

Can a Plant-Based Diet Help with Lupus?

URMC Annual Lupus Education Day

November 19, 2022

Ted D. Barnett, MD, FACLM



Board Certifications:

Diagnostic Imaging (1984) Vascular & Interventional Radiology (1995) Lifestyle Medicine (2017)







RLMI Wellness Wheel





RLMI Overview

- RLMI's 9 Pillars of LM
 - 6 defined by ACLM
 - o 3 more by RMLI
- WFPB diet is the foundation





Article published in January 2022

Plant-based dietary changes may improve symptoms in patients with systemic lupus erythematosus

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Aziyadé Knippenberg^{1,*}, George A Robinson^{2,3,*}, Chris Wincup², Coziana Ciurtin³, Elizabeth C Jury² and Anastasia Z Kalea^{1,4}



Plant-based dietary changes may improve symptoms in patients with systemic lupus erythematosus



Aziyadé Knippenberg^{1,*}, George A Robinson^{2,3,*}, Chris Wincup², Coziana Ciurtin³, Elizabeth C Jury² and Anastasia Z Kalea^{1,4}

Conclusion: SLE patients who changed their eating patterns to incorporate more plant-based foods while limiting processed foods and animal products reported improvements in their disease symptoms...





Dr. Brooke Goldner said she was 'honored to give her testimony' (Photo: Dr. Brook Goldner) - Media Credit: HEALTH

LIFESTYLE

Doctor Who Reversed Lupus On Plant-Based Diet Testifies At US Dietary Guidelines Committee

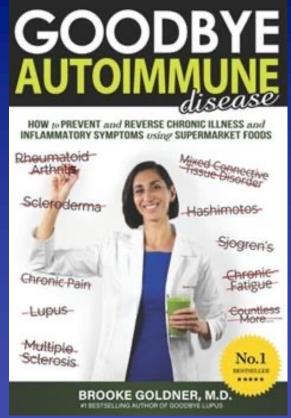
BY MARIA CHIORANDO 27TH JANUARY 2020

3 MINUTES READ

Brooke Goldner, MD https://www.goodbyelupus.com











Rochester Lifestyle Medicine Institute receives financial support from:

- Ardmore Institute of Health
 - Private foundation; Ardmore, OK
- Accountable Health Partners
 - Accountable care organization (ACO); Rochester, NY
- PCRM
 - National health advocacy organization
- · University of Rochester Medical Center
 - Nephrology Division/Department of Medicine
- NutritionFacts.org
 - National health information organization
- T. Colin Campbell Center for Nutrition Studies
 - National health education organization
- Vegfund
 - National advocacy organization
- Very Generous Donors!



My wife and I are full time volunteers for RLMI

- I make my living working as a radiologist
- RLMI staff:
 - -6 full-time paid employees
 - About 10 part-time paid employees







High-tech doctor, low-tech solutions





High-tech empowers the medical-industrial complex and is extremely expensive



Low-tech empowers the patient and is inexpensive



Drugs and high-tech treatments often have negative side effects



Lifestyle (low-tech) interventions often have positive side effects





High-tech makes a good living for its practitioners.



Low-tech practitioners starve... (but we're working on that)

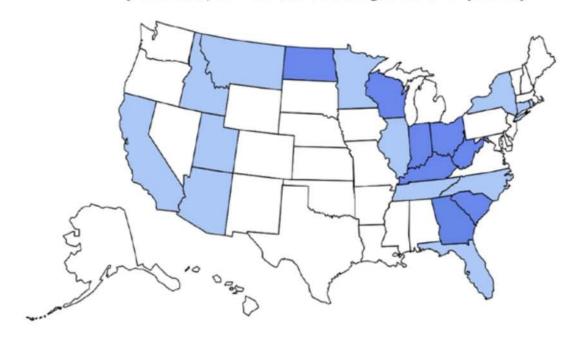




Obesity Trends* Among U.S. Adults

BRFSS, 1985

(*BMI ≥30, or ~ 30 lbs. overweight for 5' 4" person)

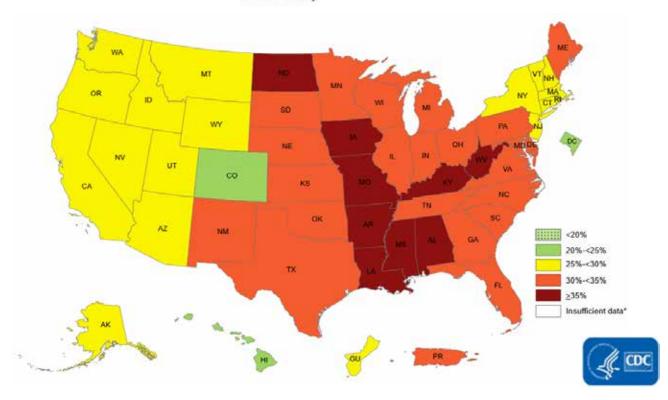




No Data <10% 10%-14%</p>

Obesity Trends* Among U.S. Adults

BRFSS, 2018

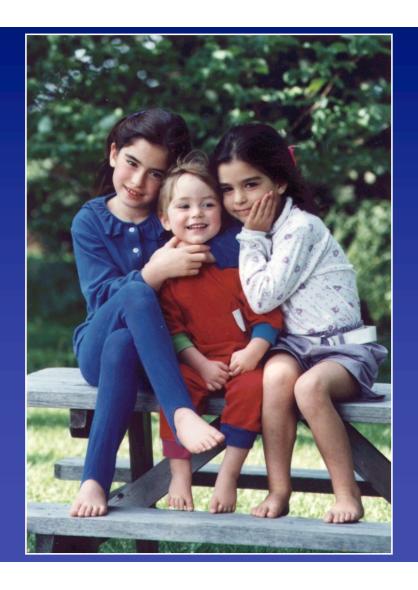




Like any good parents, my wife and I performed an experiment on our children.



In 1991, we decided to become vegan.



Yes, but did they survive?



Stay tuned!

Our program to help people with autoimmune conditions teaches the same diet that we recommend for most chronic conditions.

It is based on the 1990's work of Caldwell Esselstyn of the Cleveland Clinic for treating heart disease.

The Esselstyn Program

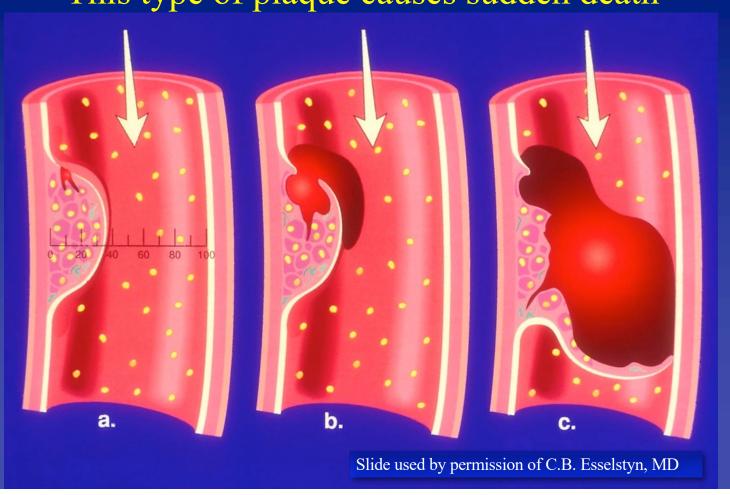
This type of plaque causes angina

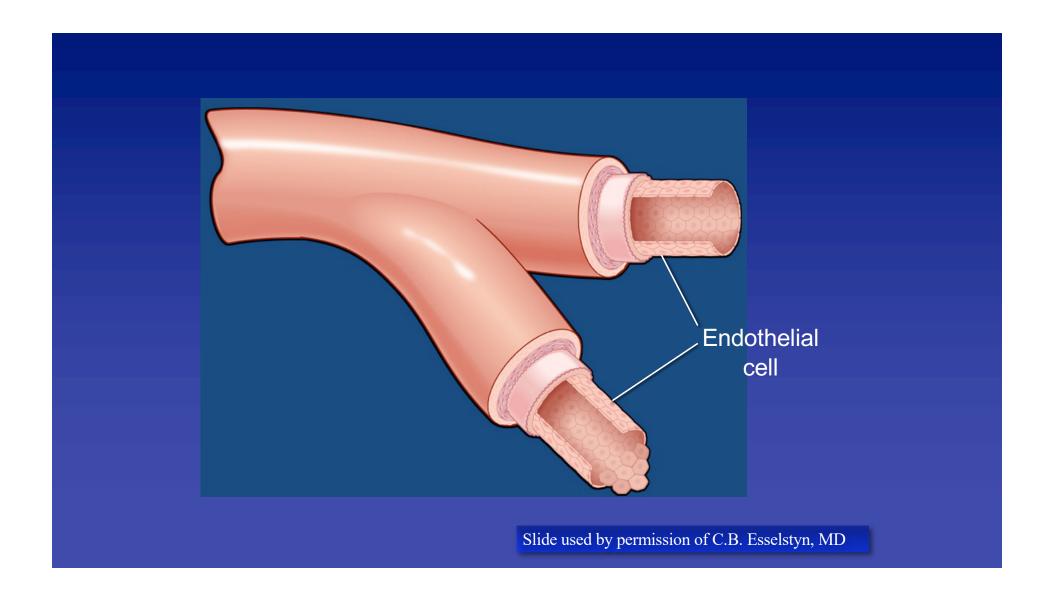




Slide used by permission of C.B. Esselstyn, MD

This type of plaque causes sudden death









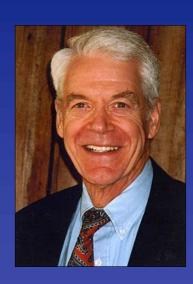
From Wikipedia





Caldwell B. Esselstyn, Jr., M.D.

- Surgeon at The Cleveland Clinic, retired after 35 years
- Former president of the American Association of Endocrine Surgeons
- 1956: Olympic Gold Medal in Rowing
- Army Surgeon in Vietnam and received the Bronze Star
- 2005: First recipient of the Benjamin Spock Award for Compassion in Medicine.





The Esselstyn Plan for Eliminating Heart Disease:

- Foods to include
 - -Vegetables (lots of greens!)
 - -Legumes
 - -Whole grains
 - -Fruit
 - -No nuts or oil

The Esselstyn Plan for Eliminating Heart Disease:

- Foods to avoid:
 - –Anything with a face or a mother (meat, poultry, fish and eggs)
 - –Dairy products
 - –Oils (including olive oil, canola oil– all so-called "healthy oils")
 - -Refined grains (white flour, white rice, etc)
 - –Nuts (including coconut and avocado)*
 - Also, avoid all processed foods and foods with added sugars

*Some nuts are probably beneficial for most people



- Joe Crowe, age 44, Cleveland Clinic surgeon who succeeded Esselstyn as chairman of the breast cancer task force.
 - -"It was Friday in November 1996. I had operated all day. I finished, said good-bye to my last patient, and got a very bad headache. It hit me in a flash. I had to sit down. A minute or two after that, the chest pain started. It radiated up my arm and shoulder and into my jaw."



- A coronary artery angiogram showed that his problem was inoperable and that a stent was not feasible.
- Two weeks later, he and his wife went to the Esselstyn's house for dinner!



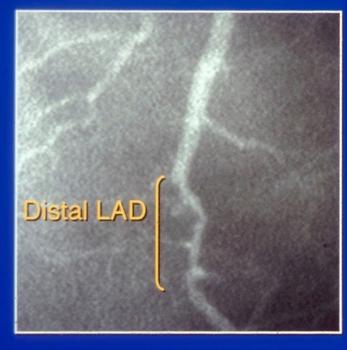
- A coronary artery angiogram showed that his problem was inoperable and that a stent was not feasible.
- Two weeks later, he and his wife went to the Esselstyn's house for dinner!
- They immediately embarked on the Esselstyn Plan!!!
- His total cholesterol dropped from 156 to 89.
- His LDL went from 98 to 38.





Reversal of Coronary Disease

November 27,1996

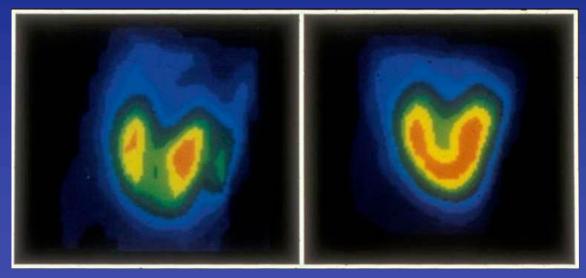


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How fast does the Esselstyn diet work?

261 mg/dl 126 mg/dl

Left Right



Before Rx

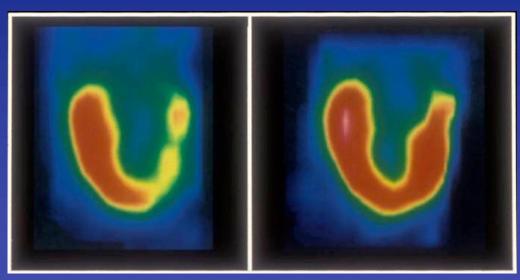
3 weeks later

After Rx

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248 mg/dl 137 mg/dl

Left Right

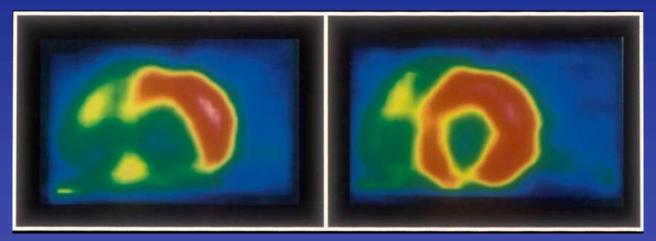


Before Rx 12 weeks later After Rx

Slide used by permission of C.B. Esselstyn, MD

290 mg/dl 130 mg/dl

Left Right



Before Rx

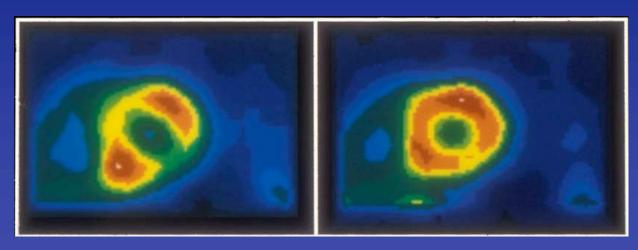
6 weeks later

After Rx

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248 mg/dl 137 mg/dl

Left Right



Before Rx 3 weeks later **After Rx**

Slide used by permission of C.B. Esselstyn, MD

A whole-food plant-based lifestyle sounds great for people with heart disease, but I have Lupus.

Why would I be interested in a program that helps people with heart disease?



Will it work for me?

You won't know unless you try, but you will find out pretty quickly...



A significant number of people with an autoimmune condition will improve with a WFPB lifestyle:

- Lupus
- Rheumatoid Arthritis
- Psoriatic Arthritis
- Multiple Sclerosis
- Crohn's Disease
- Ulcerative Colitis



Other conditions that often improve, and even resolve, with a whole-food plant-based (WFPB) diet:

- Metabolic Syndrome
 - -Obesity
 - -Hypercholesterolemia
 - -Hypertension
 - -Type 2 diabetes (insulin resistance)
 - Peripheral neuropathy
 - Retinal disease
 - -Heart disease
 - –Fatty liver



RLMI's 15-Day WFPB Jumpstart is based on the Esselstyn Plan—a way of eating that can prevent, treat, and reverse heart disease, diabetes, obesity, and most of the chronic conditions causing so much misery in the industrial world.



RLMI's 15-Day Jumpstart program

- Follows the Esselstyn plan:
 - -Very Low-Fat Whole-Food Plant-Based Diet
 - -(VLF WFPBD)
 - –No oil (common to all WFPB diets)
 - No high fat plant foods such as nuts, avocado,
 olives and coconut (unique to the Esselstyn plan)
 - After the two weeks of Jumpstart, high plant foodsmay be added in.







Over 1500 participants since launch in 2018

Patient Example

61 year-old male presents in September 2018 with HbA1c of 13.6, not on any meds

- –Average blood sugar ~350
- -Enrolled in September Jumpstart and begins a very low-fat whole-food plant-based diet.
- –By December, his HbA1c was 6.0 (still no meds)
- -July 2019, HbA1c was 5.4, lost 70 pounds
- —Summer 2020, still doing well and his wife's dress size has dropped from 22 to 14…

Record cholesterol drop:

- 50 year-old woman with chronic kidney disease (CKD)
 - -Total cholesterol of 299 at baseline
 - -Total cholesterol of 149 on day 15
 - -Drop of 150 points in 2 weeks!





Married Experimental Subjects!!!



15-Day Jumpstart (labs on day14)

Cholesterol	1/22/19	2/5/19
Total	148	
LDL	71	

"Heart Attack Proof"

Total < 150

LDL < 80



Local pediatrician

Local ER doctor



	Cholesterol	1/22/19	2/5/19
>	Total	187	
	LDL	126	



Cholesterol	1/22/19	2/5/19
Total	148	
LDL	71	

"Heart Attack Proof"

Total < 150

LDL < 80

Local pediatrician

Local ER doctor



Cholesterol	1/22/19	2/5/19
Total	187	
LDL	126	

Zoom-Based / 7 meetings / 11 hours

SUN	MON	TUE	WED	THU	FRI	SAT
5	Email Info Package with Accounts and Shopping Lists	7	Day -3 Check-in 6:30-7:30 pm ET	9	Pre-Jumpstart Labs (Weight, BP Cholesterol, Glucose, etc.)	Day 1 Presentation 1:00-3:00 pm ET
Day 2 Cooking Class 1:00-3:00 pm ET	13	14	Day 5 Check-in 6:30-7:30 pm ET	16	17	Day 8 Virtual Potluck 1:00-3:00 pm ET
19	20	21	Day 12 Check-in 6:30-7:30 pm ET	23	Post-Jumpstart Labs (Weight, BP Cholesterol, Glucose, etc.)	Day 15 Commencement & Next Steps 1:00-3:00 pm E1
26	27	28	29	30	Oct 1	2

Typical Jumpstart Schedule

The Virtual Potluck!

Patients send us recipes and photos.

We show them a Virtual Cookbook and discuss.



Kristin K.

Roasted Vegetable Salad (adapted from the Engine 2 Diet book)

12 Brussels sprouts cut in half
1/2 head cauliflower cut in florets
8 ounces new potatoes cut in half
1 large onion halved and sliced
1 zucchini in thick slices
A handful of string beans

Lay all these out on parchment lined sheet pans and roast at 425 for 10-15 minutes until fork tender. When done, let them cool to room temp. Place in a bowl with the rest of the veg and toss with half the dressing. (See below)

15 oz. can corn rinsed and drained 1 red pepper seeded and diced 11 oz. can mandarin oranges drained

1 head butter lettuce

Spread out the lettuce in a large salad bowl. Put the vegetables over the lettuce And drizzle the rest of the dressing over.

Dressing(also adapted from the same book)

2 T nutritional yeast 2 T balsamic vinegar (I used port reduction) 1 T low sodium tamari

1 T Dijon mustard Juice of 1 lime

1 T maple syrup

1 t vegetarian Worcestershire sauce

Water to get the consistency you want. I did not use any water.



Clisty K.

Ingredients:

- 1 head of red cabbage
- 1 head of cauliflower
- 1 lb bag of small red potatoes

Pre heat oven to 400
Cut up cauliflower in large pieces
Slice cabbage into 1 inch steaks
Quarter potatoes
Sprinkle a pinch of salt, pepper, garlic power
Bake for about 40 minutes or until browned



Anne S.

"Everything but the Garden Bed" Bowl

1 c short grain brown rice
1 sweet potato, baked at 400 degrees for a little less than an hour
Greens from your garden (I used Lacinato Kale and Panisse)
Sugar Bomb grape tomatoes, 6
1/2 can red beans
1/2 carrot, sliced
1/4 jar of roasted red peppers
several dashes Ume Plum Vinegar

Arrange all ingredients in a bowl and sprinkle with the Ume Plum Vinegar. Enjoy!



Amanda O.

Burrito wraps

Homemade pinto beans from Well Plated

- · 1 pound dry pinto beans 2 cups
- . 1 small yellow onion chopped into 1/4-inch dice
- · 1 jalapeno cored, seeded, and finely chopped
- · 3 cloves garlic minced (about 1 tablespoon)
- · 4 cups low-sodium vegetable stock divided
- · 3 cups water
- · 2 bay leaves
- · 1 teaspoon ground cumin
- · 1 teaspoon dried oregano
- 1/8 to 1/4 teaspoon cayenne pepper- optional

- Place the pinto beans in a large colander. Thoroughly rinse them. Pick the beans over, removing any damaged or clearly misshapen beans and discarding them. Set the rinsed beans aside.
- Turn a 6-quart (or larger) Instant Pot to SAUTE.
 Add the onion and jalapeno. Sauté for 2 minutes, then add the garlic and let cook just until fragrant, about 30 seconds. Add a few splashes of veggie stock and scrape along the bottom of the pot to remove any stuck-on bits of food (this will prevent a BURN warning). Add the remaining stock, water, bay leaves, cumin, oregano, cayenne, and the rinsed and drained beans. Lightly stir to combine.
 - o Seal the Instant Pot. Cook on HIGH (manual) for 45 minutes. When the 45 minutes of pressure cooking has finished, let the pressure release naturally for 25 minutes. Vent to release any remaining pressure. Carefully open the lid. The beans will be very liquidy.
 - o Discard the bay leaves. Reserve 2 cups of the bean cooking liquid in a bowl or measuring cup, then drain the remainder. Return to the beans to the pot. With an immersion blender (or by hand with a potato masher), puree the beans until they reach your desired consistency, adding some of the reserved liquid as needed. (You can also scoop the beans into a blender in batches and puree them that way—be sure to let the beans cool somewhat first so that they do not splatter). Taste and adjust seasoning as desired. Sprinkle with any desired toppings, serve, and enjoy!



N'ice cream
2 c of frozen ripened bananas
1 t of vanilla
2 c of frozen raspberries.

Blend. Take out 1/2 the batch. With remaining mixture, add 1-2T of cacao power. Blend.



RLMI Jumpstart Program Average Results systolic weight total LDL fasting blood cholesterol cholesterol glucose loss pressure -5.8 -5.1 -19 -6.8 -26 pounds points points points points -7.3 lbs. for -16.7 points those with for those BMI greater -28.4 with BP than 30 points for over 140 those starting in diabetes range -33 for **Participants** those with experienced these LDL -44 for over 100 improvements those with in just 15 days. cholesterol over 200

RLMI Jumpstart program

- · Low barrier to entry, for doctors and patients
 - Enticing to patients
 - · Rapid demonstration of value

"You can do anything for 2 weeks"

- Fun and supportive
- Affordable
- Given over 45 times to over 1500 people...
- Easy for physicians to order
 - 150 doctors around the country have sent their patients
- Counteracts misinformation and disinformation
- Reproducible for research and demonstrations
 - Standardized research tool
 - Like pouring pills out of a bottle!





Underlying dietary pattern

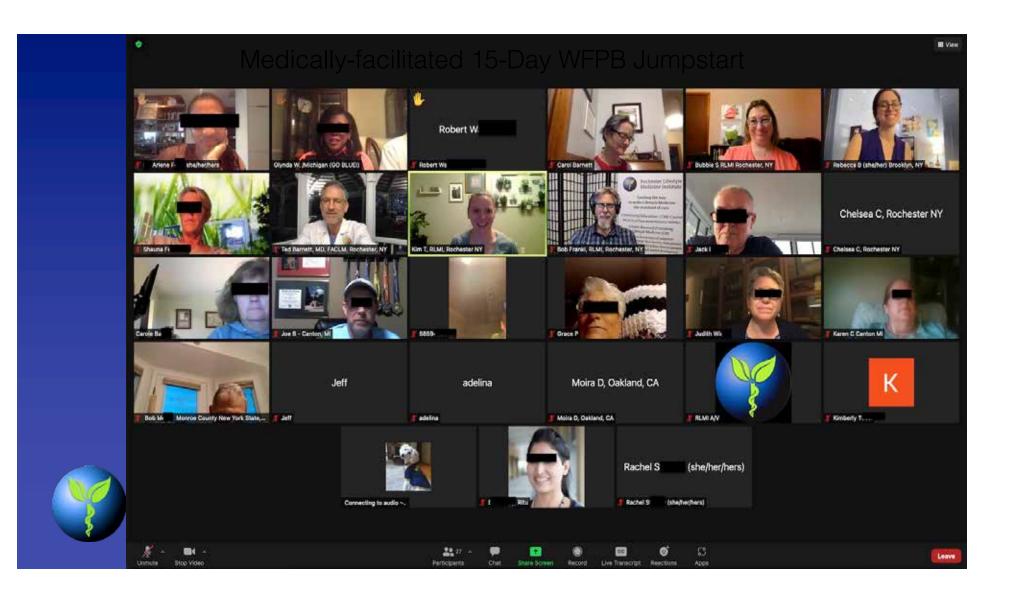
- Jumpstart teaches an Esselstyn-compliant eating pattern which has been demonstrated in peer-reviewed literature to arrest and reverse heart disease.
 - It also happens to be great for most other chronic conditions.

Esselstyn CB, Jr., Gendy G, Doyle J, Golubic M, Roizen MF. A way to reverse CAD? J Fam Pract. 2014;63(7):356 364b.

Esselstyn CB, Jr. Updating a 12 year experience with arrest and reversal therapy for coronary heart disease (an overdue requiem for palliative cardiology). Am J Cardiol. 1999;84(3):339 341, A338.

Esselstyn CB, Jr., Ellis SG, Medendorp SV, Crowe TD. A strategy to arrest and reverse coronary artery disease: a 5 year longitudinal study of a single physician's practice. J Fam Pract. 1995;41(6):560 568.





But isn't this diet experimental?

How do we know if it's safe?



Which diet is the experimental one?















He grew!!!

May, 2009



All plant-powered!

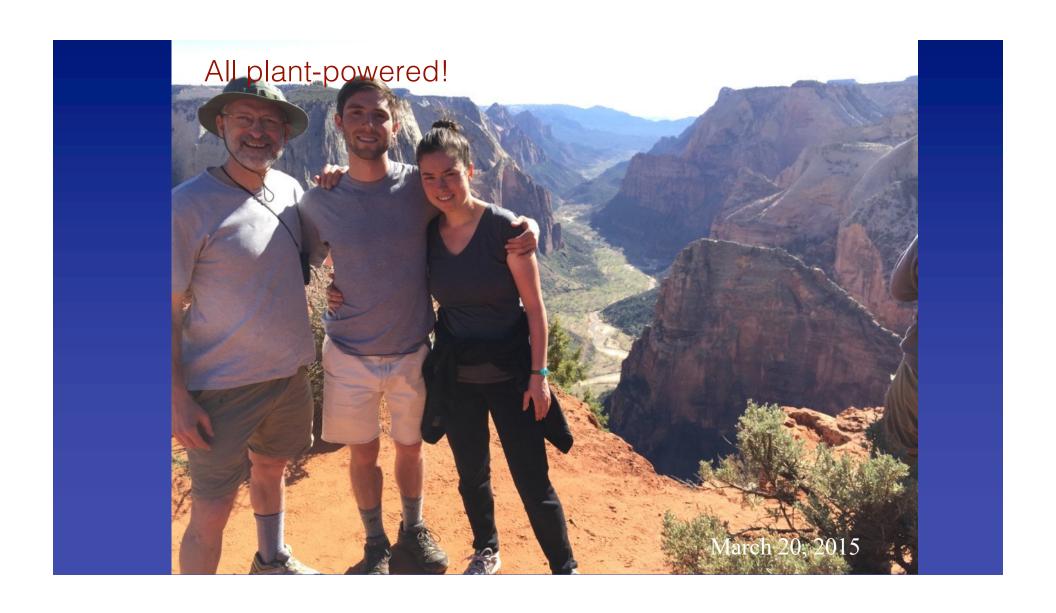
December 2009



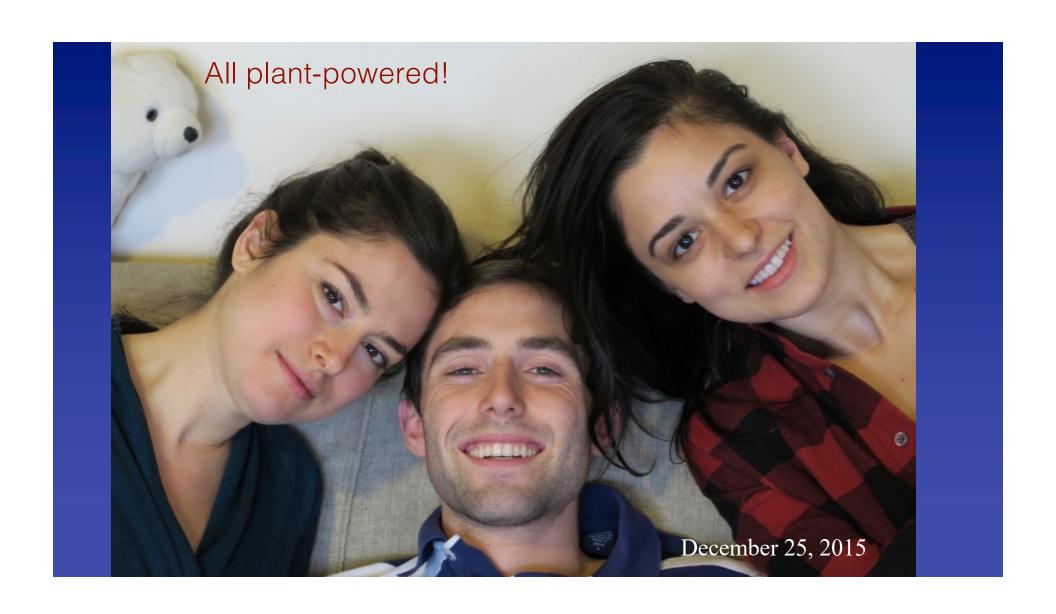
All plant-powered!















Ask your doctor
if eating a
healthy diet*
is right for
you.

* A Whole-Food Plant-Based (WFPB) Diet

Side effects may include:

- · Losing weight (without counting calories)
- · Reversing type 2 diabetes
- · Lowering cholesterol and blood pressure
- · Reversing heart disease
- · Less inflammation and pain
- · Less GERD, constipation, and irritable bowel
- · Improved ED and fewer hot flashes
- · Reduced medication and lower drug costs
- More energy, improved sleep, and better mood





RochesterLifestyleMedicine.org/about-jumpstart (800) 710-7564 (RLMI) info@roctifemed.org | @roctifemed



"Nothing of any real positive social value has ever been achieved from the top down; it's always been achieved from the bottom up."

Howard Zinn
-A People's History of the United States

