

# HEALTH

## BENEFITS OF BEING PLANT-BASED



### You want to transition to a whole food, plant-based diet, but where do you start?

- Watch the documentaries, “[Forks Over Knives](#)” (\$0.99 on Amazon Prime) and “[The Game Changers](#)” on Netflix
- Transitioning to a whole food, plant-based (WFPB) lifestyle (overnight versus taking a gradual approach) and knowing what to expect can help ensure success.



### Dan and Tess did the Overnight WFPB transition: Benefits & Challenges

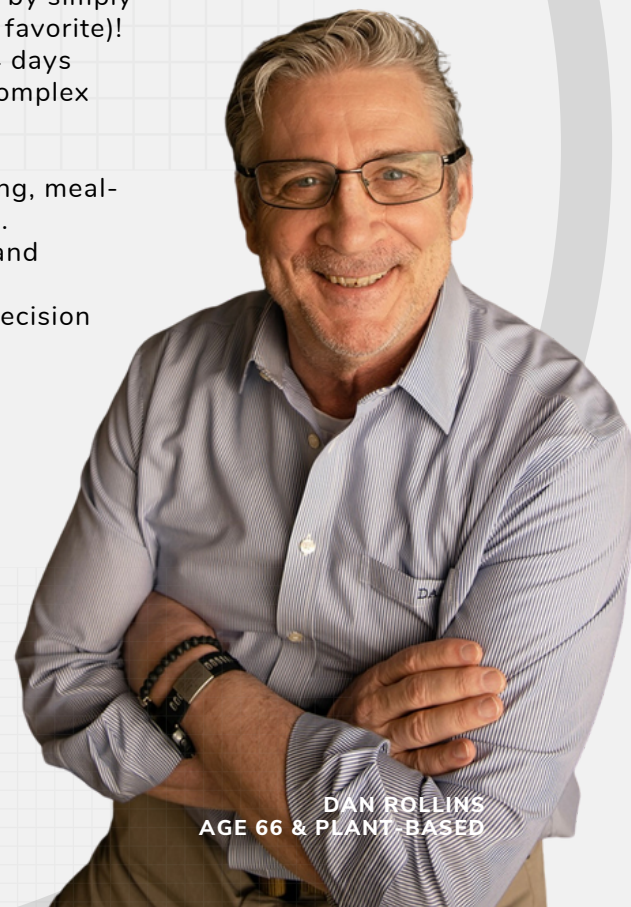
Quit your previous lifestyle, and dive right in!  
The benefits of transitioning overnight include:

- Improved health from a WFPB diet will appear quickly including more energy, better sleep, bowel regularity, weight loss, quicker athletic recovery, and improved complexion.
  - Dan’s 2/10/21 (pre-plant based) Cholesterol 271 High, LDL 184, HDL 36 (prescribed statins for over 20 years)
  - In comparison on 3/3/2022 his Cholesterol was 143, LDL 72, HDL 51
  - And continued maintenance on 5/26/2023 his Cholesterol was 133, LDL 57, HDL 58
  - The latest update on 11/7/2023, Dan’s overall Cholesterol was 124, LDL 54, HDL 44

- You get to try new WFPB foods and dishes.
- Get started by trying some plant-based recipes by [Forks Over Knives](#) by simply typing in what type of dish you would like to eat—even pizza (Tess’s favorite)!
- The [Forks Over Knives Meal Planner Starter/Trial](#) is totally free for 14 days
- Your taste buds will change quickly, allowing you to appreciate the complex flavors of whole plant foods.
- Cravings for unhealthy processed foods will be eliminated faster.
- Rapidly build your plant-based skills—reading labels, grocery shopping, meal-prepping—forming new lifestyle habits while maintaining momentum.
- Lower food expenses, since you will likely be cooking more at home and purchasing less processed items.
- Your commitment to eat healthier is consistent, which helps reduce decision fatigue and social pressure in different food environments.

Challenges can include:

- Possible temporary digestive and detox discomfort, if your diet did not already include a lot of whole plant foods.
  - A good probiotic is a must
    - You have a dilemma with getting rid of some food that you no longer want to eat.
    - You may want to stock your pantry with WFPB items, incurring a one-time expense on grocery bills. But don’t worry, a WFPB diet is one of the cheapest around, and your food bill will likely be consistently less expensive than before your transition.



DAN ROLLINS  
AGE 66 & PLANT-BASED

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For individuals who are skeptical, apprehensive, or if not everyone in your household is making the lifestyle change,

Dan and Tess suggest trying a gradual WFPB transition. Start with 1 or 2 days a week: Benefits & Challenges

- Steady progress at a pace that works for you! Benefits to a gradual transition include:
  - Easily manage replacement of your meals, menus, and ingredients with WFPB alternatives over time ...
  - Current food supplies can be used up and new ingredients added to your pantry, avoiding a higher initial stock-up expense.
  - Digestive discomfort associated with increased fiber and legume intake may be reduced.
  - Eating out or dining with family and friends might be easier to navigate.
  - Gradual progress could present certain challenges as well:
  - Personal health benefits of adopting a WFPB diet, such as more energy and weight loss, will not appear as quickly.
  - This is not a fad diet. Weight loss is permanent and sustainable. You eat until you are full and have less cravings, because you are not consuming empty calories.



### You need to redefine your meals and what a portion looks like

Plant-based meals are not limited to a meat-starch-veggie plate that we're accustomed to cooking. It is important to eat until you are sated, which takes practice to recognize and may look like a large quantity of food by traditional standards.

### Before you feel so much better, you may experience temporary discomfort.

You may experience headaches as your body detoxifies, hunger as you tweak portion sizes, and digestive issues as your intestinal microbiome adjusts to the higher fiber content of your diet. All of these are temporary. They can just as easily go completely unnoticed. (Dan had an uptick in gas, while Tess had no issues at all.)

Most resources Dan and Tess have come across suggest a commitment to a whole food, plant-based lifestyle of at least one to four months before you experience the full benefits.

When you really think about it, this is a time commitment of less than 1% of your whole life. How much vitality could you gain during such a short time?

The evidence shows switching to a plant-based diet can add ten years to your life! Now THAT is a worthy investment.

### Your decision to change to a WFPB lifestyle may be supported or contested

Friends and family can be a fantastic support system, or may unwittingly challenge your transition. Ultimately the decision is for you, Tess was reticent at first – she's now fully on board, but their college-aged son is still a "sometimes" carnivore. When he's home, they may have extra grocery items which they don't normally purchase and prepare extra food items which they don't eat. Although after a year, at least three times a week, he eats what they do.

TESS ROLLINS  
AGE 56 & PLANT-BASED



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That said, if you need plant-based support, there is a growing global community to help including:

- [Forks Over Knives Success Stories](#)
- [Centre for Nutrition Studies Success Stories](#)
- [Plant-based Doctors](#)

It is normal to struggle with communication and social situations during any lifestyle transition, but a transition which involves shifting food choices can present greater challenges depending on your social group.

### Your awareness of WFPB related benefits increase

Dan and Tess chose a whole food, plant-based lifestyle, because Dan did the research. After his heart attack on April 17, 2021, the doctors were at a loss to discern the cause. This was followed by prescribing a bevy of medications to address symptoms, some of which were to counteract the effects of other medications. This MOTIVATED Dan to seek a better solution, and he and Tess went through the “healthier alternatives” to the Mediterranean Diet (unsustainable as the taste all runs together), until finally landing on the solution ...WFPB. Of the common factor people chose the WFPB lifestyle, theirs was the health reasons, and his current goal is to get off all these medications, exercise three times a week and feel better. (Oh, did we mention he dropped 60 lbs. and kept it off for over a year so far ... and Tess dropped 30 lbs as well?) Since they made the change, they’ve learned a lot about the other common reasons people choose WFPB, for the good of the animals, other people, or the planet. As you experience a whole food, plant-based lifestyle, you will inevitably learn about these benefits which manifest from your decision to change as well and may find additional motivation in that knowledge. Heck, it could motivate you to maintain or improve your WFPB lifestyle or even inspire you into WFPB advocacy like them. With a nod to “The Game Changers,” they too have spent a lot of time saying “Why didn’t we know about this before?”



### The second-most important step is to keep going!

- You are part of a growing movement that will benefit your health, the environment, other creatures, and our society as a whole! [Whole Food Plant-Based Resources](#) is one site designed to support you!
- Once you exhaust this let Dan and Tess know. There are apps like [Happy Cow](#) to help find restaurant choices near you. [Green Fare Organic Cafe](#) in Herndon, VA is a restaurant which holds classes which includes preparing meals, as well as labwork and weigh-ins to assist you as you begin your plant-based lifestyle journey (and Dan and Tess know them pretty well, so if you are interested, they can likely get something arranged for you!).

### Are vitamin supplements and minerals needed if you are plant-based?

One common concern about WFPB diets is whether they provide your body with all the vitamins and minerals it needs. And the answer is that you get infinitely more nutrients from WFPB than you would do from a typical American diet. That said, there is one nutrient that all the experts say is lacking and there are another 9 nutrients which can benefit everyone.

The one the experts tout as not getting enough through a WFPB lifestyle? Vitamin B12 – because it’s basically dirt. A grazing animal consumes dirt with the plant it’s eating (all protein actually comes from plants), and when you cut out the animal and wash the veggies, you just don’t consume the same level of dirt. The recommended daily allowance (RDA) is 2.4 mcg per day for adults, and truth be told, meat eaters don’t get enough either. The Institute of Medicine recommends that everyone over the age of 51 — regardless of dietary lifestyle — consider a B12 supplement.

Now the vitamins everyone can benefit from

- Vitamin A – RDA @ 500 mcg RAE
- Vitamin D - RDA for vitamin D for children and adults is 600 IU (15 mcg) per day.
- Vitamin E – RDA is 18 mg.
- Long-chain omega-3s - Most health professionals agree that 200–300 mg per day should be sufficient.
- Folate – RDA is 400 mcg DFE.
- Magnesium – RDA is 428 mg
- Zinc - RDA is currently set at 8–11 mg per day for adults.
- Boron and Vitamin K (RDA limits not set).

The good news is that Dan and Tess did the research. They have tried this and tested that, and highly recommend Ritual. Ritual has done their research and package a multivitamin in a totally cool package and has a mint taste (for those who have difficulty taking vitamins) with all you need based on your sex and age range. Dan and Tess also get their prebiotics, probiotics and post-biotic from Ritual in a product called Symbiotic+. After 60+ years of a poor diet the symbiotic+ works wonders to support a balanced gut microbiome. That means they don't have gas and bloating issues. And this is the only link in this information sheet that, if you use it, they get a little something back.

Ritual: <https://share.ritual.com/x/aclrX7>

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DAN & TESS ROLLINS  
PLANT-BASED, HAPPY, & HEALTHIER

### Check with your doctor, especially if you currently on medication.

As the [Forks Over Knives Plan](#) (p5) says:

“Transitioning to a whole-food, plant based diet may result, in possibly a very short time, in improvement in your condition for which you are taking medication, and your doctor may decide to adjust your medications and/or dosage. **This is not because of a problem with the lifestyle. It is because your health may improve**, and as a result, you may need a different dosage than you're taking now. It is very important that you and your doctor monitor the situation so you take only the amount of medication you need.”

### So what's your to-do list?

- Watch the “Forks Over Knives” and “The Game Changers”
- Additional documentaries to watch:
  - “You Are What You Eat: A Twin Experiment”
  - “Poisoned: The Dirty Truth About Your Food”
  - “What the Health”
  - and so many more available on livestreaming platforms such as Netflix
- Try some of the free plant-based recipes on the Fork Over Knives website
- Visit whole food, plant-based restaurants like GreenFare Organic Cafe to try their menu options
- DO YOUR OWN RESEARCH
- Just start!

FOR MORE INFORMATION OR FURTHER DISCUSSION, YOU MAY CONTACT DAN & TESS ROLLINS AT [SIMPLYWFPB@GMAIL.COM](mailto:SIMPLYWFPB@GMAIL.COM).

DESIGNED BY



The content within this document is based on research and personal experience of Dan Rollins and is in no way intended as medical advice. It is recommended that you do your own research and consult a physician before making decisions involving your health.