

# PLANT BASED DIET IMPROVES GLUCOSE METABOLISM IN 18 DAYS

Francisco E Ramirez, Nedley Clinic, Weimar, CA  
 Neil Nedley, Nedley Clinic, Weimar, CA  
 Linda Ivy, Walla Walla University, College Place, WA  
 Katelyn Antuna, Weimar Institute, Weimar, CA  
 Albert Sanchez, Weimar Institute, Weimar, CA  
 Jill Buller, Nedley Clinic, Weimar, CA



## BACKGROUND

Impaired glucose metabolism affects atherosclerosis. Improvement in blood glucose levels could prevent many future complications.

## HYPOTHESIS

The low caloric density of plant-based diets could decrease weight, affecting fasting blood glucose (FBG) levels

## METHODS

Data from 1,827 patients, that received residential treatments at a lifestyle center in Weimar, CA was used. A low fat whole plant based diet was prescribed together with intensive exercise, sleep hygiene, medical therapy, hydrotherapy, massage, psychological and spiritual therapies. A physician monitored the patients during their 18 days of training and intervention. Some patients reduced their blood glucose medication during the 18 days. The morning FBG was measured at baseline and at the end of 18 days. Mg/dl scale was used.

## RESULTS

From 1,827 patients, 1,193 of them were females. Mean age at baseline was 59.6 SD 15.5. At baseline, fasting blood sugar was (average, median, mode, min, max) 108.2, 96, 90, 39, 437. SD 39. SEM .9. At the end of the 18 days it was measured at (average, median, mode, min, max) 102.1, 93, 89, 51, 495. SD 32, SEM .7. Weight and BMI during this time also changed. The average weight at the beginning was 178 lbs SD 54.7, SEM 1.2 and at end it was 174 lbs SD 51, SEM 1.2. Average BMI at beginning was 28.6 SD 7.7, and at end was 27.9 SD 7.7.

## CONCLUSION

A plant based diet, as well as lifestyle changes, can help decrease FBG levels. Some patients had an increase in FBG due to a decrease in their medication.

## CLINICAL IMPLICATIONS

Lifestyle interventions options should be offered to patients with elevated fasting blood sugars.

Contact: [eramirez@weimar.edu](mailto:eramirez@weimar.edu)

