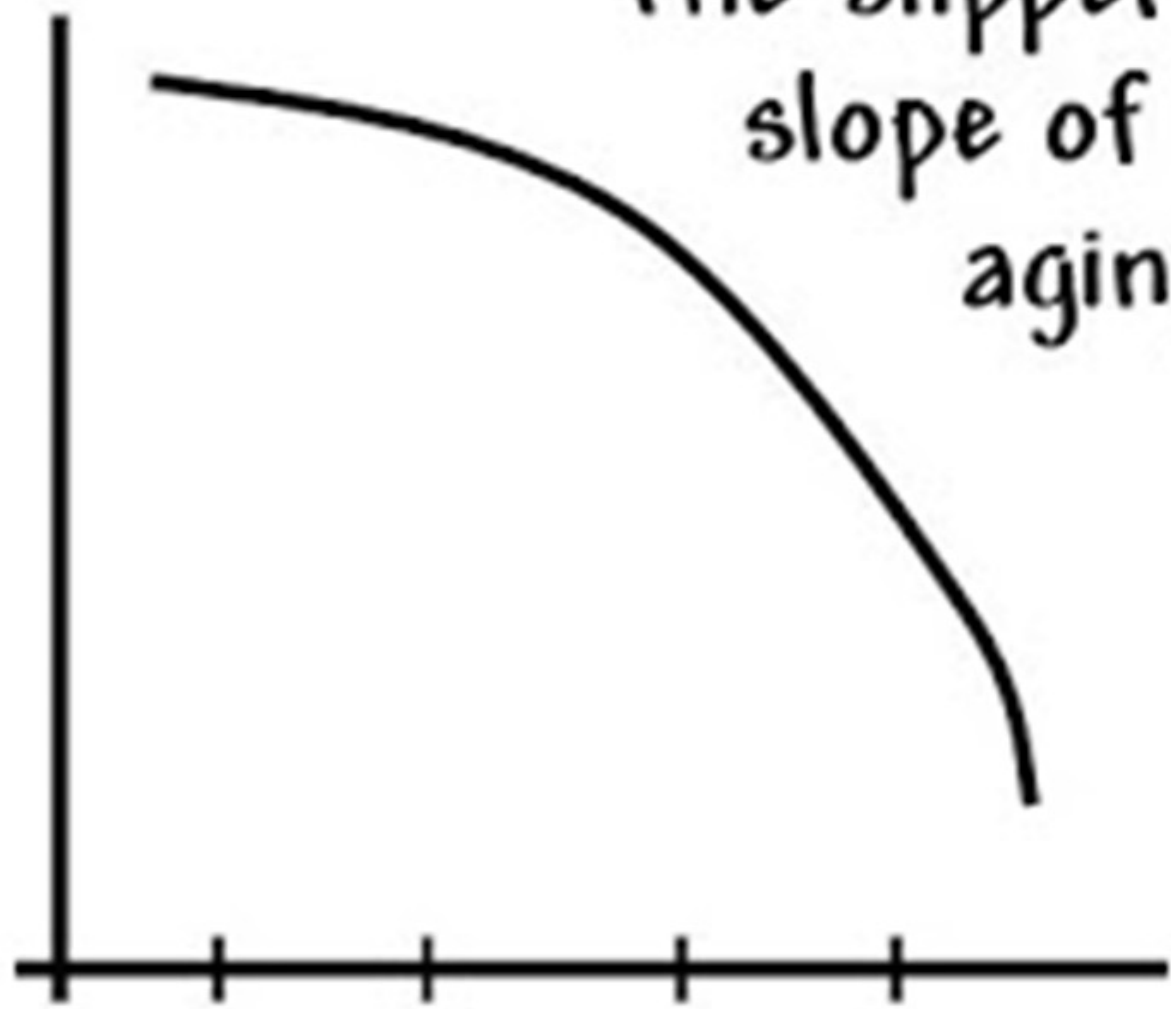
- **They are normal physiologic responses to abnormal behaviors!**



healthy

The slippery
slope of
aging

dead



45

75

years

HEALTH REDUCTIONISM

- **Treat chronic conditions independently**
- **The human body is a complex system**
- **You can't just change one thing**

NUTRITIONAL REDUCTIONISM

- **Considers macronutrients separate from food**
 - **“All carbs are created equal”**
- **Assumes calories are physiologically equal**
- **Leads to processed foods, food additives and supplements**



**SICK
CARE**

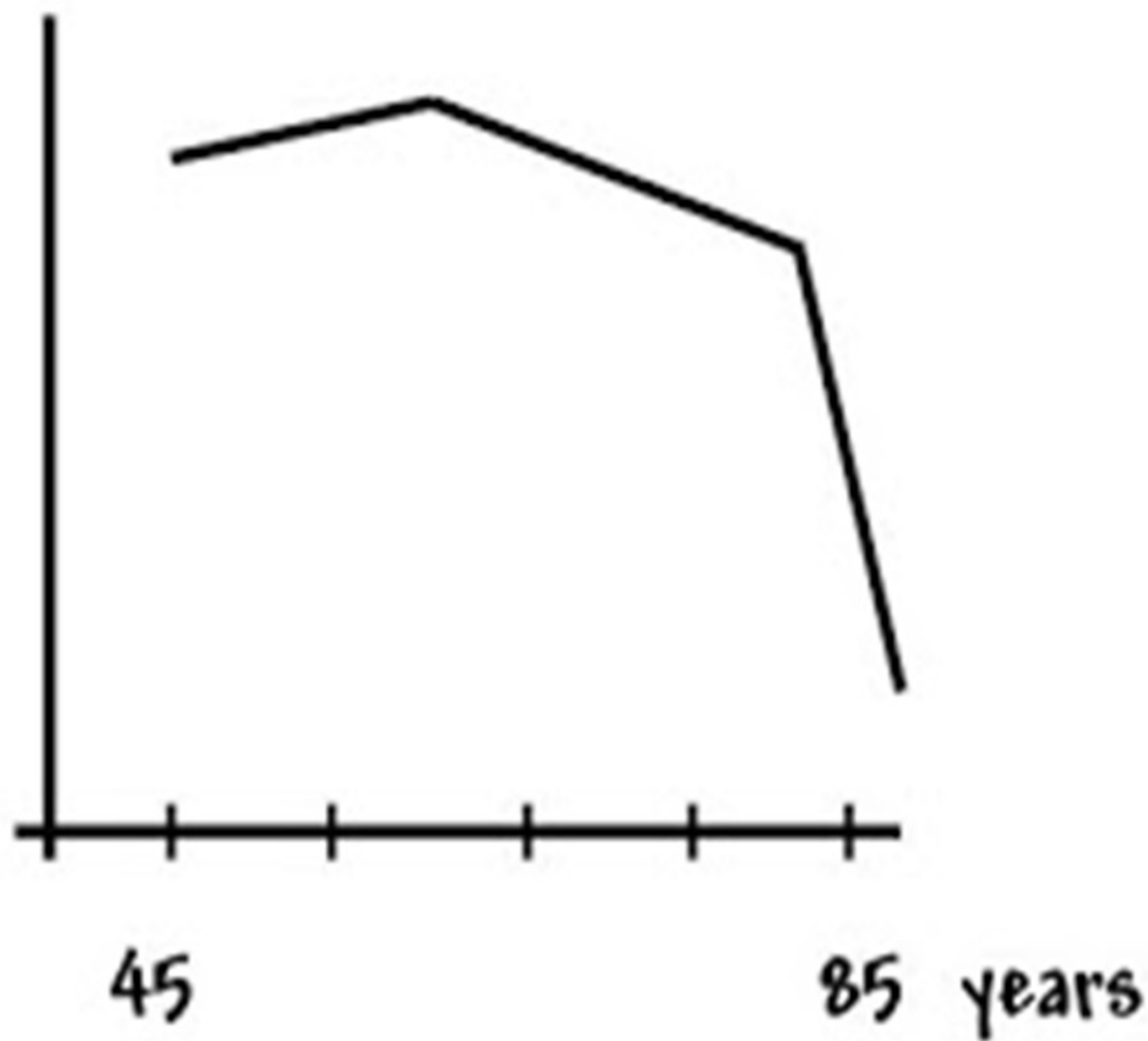
VS

**HEALTH
CARE**

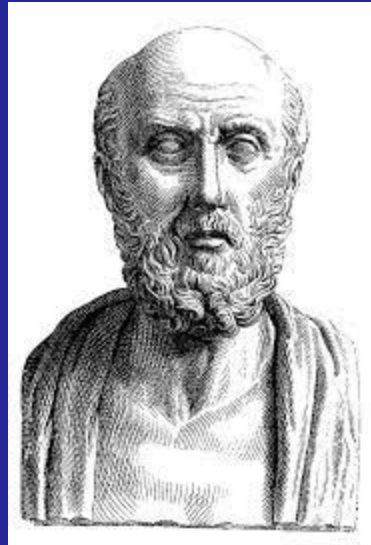


healthy

dead



“If there is any deficiency of food or exercise, the body will fall sick.”



Hippocrates, 5 century BC

HEALTHY LIFESTYLE

Prevents:

- **80%** heart disease and stroke
- **80%** of type 2 diabetes
- **40%** of cancer



- **Limit Environmental Toxins**

- Tobacco, alcohol
- Pesticides, herbicides, antibiotics, hormones

- **Physical Wellness**

- Move around 30-60 minutes most days
- 1-2 days a week lift things up

- **Emotional Wellness**

- Coping with stress, recovering from stress (sleep), social connections

- **Nutritional Wellness**

- Eat what we are supposed to eat, don't eat what we are not supposed to eat



NUTRITION



EXERCISE



**TOBACCO
& ALCOHOL**



**STRESS
MANAGEMENT**

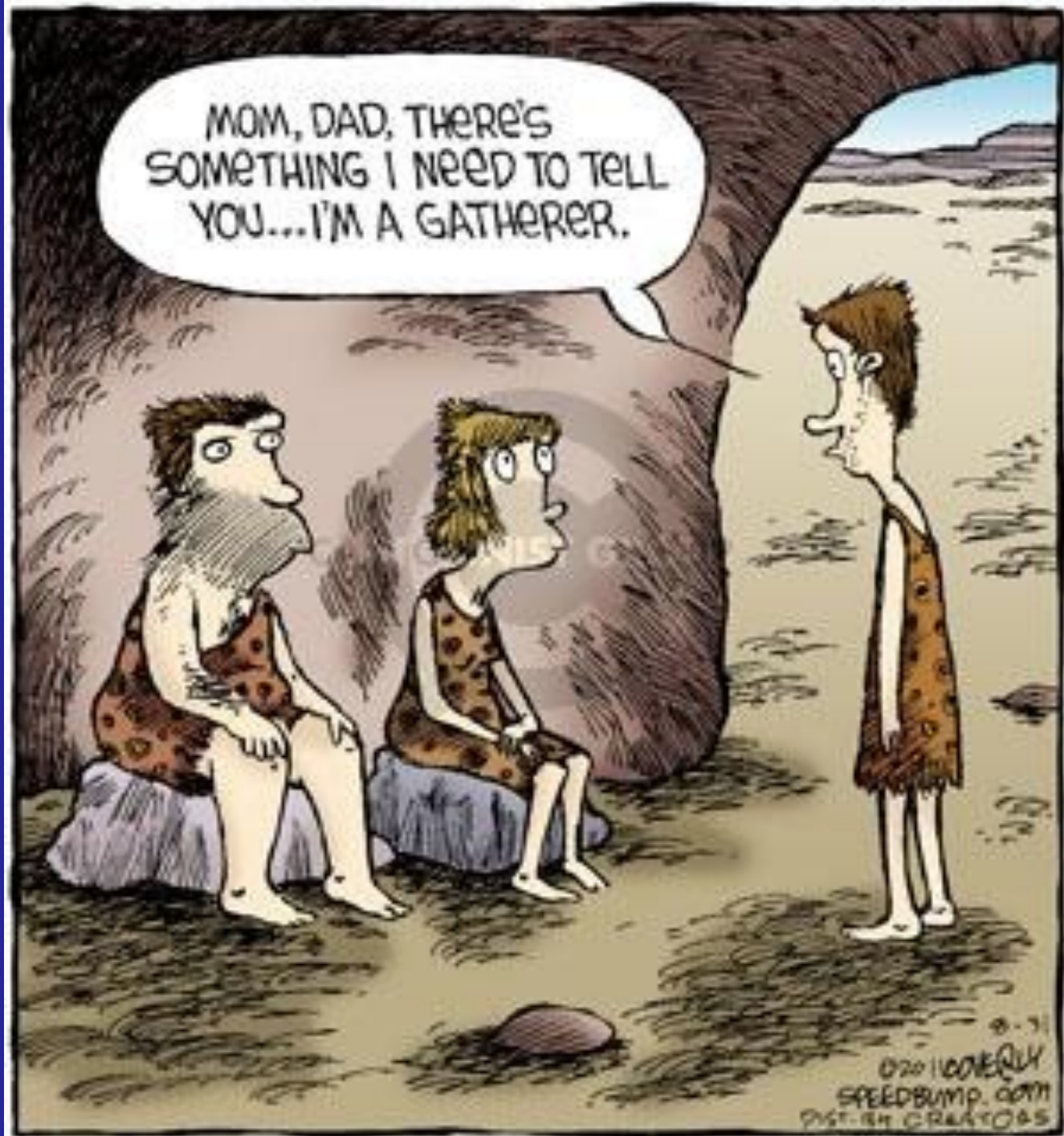


SLEEP



**HEALTHY
RELATIONSHIPS**

MOM, DAD, THERE'S
SOMETHING I NEED TO TELL
YOU... I'M A GATHERER.



ANCESTRAL DIET

- **Mostly plant-based**
 - High in complex carbs
 - Very high in fiber
 - Low glycemic load
- **Nutrient dense**
- **Only dairy was human milk**

ANCESTRAL DIET

- **Limited meat intake**
 - Wild animals
 - May have provided a survival advantage
- **Low in fat**
- **Anti-inflammatory**
 - High in antioxidants
 - Low omega 6 to omega 3 ratio

VEGAN DIET

- **No animal products**
- **No clothing made from animals**
- **No products tested on animals**

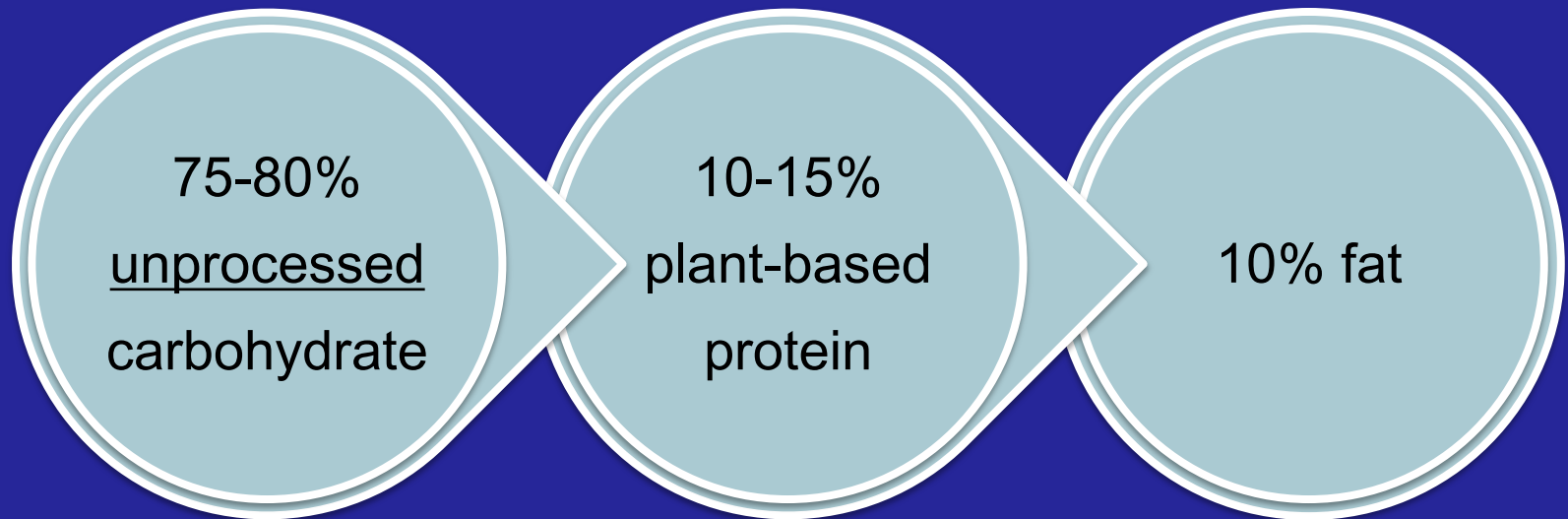


WHOLE-FOOD PLANT-BASED DIET

- **Avoids animal products**
- **Also avoids highly refined foods**



WHOLE-FOOD PLANT-BASED DIET



Health Benefits of A Plant-Based Diet

- Lower BMI, body fat
- Lower overall mortality
- Lower mortality from ischemic heart disease
- Reduced medication requirements
- Sustainable weight management
- Reduced incidence of hypertension, hyperlipidemia, and hyperglycemia
- Reduced risk of certain cancers (especially colorectal cancer)
- Reduced obesity inflammatory markers
- Reversal of advanced coronary artery disease
- Reversal of type 2 diabetes





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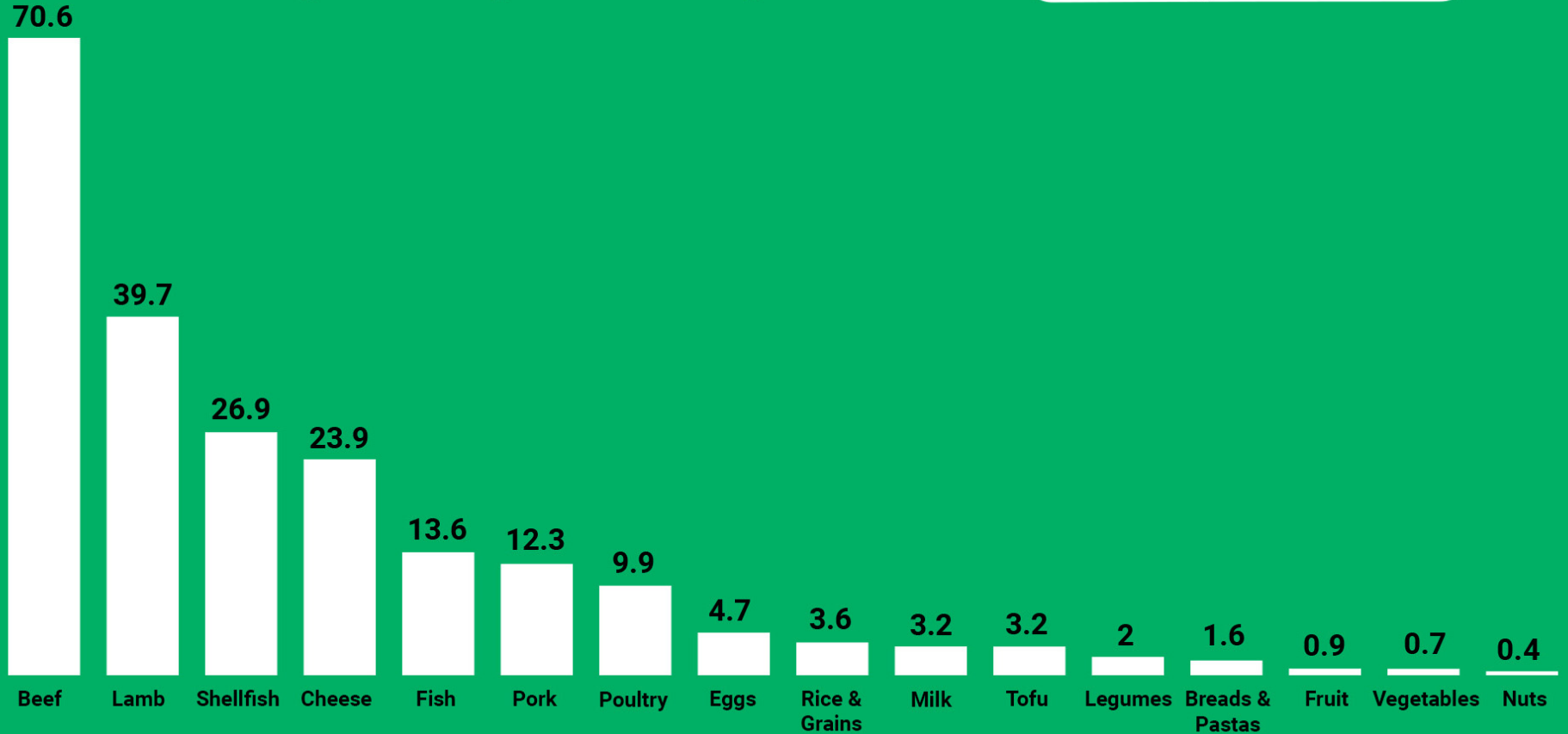
CHRIS PAUL

THE **GAME** **CHANGERS**

AVAILABLE NOW ON NETFLIX!



Kilograms of greenhouse gas emissions per kilogram of food

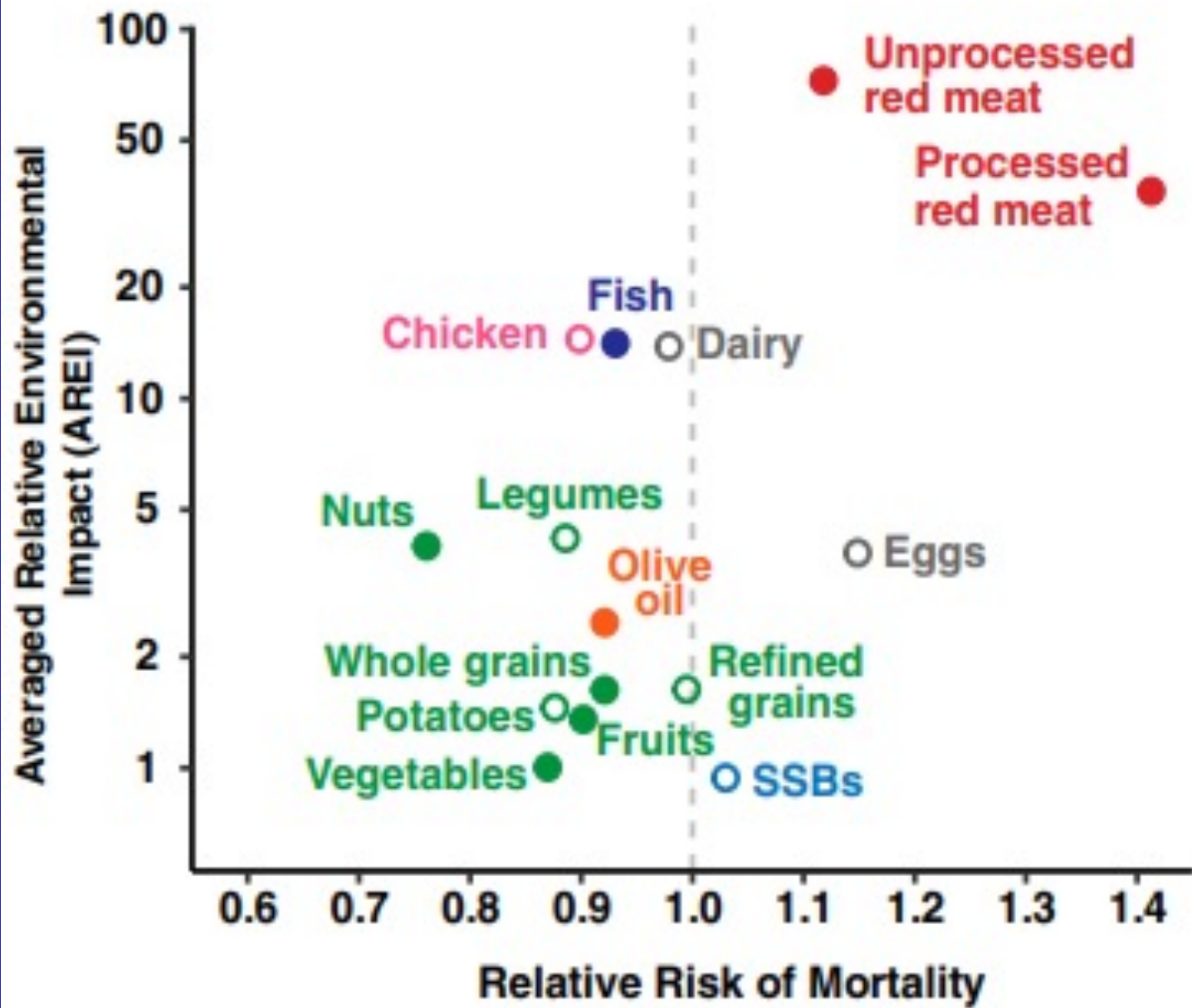


ONE BURGER SANDWICH
REQUIRES



2,500
LITERS OF WATER







“People are fed by the Food Industry,
which pays no attention to health,



and are treated by the Health Industry,
which pays no attention to food.”

Wendell Berry