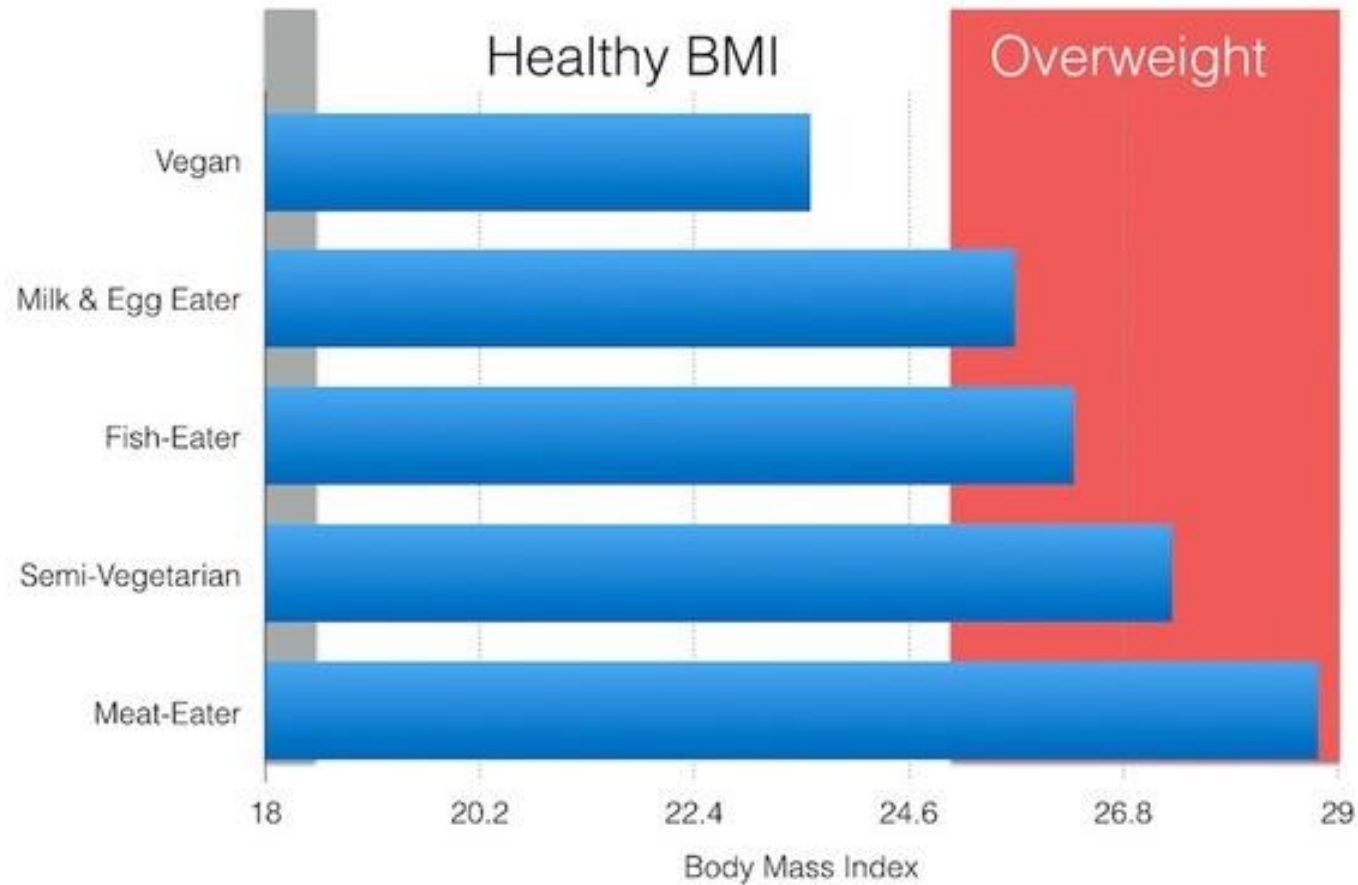


# WEIGHT LOSS MEDICINE

**Timothy J. Arnott, M.D.**

**Board-certified, Family Medicine**

# ONLY FOOD FROM PLANTS KEEPS WEIGHT NORMAL



**WHY?**

# FAT CONTENT OF PLANT FOOD VERSUS ANIMAL FOOD

Grams of Fat in 500 calories





# CASE REPORT

# Case Report:

## Patient Progress

- 45 y/o male with obesity and type 2 diabetes on insulin
- Weight – **232 to 178**; Lost 54 pounds in six months!
- BMI – **34.3 to 26.3**; 8 point drop!
- Belly fat nearly gone
- About the same size he was in college
- Reduction in back and knee pain
- HbA1c – **10.1 to 6.3** (on insulin), in less than 4 months
- HbA1c – **6.3 to 5.7** (without insulin), in just 6 months!
- HbA1c total drop – **4.4 points!**
- Blood Pressure – **140s/90 to 115/70**

## Patient Program

- Whole Food Plant-Based Diet (Healthy Vegan Diet)
- High Soluble Fiber (i.e., beans, lentils)
- Above-ground vegetables, low glycemic whole grains, seeds, with Northern fruits and unsalted nuts in moderation
- Moderate mono-unsaturated fat (i.e., almonds, olives, avocado)
- No Flour (not even whole wheat flour)
- No Added Sweeteners (not even Agave)
- Drinks lots of water and Hibiscus tea

**HERE'S WHAT I TOLD HIM...**

**IF GLUCOSE AND INSULIN  
KEPT LOW,**

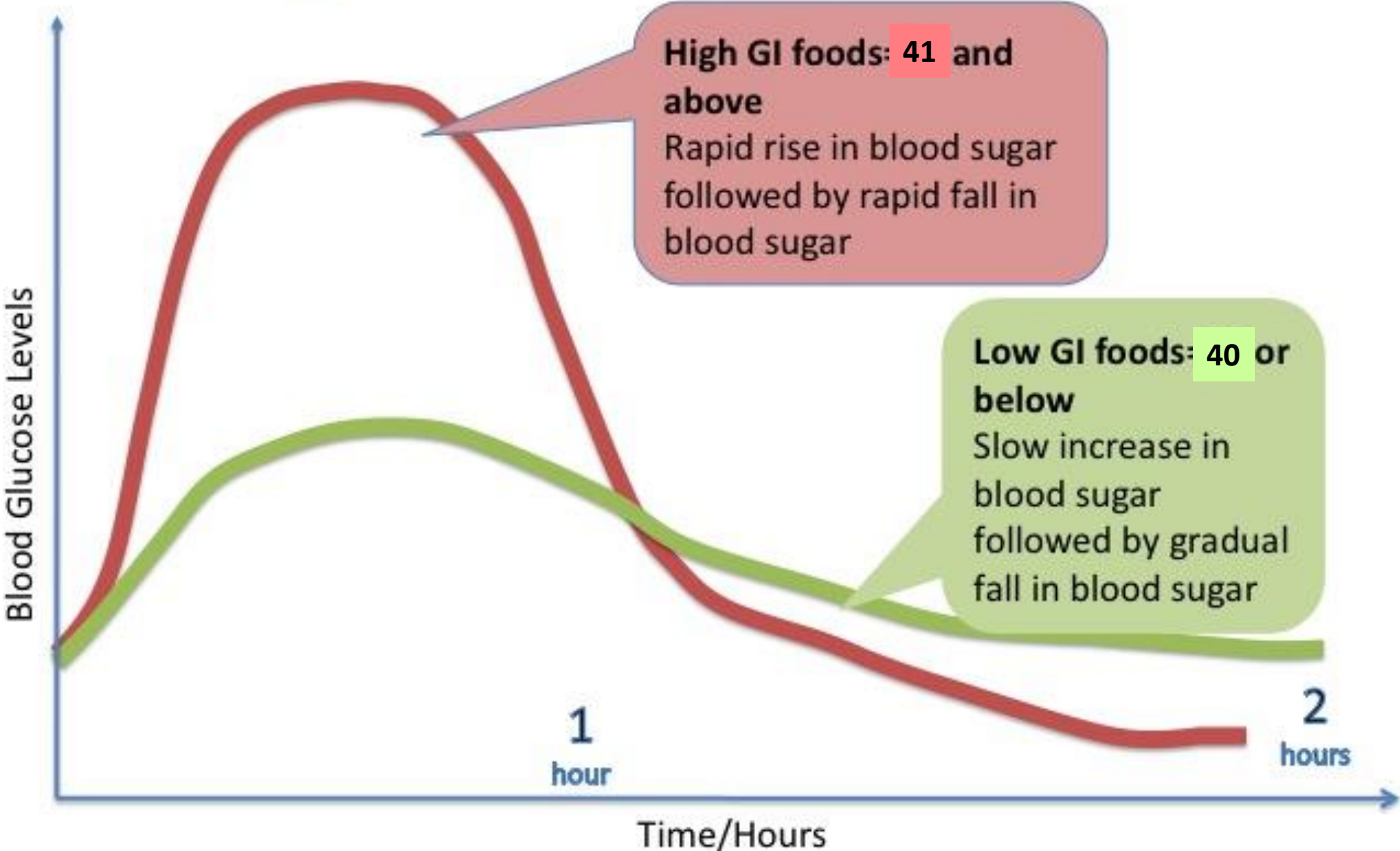
**...WEIGHT COMES OFF.**

# Glycemic index

food	GI
Grapefruit	
Apples	
Brown rice	
Baked potato	
Wheat meal	
Barley	



# High GI vs Low GI Foods

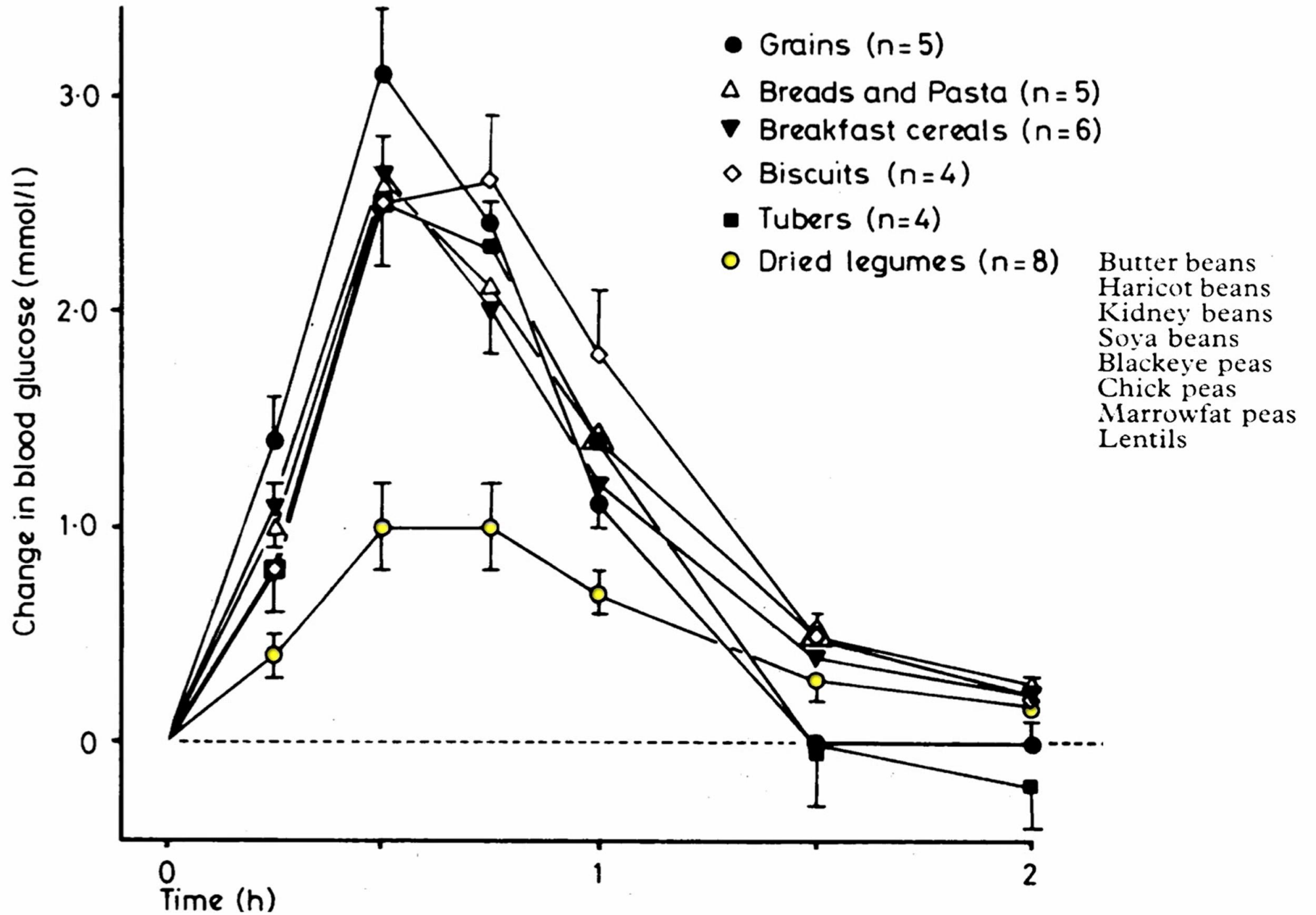








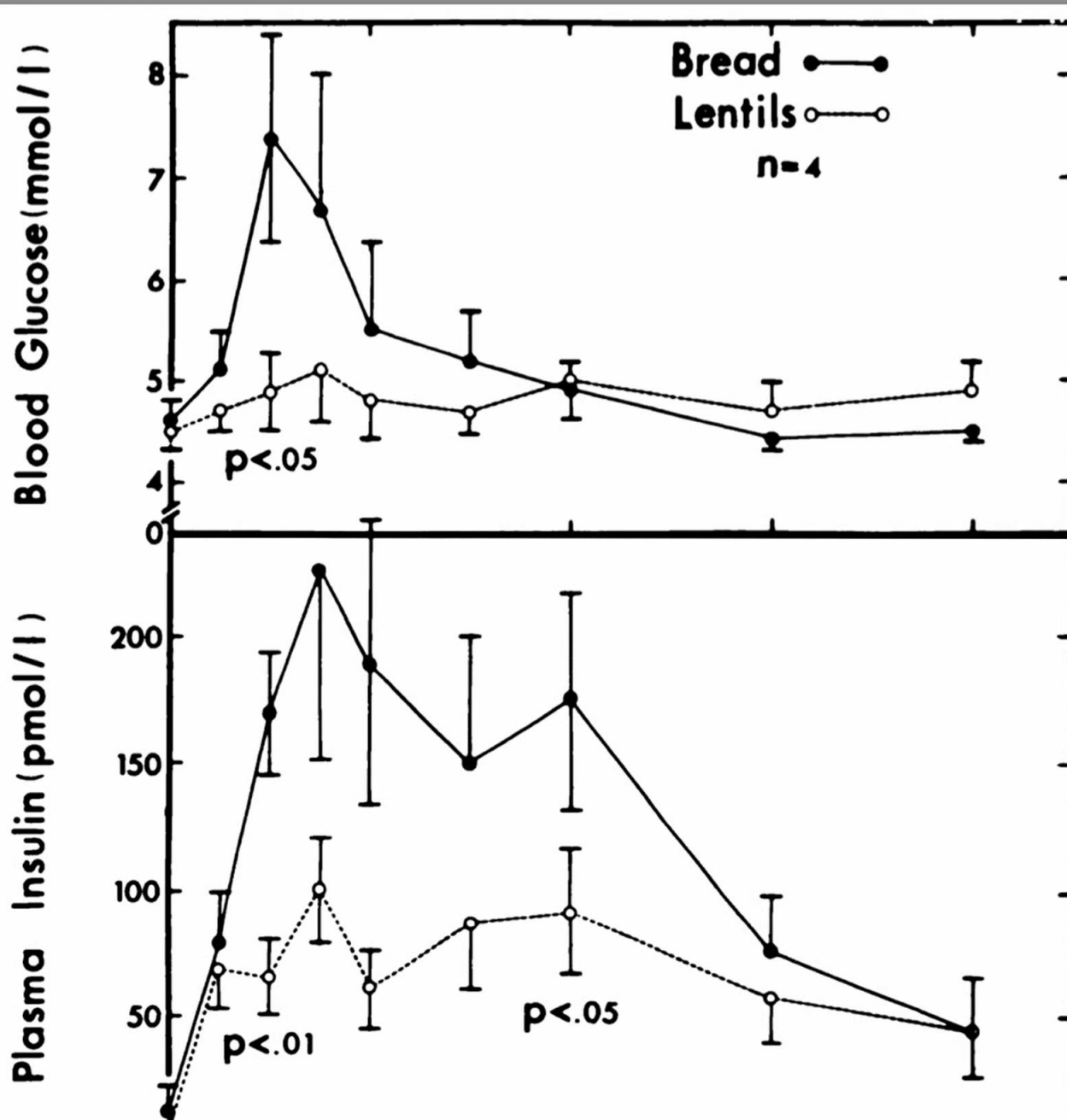
**THEREFORE,  
SUPER BEANS**



# Slow release second meal

David J. A. Jenkins  
Christopher Griffin  
Carolyn M. Bente  
and Stephen R. Bloom

ABS  
taken  
the b  
by c  
flatt  
0.01)  
befo  
break  
(168  
separ  
carb  
a us  
1982



# oves

r, M.R.C.P.,  
.A.,

ohydrate content were  
p < 0.001) reduction in  
polypeptide responses  
wed by a significantly  
4 h later (by 38%, p <  
fast slowly over the 4 h  
ohydrate reduced the  
cose response to lunch  
udies, performed on a  
o lentils is not due to  
ch as lentils may form  
e. Am J Clin Nutr

**BEANS ALSO DROP SUGAR  
AT THE NEXT MEAL**

OVERNIGHT SECOND MEAL EFFECT

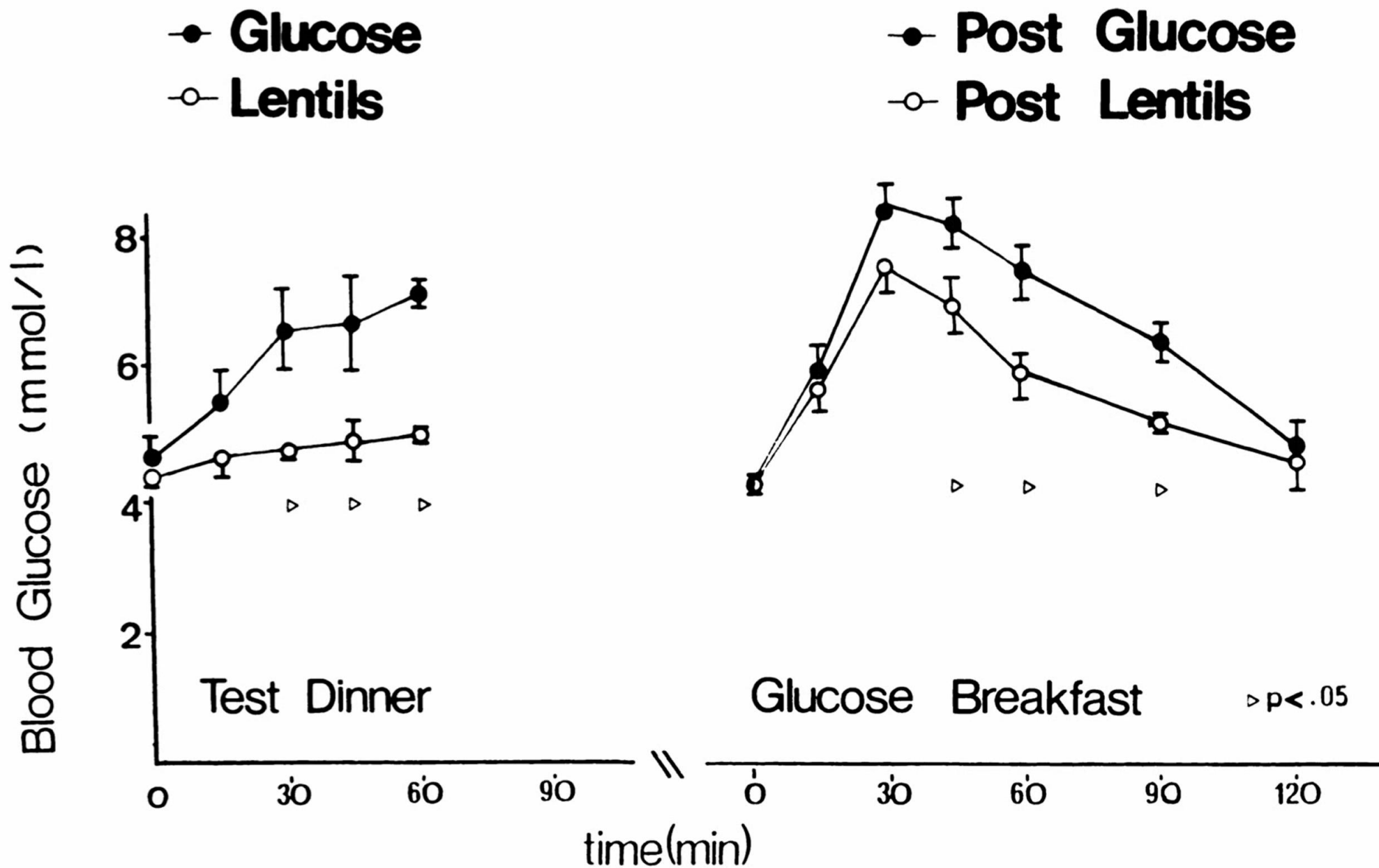
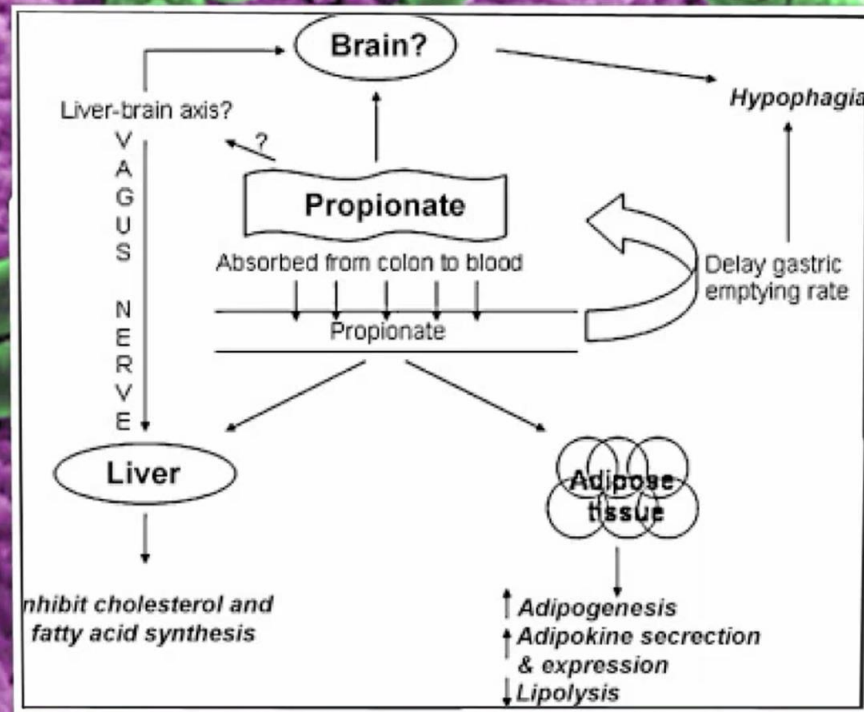
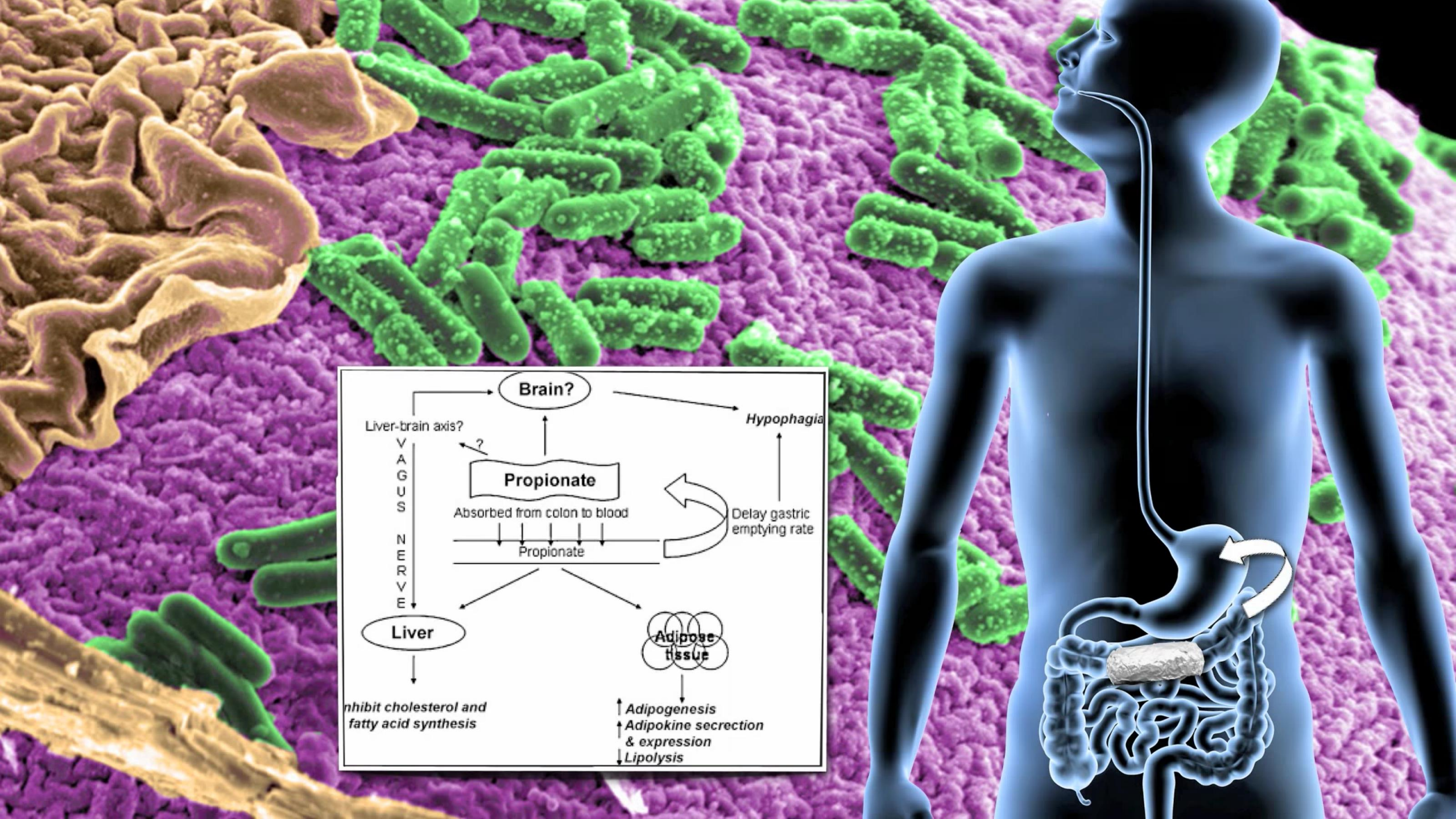


FIG 1. Blood glucose responses ( $\bar{x} \pm \text{SEM}$ ) of normal subjects to dinners containing either lentils or glucose (left;  $n = 4$ ) and to 50 g oral glucose taken on the next morning (right;  $n = 5$ ).

**HOW? COLON BACTERIA  
CONVERT FIBER INTO  
SUGAR-LOWERING  
MEDICINE**







# LOW GLYCEMIC BEANS

1. Hummus – 14
2. White Beans – 14
3. Soy Beans - 17
4. Chickpeas – 19
5. Soy Milk - 20
6. Red Lentils – 21
7. Green Lentils – 22
8. Peas – 22
9. Pigeon Peas – 22
10. Kidney Beans – 23
11. Brown Beans – 24
12. Beans – 25
13. Pinto Beans – 27
14. Navy Beans – 29
15. Yellow Split Peas – 29
16. Butter Beans – 29
17. Black Beans – 30
18. Mung Beans – 31
19. Lima Beans – 35

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56





**S&W**<sup>®</sup>

PREMIUM QUALITY SINCE 1896

**WHITE BEANS**  
NAVY BEANS

NON-GMO  
7g PROTEIN  
6g FIBER  
FAT FREE









6  
QUARTS

good source of  
**Plant-Powered  
PROTEIN**

**AS MUCH  
CALCIUM**  
AS DAIRY MILK

**Silk**

**UNSWEETENED  
ORGANIC SOYMILK**

- Lactose-Free
- Gluten-Free

**8g HEART  
HEALTHY**  
Soy Protein

\*As part of a diet low in saturated fat and cholesterol, 25 grams of soy protein per day may reduce the risk of heart disease. A serving of Silk Organic Unsweetened provides 8 grams of soy protein.

6-32 FL OZ (946 mL) CARTONS  
NET 1.5 GAL (5.68 L)



**80**  
CALORIES  
PER CUP





UNSWEETENED

Original

Blue Diamond  
Almond Breeze  
Almondmilk

6 PACK

50% More Calcium  
than dairy milk\*

6 PACK

DO NOT FREEZE  
NEEDS NO REFRIGERATION  
UNTIL OPENED

30  
CALORIES  
PER SERVING

50% More Calcium  
than dairy milk\*

6-32 FL OZ CARTONS  
NET 192 FL OZ (1.5 GAL) ®

UNSWEETENED

Original

UNSWEETENED

Original

Blue Diamond  
ALMONDS

Almond Breeze  
Almondmilk

NON  
GMO  
Project  
VERIFIED  
nongmoproject.org







# LOW GLYCEMIC VEGETABLES

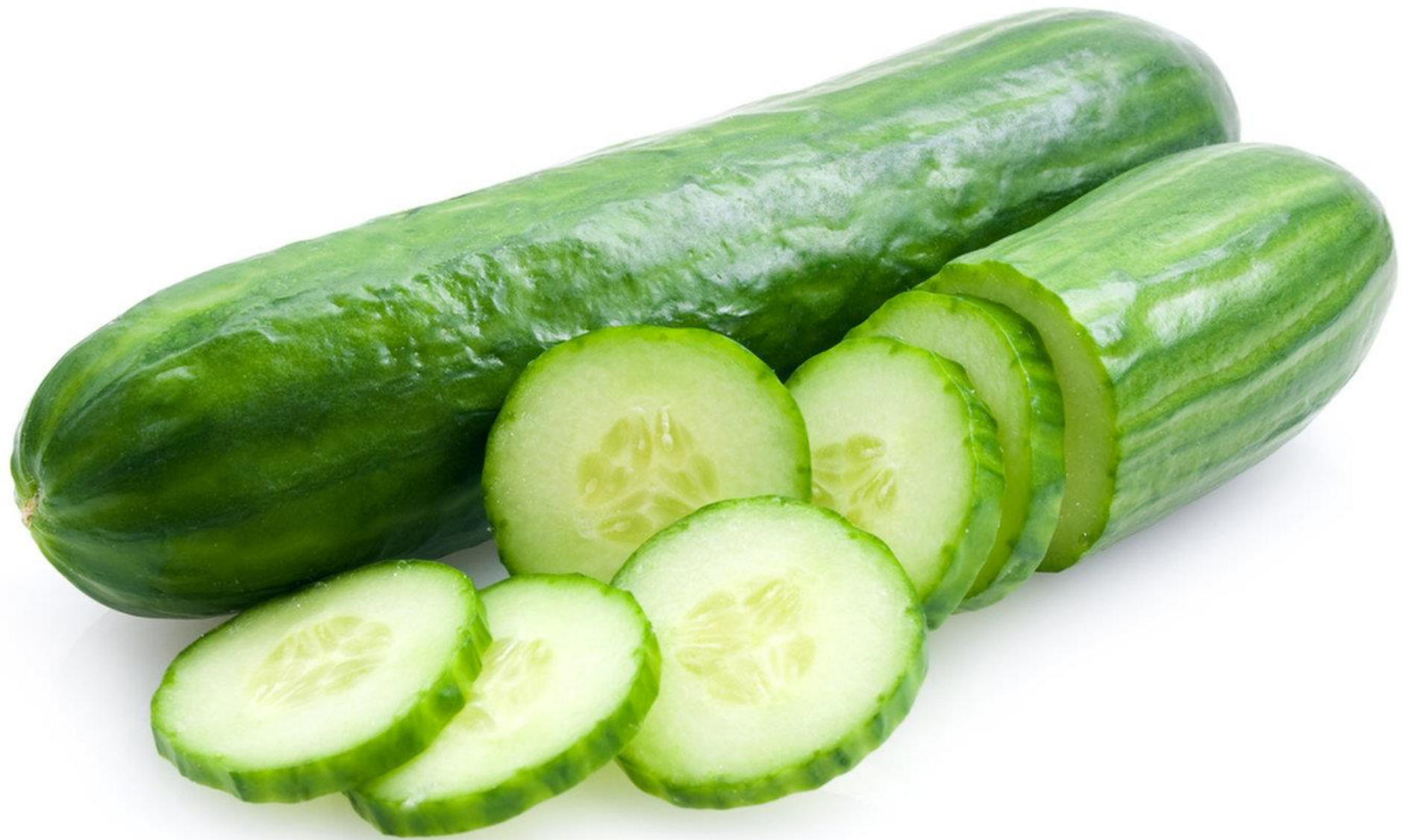
1. Garlic – 10
2. Cucumber - 15
3. Green Onion – 15
4. Yellow Onion – 15
5. Eggplant – 15
6. Leek – 32
7. Brussels Sprouts – 32
8. Kale – 32
9. Cauliflower – 32
10. Curly Cabbage – 32
11. Broccoli – 32
12. Chinese Cabbage – 32
13. Red Cabbage – 32
14. Green Beans – 32
15. Spinach – 32
16. Asparagus – 32
17. Radish – 32
18. Celery – 32
19. Radicchio – ~32
20. Orange Bell Pepper – 32
20. Collard Greens – ~32
21. Turnip Greens – ~32
22. Swiss Chard – 32
23. Watercress – ~32
24. Arugula – 32
25. Green Leaf Lettuce – 32
26. Chicory – ~32
27. Yam – 37
28. Raw Carrot – 39
29. Tomato - 38

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56; <https://foodstruct.com/food/>























# LOW GLYCEMIC NUTS

1. Almonds – 10
2. Pecans – 10
3. Macadamia Nuts – 10
4. Peanuts – 14
5. Walnuts - 15
6. Hazelnuts – 15
7. Cashews - 22

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56; <https://foodstruct.com/food/>

























# LOW GLYCEMIC GRAINS

1. Hulled Barley - <24
2. Pearled Barley – 24
3. Barley, Boiled 25 minutes - 25
4. Whole Wheat Berries – 30
5. Whole Rye Berries – 34
6. Pearled Barley, Boiled 1 hour - 35
7. Ezekiel 4:9 Breads or Alvarado St Breads - 36

Brand-Miller, J. *Diabetes Care* 2008 Dec; 31(12): 2281-2283.

Kaye Foster-Powell, K. *AJCN*, 76(1): 5–56









"How your food is produced does matter!"



Organic

# Hulled Barley

NET WT. 2 LBS. (906g)

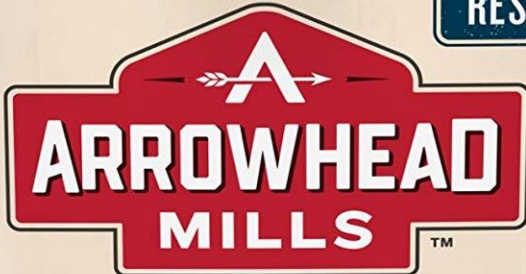
GROWN BY FAMILY FARMERS



JUST AS NATURE INTENDED  
NO SALT, SUGAR OR  
PRESERVATIVES ADDED

TEAR HERE ▶

NEW  
RESEALABLE BAG



— ORGANIC —  
**PEARLED BARLEY**

IT'S SIMPLE: NO SHORT-CUTS,  
JUST 100% COMMITMENT TO QUALITY AND AN  
EXCELLENT SOURCE OF FIBER



U PARVE



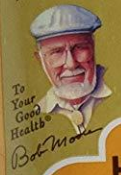
NET WT 28 OZ (1 LB 12 OZ) 793g

Enlarged to  
Show Texture





**Bob's**  
**Red Mill**<sup>®</sup>



To Your Good Health  
Bob Moore

**ORGANIC**



**HARD RED SPRING**

**WHEAT BERRIES**

**PREMIUM QUALITY WHOLE GRAIN**

This High Protein Number 1 Dark Northern Hard Red Spring Wheat is some of the finest wheat available anywhere in the world! Whole grain wheat berries are very nutritious, containing 6 grams of protein, over 20 percent of your daily value for dietary fiber and 8 percent of your iron.

**NET WT 28 OZ (1 LB 12 OZ) 793g**



Certified Organic by QAI

Diets rich in whole grain foods and other plant foods low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers.

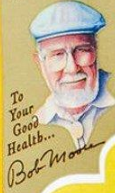


wholesome



keeps best refrigerated or frozen

Bob's  
**Red Mill**



**ORGANIC**



**WHOLE GRAIN**

**RYE BERRIES**

PREMIUM QUALITY WHOLE GRAIN

The peoples of Northern Europe and Russia use rye as their principle bread and cereal grain. Although rye has always been a minor grain in this country, with the current interest in whole grain eating, its use has been on the increase. Rye is rich in manganese, phosphorus, potassium and iron and is approximately 12% protein. The rye berries range from a golden hue to sage green. Often mistaken for moldy grains, the sage green color is unique to rye berries.



**NET WT 28 OZ (1 LB 12 OZ) 793g**

Certified Organic by QAI

Diets rich in whole grain foods and other plant foods low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and some cancers.



keeps best refrigerated or frozen

3236





The Original-100% Sprouted  
L'Original-100 % de grains germés

100% Sprouted Whole Grain Loaf

# EZEKIEL 4:9

Pain 100% grains germés entiers

All Natural  
No Preservatives

100% Naturel  
Sans agents de conservation

680 g



The Sprouted Grain Difference™  
La différence des grains germés™

As described in the Holy Scriptures: "Take also unto thee WHEAT, and BARLEY, and BEANS, and LENTILS, and MILLET, and SPELT, and put them together in one vessel, and make bread of it ..." Ez. 4:9

Tel que décrit dans la sainte écriture: « Prends aussi du BLÉ, de l'ORGE, des FEVES, des LENTILLES, du MILLET et de l'ÉPEAUTRE, mets les dans un récipient, et fais-en du pain ... » Ez. 4:9



TM  
MC







ALVARADO ST. BAKERY  
ALVARADO ST. BAKERY  
ALVARADO ST. BAKERY

FULLY FERMENTED  
VEGAN

ALVARADO ST.  
BAKERY

SPROUTED  
WHOLE WHEAT

B R E A D  
100% Whole Grain

MADE WITH  
ORGANIC  
SPROUTED WHEAT

Net WT. 24 oz. (1-1/2 lb.) 6819





6 TORTILLAS

**Sprouted**

**BURRITO SIZE**  
TORTILLAS

Made With Organic Sprouted Wheat

NET WEIGHT 13.2 oz. 372g



**Alvarado Street Bakery**

• Made with Organic Sprouted Wheat •

# LOW GLYCEMIC FRUITS

1. Olives – 0
2. Avocado - <15
3. Lemon Juice – 14
4. Lime, with peel - 14
5. Cranberries – 15
6. Sour Cherries – 22
7. Huckleberries - 23
8. Plum – 24
9. Grapefruit – 25
10. Bing Cherries – 25
11. Lemon, with peel – 25
12. Lime Juice - 27
13. Peach – 28
14. Prune – 29
15. Green Banana – 30
16. Apricot – 31
17. Raspberries - 32
18. Apple – 33
19. Pear - 33
20. Blueberries – 40
21. Strawberries – 40



















Fresh Frozen  
All Natural

Good source of the Antioxidant Vitamin C

# Cranberries

Farm Fresh • Recipe Ready • No Additives or Preservatives • Non GMO

PREMIUM

CAPE COD



SELECT



KEEP FROZEN

NET WT  
16oz (1lb) - 454g





TEAR HERE

TEAR HERE



3 LBS

ORGANIC  
— SWEET DARK —  
**CHERRIES**

NON-GMO | NO PRESERVATIVES | NO SUGAR ADDED



ENLARGED TO  
SHOW DETAIL

KEEP FROZEN

NET WT 3 LBS (48 OZ) 1.36kg





# LOW GLYCEMIC TROPICAL FRUITS

1. Guava – 12
2. Passion Fruit - 16
3. Tamarind – 23
4. Hogs Plum – 24
5. Banana, under ripe - 30
6. Soursop – 32
7. Sapodilla – 37



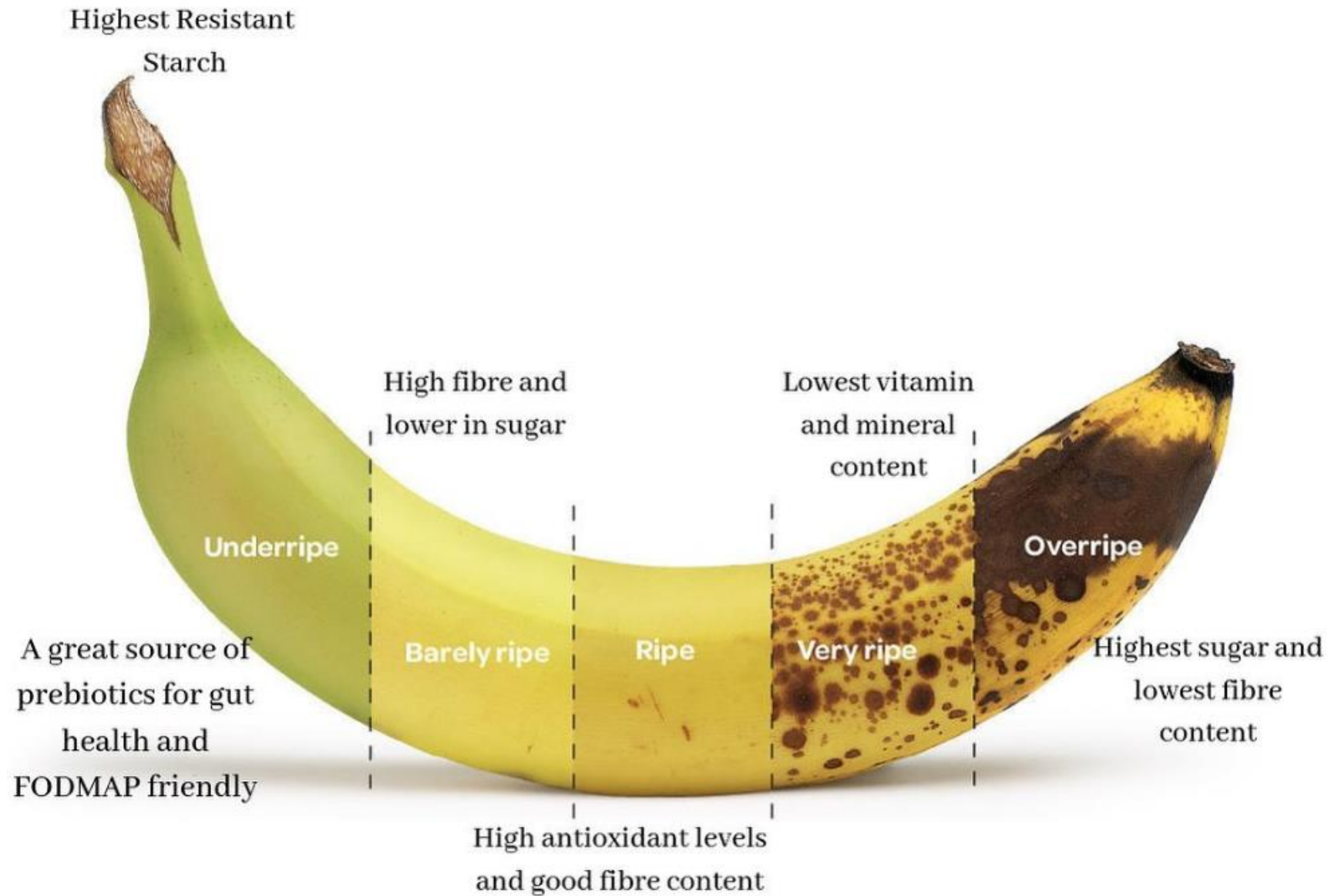


















## The Clean 15

On a budget, choose these conventionally.  
(Listed from lowest pesticide content)

1. Onions	
2. Sweet Corn	
3. Pineapple	
4. Avocado	
5. Asparagus	
6. Sweet Peas	
7. Mangoes	
8. Eggplant	
9. Cantaloupe	
10. Kiwi	
11. Cabbage	
12. Watermelon	
13. Sweet Potatoes	
14. Grapefruit	
15. Mushrooms	

## The Dirty Dozen

Always buy these organic.  
(Listed from highest pesticide content to least)

1. Apples	
2. Celery	
3. Strawberries	
4. Peaches	
5. Spinach	
6. Nectarines	
7. Grapes	
8. Sweet Bell Peppers	
9. Potatoes	
10. Blueberries	
11. Lettuce	
12. Kale/Collard Greens	

Source: Environmental Working Group 2011



# Dr. Greger's Daily Dozen

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.



## BEANS

Servings: 3 per day  
ex: 130g cooked beans, 60g hummus

## BERRIES

Servings: 1 per day  
ex: 60g fresh or frozen, 40g dried



## FRUITS

Servings: 3 per day  
ex: 1 medium fruit, 40g dried fruit

## CRUCIFEROUS

Servings: 1 per day  
ex: 30-80g chopped, 1 tbs horseradish



## GREENS

Servings: 2 per day  
ex: 60g raw, 90g cooked

## VEGETABLES

Servings: 2 per day  
ex: 50g nonleafy vegetables



## FLAXSEED

Servings: 1 per day  
ex: 1 tablespoon ground

## NUTS

Servings: 1 per day  
ex: 30g nuts, 2 tbs nut butter



## GRAINS

Servings: 3 per day  
ex: 100g hot cereal, 1 slice of bread

## SPICES

Servings: 1 per day  
ex: ¼ teaspoon turmeric



## EXERCISE

Once per day  
ex: 90 min. moderate or 40 min. vigorous

## BEVERAGES

Servings: 1750ml per day  
ex: water, green tea, hibiscus tea



Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.



Don't forget about these two essential vitamins:



**VITAMIN B12**  
2500 mcg cyanocobalamin once a week



**VITAMIN D**  
For those getting inadequate sun 2000 IUs of D3 a day



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NATIONAL BESTSELLER

"A medical breakthrough. . . . There is no question in my mind that it will work for you."

—MEHMET OZ, M.D.

EAT TO

LIVE

THE AMAZING NUTRIENT-RICH PROGRAM  
FOR FAST AND SUSTAINED WEIGHT LOSS

JOEL FUHRMAN, M.D.

COMPLETELY REVISED AND UPDATED

LOSE 20 LBS.  
OR MORE  
IN 6 WEEKS



NEW YORK TIMES BESTSELLER

HOW  
NOT  
TO  
DIE

Discover the Foods Scientifically Proven to  
Prevent and Reverse Disease

MICHAEL GREGER, M.D., FACLM

FOUNDER OF [NUTRITIONFACTS.ORG](http://NUTRITIONFACTS.ORG)

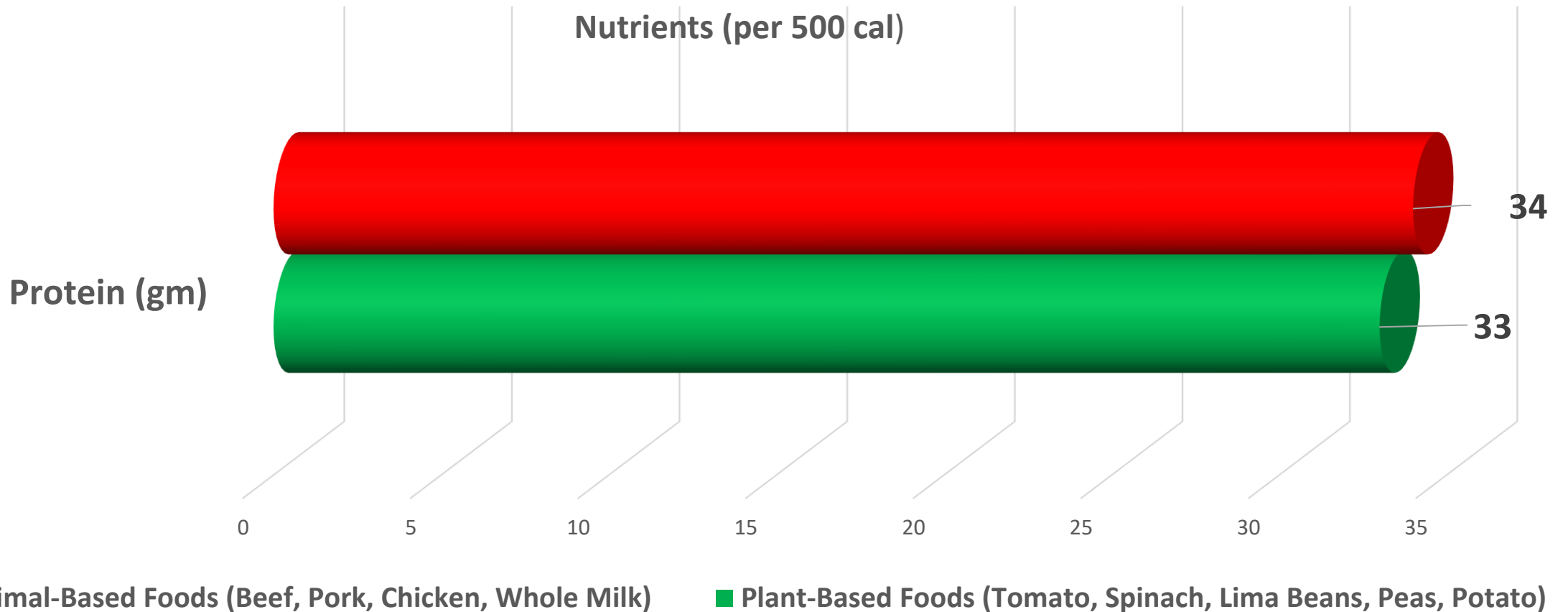
with GENE STONE

FEATURING DR. GREGER'S DAILY DOZEN:  
WHAT TO EAT TO ADD YEARS TO YOUR LIFE

# BEYOND WEIGHT LOSS



# PROTEIN IN PLANT VERSUS ANIMAL FOOD



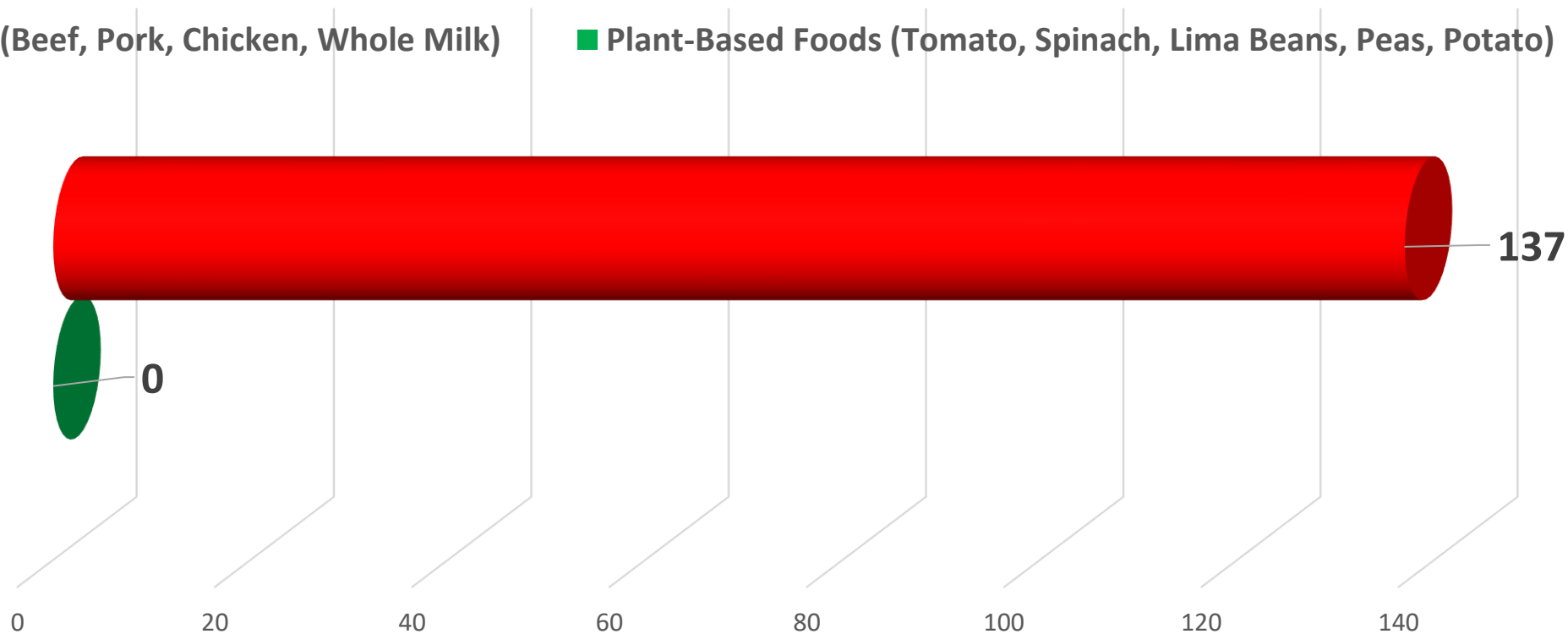
# CHOLESTEROL IN PLANT VERSUS ANIMAL FOOD

Nutrients (per 500 cal)

■ Animal-Based Foods (Beef, Pork, Chicken, Whole Milk)

■ Plant-Based Foods (Tomato, Spinach, Lima Beans, Peas, Potato)

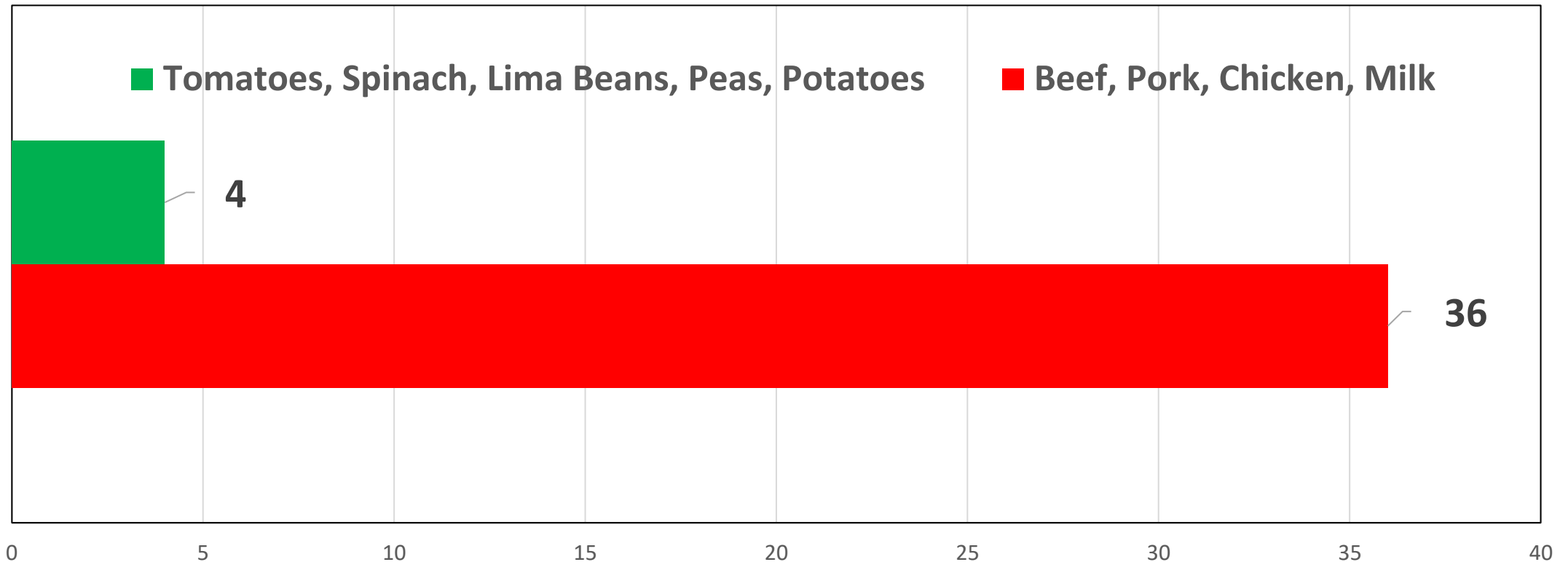
Cholesterol (mg)



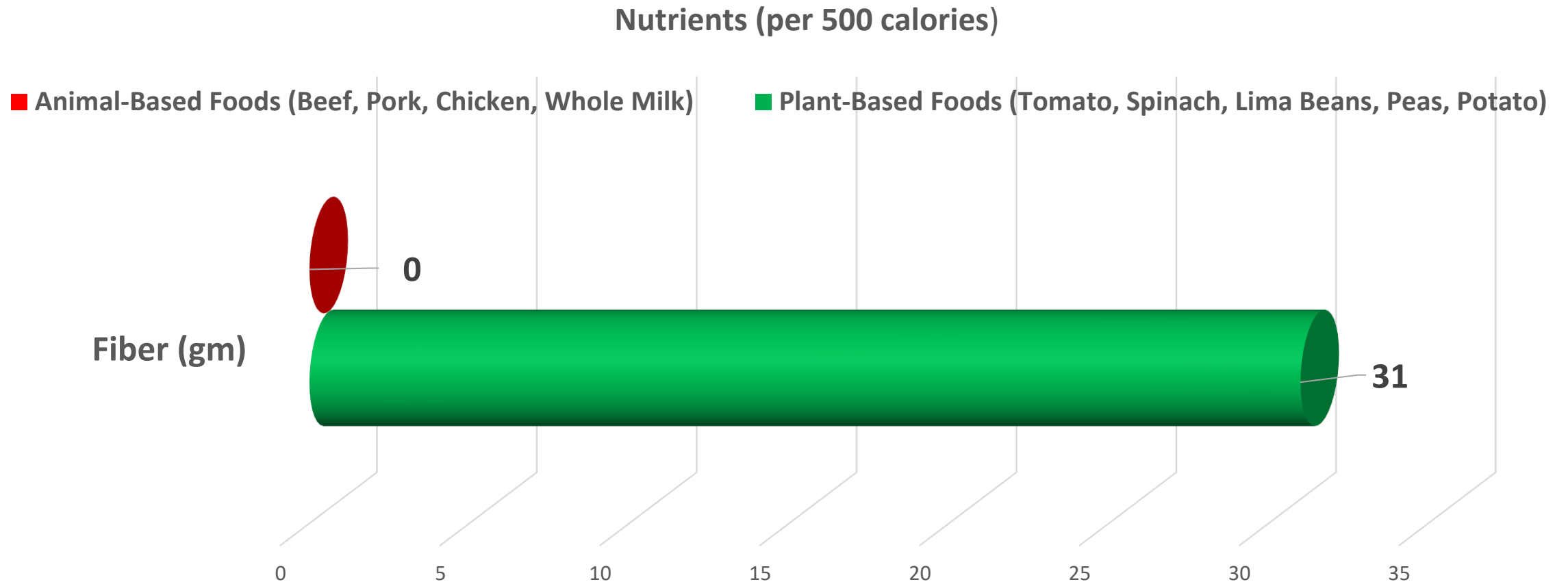


# FAT CONTENT OF PLANT FOOD VERSUS ANIMAL FOOD

Grams of Fat in 500 calories

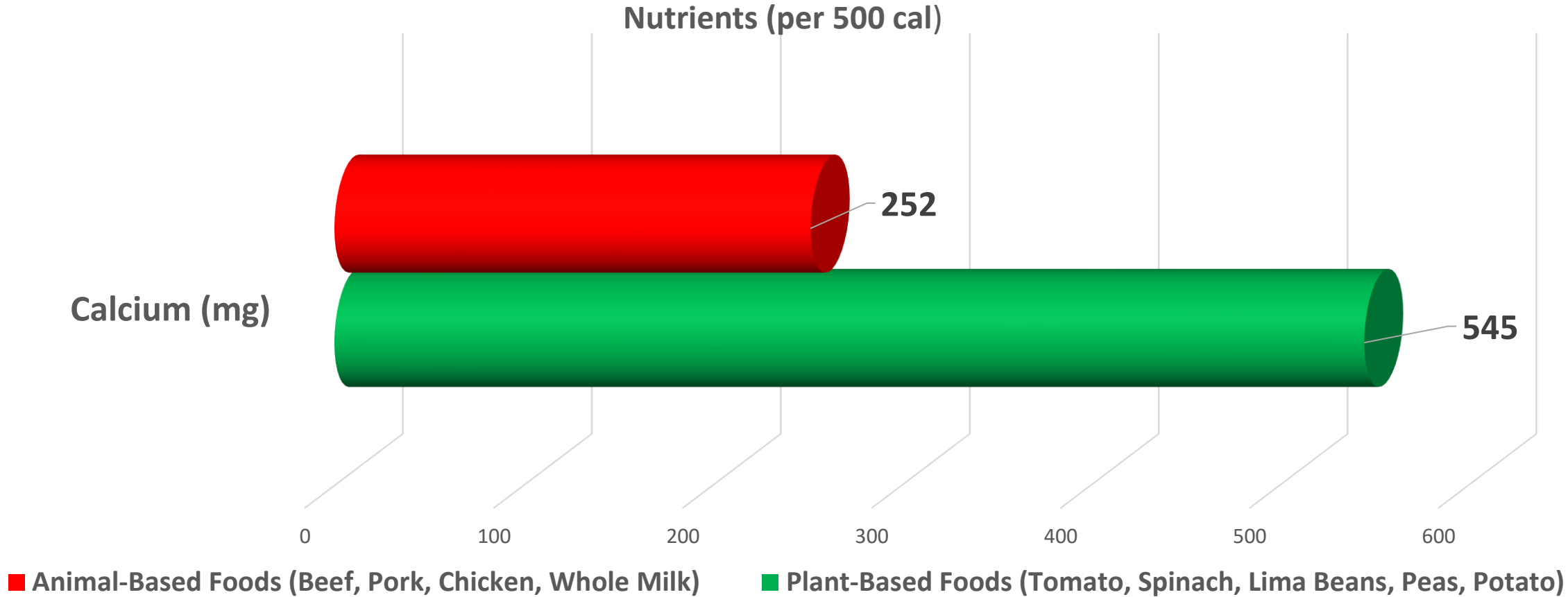


# FIBER IN PLANT VERSUS ANIMAL FOOD

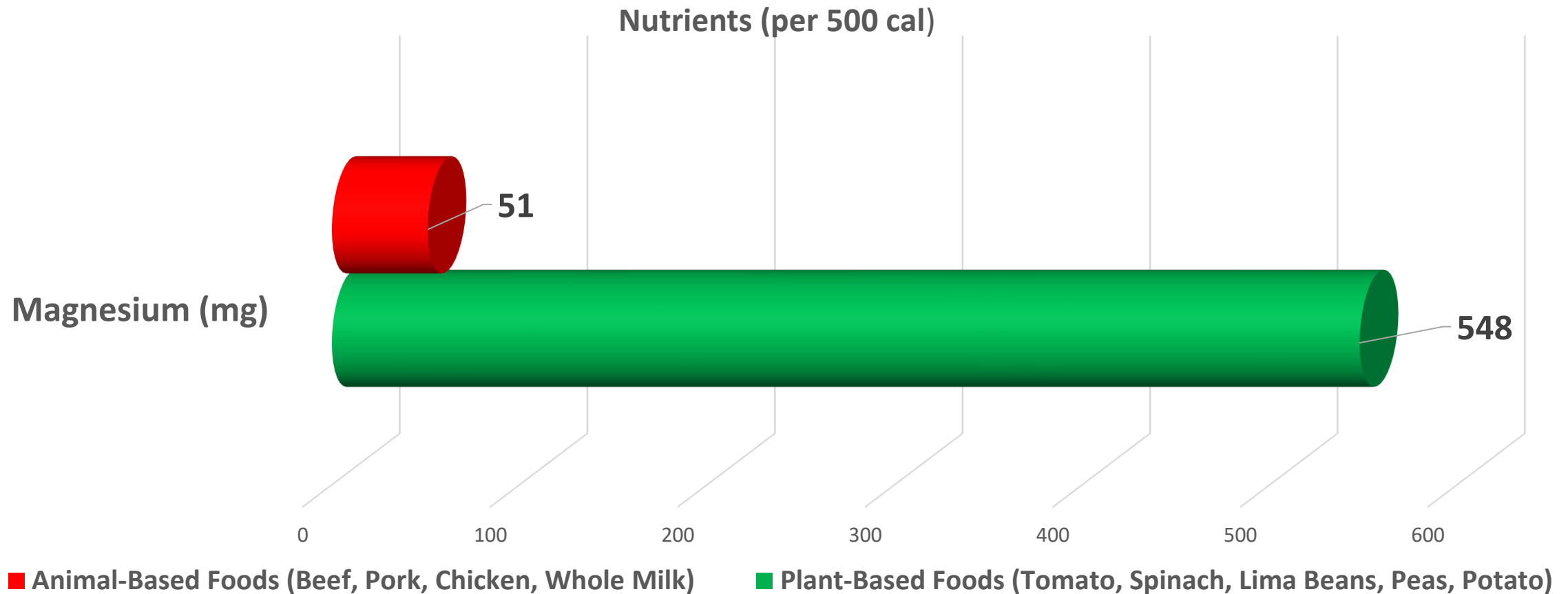




# CALCIUM IN PLANT VERSUS ANIMAL FOOD

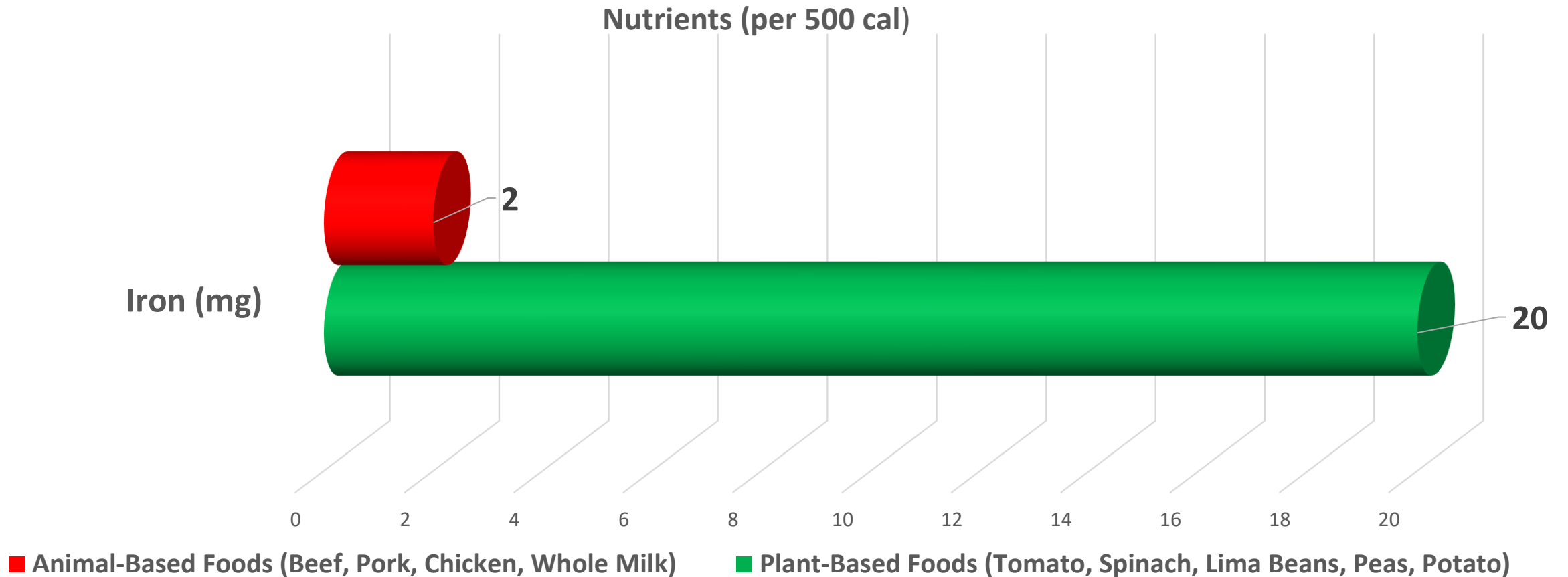


# MAGNESIUM IN PLANT VERSUS ANIMAL FOOD

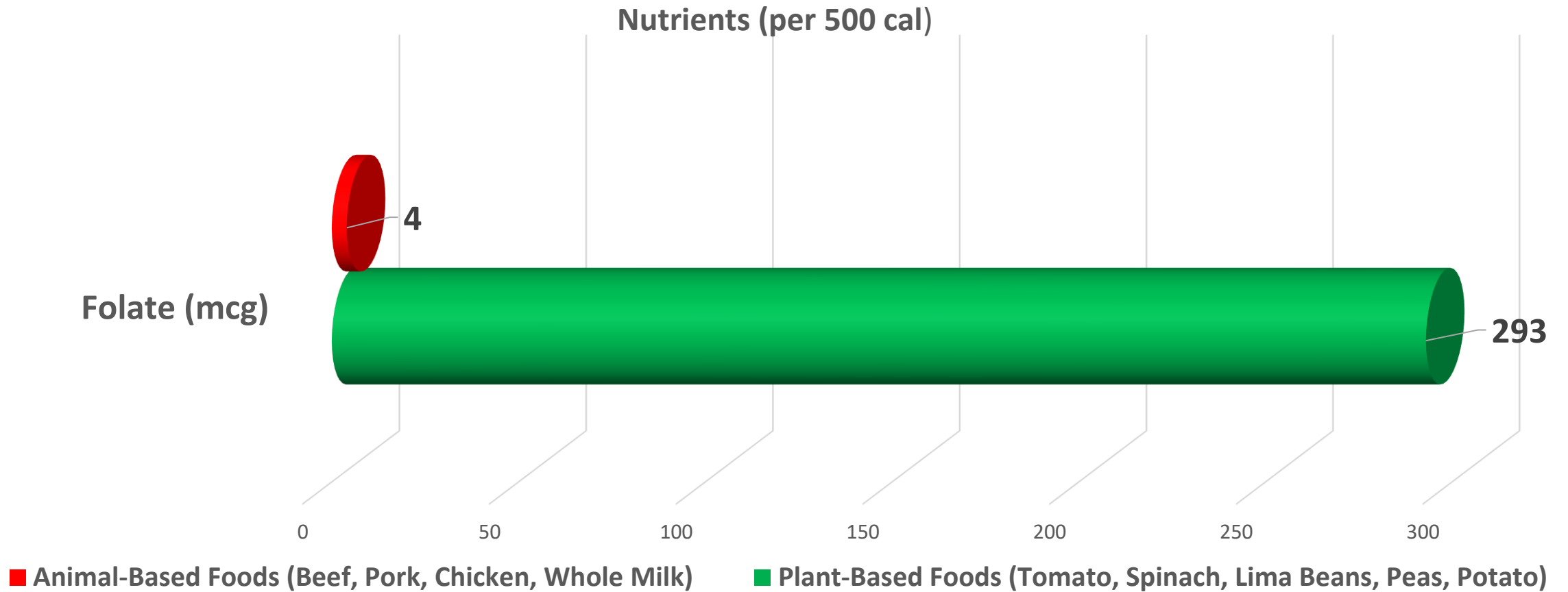




# IRON IN PLANT VERSUS ANIMAL FOOD

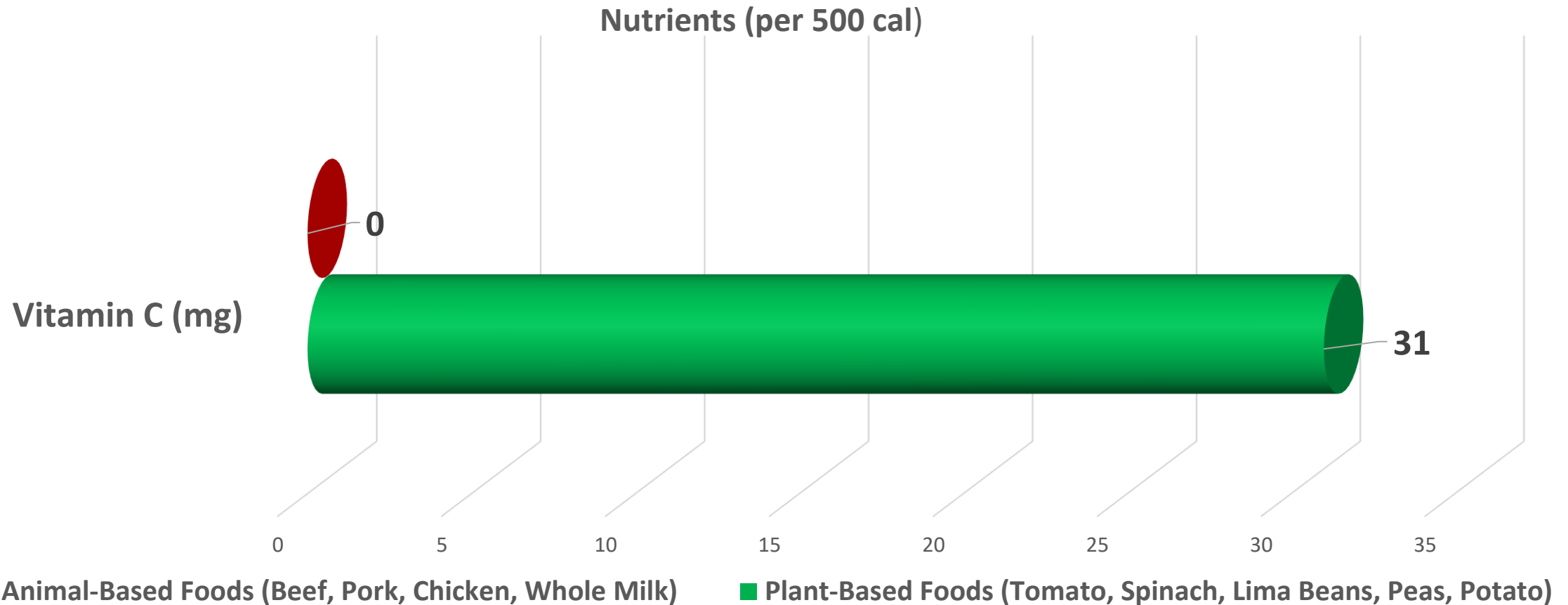


# FOLATE IN PLANT VERSUS ANIMAL FOOD





# VITAMIN C IN PLANT VERSUS ANIMAL FOOD



# CAROTENE IN PLANT VERSUS ANIMAL FOOD

