

The advice and views expressed are those of the author and do not necessarily reflect the official policy or position of the United States Air Force, Department of Defense, or the United States Government.

Smart Resources for Smarter Eating

- www.nutritionfacts.org (Book & Cookbook: How Not To Die by Dr. Michael Greger)
- Plant-Based Nutrition Quick Start Guide (Planttrician Project) → http://vibeonlife.com/uploads/plantricianproject_english.pdf
- PCRM's 21 day kick start plant-based guide/app → <https://kickstart.pcrm.org/en>
 - PCRM = Physicians Committee for Responsible Medicine → www.pcrm.org
- <http://plantbaseddocs.com> → find a plant-based health care professional near you
- www.thugkitchen.com → not for the faint of heart, but I LOVE this cookbook --- they are passionate about plant-based, in case you can't tell with all the swearing.
 - 3 versions now → buy cheaper off of Amazon Marketplace
- *The Game Changers* film → www.gamechangersmovie.com (watch the trailer!)
 - **16 SEPT 2019** Worldwide One-Night Public Release - Get your tickets now!
- Visit www.LIFESTYLEMEDICINE.org and check out the American College of Lifestyle Medicine

Are you interested in participating in plant-based research projects with Dr. Stiegmann?

We are kick starting a new Plant-based Power trial, tracking how people are changing their food choices, and how their health metrics change as a result. We're interested in anyone who is up for the challenge! Sound like fun? Reach out to Dr.Stieg@gmail.com

Lifestyle/Performance Medicine Labs

Typical Performance Medicine Labs (Request that your doc order a baseline set of labs prior to starting food changes - periodically have health care team order follow on labs)

- **Lipid Panel** aka cholesterol *can be measured up to every 7 days*
- **Hemoglobin A1C** *typically measured every 3 months (6 weeks at the earliest)*
- **Fasting Blood Glucose** (NOT an estimated fasting blood glucose)
 - (B12/Folate panel) optional
 - (Vitamin D panel) optional

Specialized Performance Medicine Metrics (ask your doc where these can be done!)

- **Body Fat % aka BodPod**
- **VO2 max**
- **Resting Metabolic Rate**
- **Height/weight/abdominal circumference/BMI**

Dr. Stieg's 7 Day Plant-Based Challenge

I typically have people trial a whole food plant based change with the Dr. Stieg's 7 day plant based challenge. It's basically just as it sounds: **eat REAL FOOD**, i.e. plants, fruits, veggies, even plant-based alternatives like pre-made black bean burgers etc. Eliminate animal products (eggs, cheese, yogurt, red meat, chicken, fish) limit added sugar and processed foods for 168 hours → 7 days! **TRACK YOUR PROGRESS**: track energy, head space clarity, exercise capacity & recovery, generally how you feel overall. You can track your cholesterol too!

7 DAYS DR. STIEG'S
7 DAY PLANT-BASED
CHALLENGE

For 168 hours:

- Eat lots of plants and fruits
- Minimize/Don't eat animal foods or products (meat/dairy/cheese/eggs)
- Minimize sugary foods and processed junk

TRACK HOW YOU FEEL!
Energy? Mental Clarity? Exercise tolerance? Sleep?

RESOURCES:
Google: "7 day plant based diet recipes" or "PCRM 21 Day Kick start"

Build the Culture of Lifestyle/Performance Medicine

- **Find others interested in learning more about Lifestyle Medicine (LM)**
 - Step out of your comfort zone -- Other providers are interested in practicing medicine this way too!
 - Approach leadership for support to attend LM conferences (ACLM annual conference: last week of October) or funding for LMCC training, or funding to sit for board certification exam in Lifestyle Medicine (ABLM)
 - Join the DoD/VA Member interest Group within the American College of Lifestyle Medicine (www.LIFESTYLEMEDICINE.org)
- **Facilitate a Lifestyle Medicine sub-track (this is possible at nearly any residency or fellowship)**
 - 1-week elective – 30 hour online Lifestyle Medicine Core Competencies (LMCC) via ACLM/ACPM
 - Integrate clinical rotations/practicum sites
 - USAF Academy-10AMDS Operational Medicine: Flight/Performance Medicine -Dr. Regan Stiegmann
 - Walter Reed Wounded Warriors Pain Clinic via Dr. Mylene Huynh (Col, Ret, USAF)
 - <https://www.lifestylemedicine.org/Educational-Programs>
 - [https://www.lifestylemedicine.org/Graduate-Medical-Education-\(GME\)](https://www.lifestylemedicine.org/Graduate-Medical-Education-(GME))
 - GME programs with curricular content relevant to Lifestyle Medicine

Interested in Dr. Stieg presenting BIOHACKING YOUR BEST to your leadership? Your base? People you work with? Reach out! Dr.Stieg@gmail.com

Follow me on Instagram @Dr.Stieg for some fun plant-based health promotion
STAY HEALTHY, STAY HAPPY!