Cardiologist 30-Day Plant-Based Reset: Drop BP, Cholesterol & Belly Fat. Transcript

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Introduction to the 30-Day Plant-Based Reset

So what if the next 30 days could do more for your blood pressure, your cholesterol, and that stubborn belly fat than the last three years of diets and medications?

Now especially if you're trying to cut back on meds or transition off the successful GOP-1 agonist just by changing what you put in your bowl. I'm Dr.

Columbus Patisse. I am an interventional cardiologist and lifestyle advocate. And listen, I've spent years in the cath lab, opening blocked arteries, putting in stents, treating heart attacks that never should have happened, managing patients who are struggling with their weight, blood pressure, diabetes.

Over the time, the patients that changed what was on their plate, in addition to meds, often did better than the ones who only changed their pills. So in this video, I wanna walk you through a 30-day plant-based diet reset that I've used with my family, my friends, and my own patients, all in efforts to help them lower their blood pressure, improve their cholesterol, trim that belly fat.

But not stopping there, I want to support people who want do more with your medications, or even those who are willing to transition off GOP1s without perfection, without starvation, with living in the kitchen.

So if you're the kind of person who likes things written out, that's like me, I love lists. I set this entire reset plan. Took me some while, a while.

And I put it into a free 30-day plant-based diet reset guide. You'll find that link down in the description, but I'll remind you about it a little bit later on.

Now, listen, we all love the energy around January, new beginning, and new calendar, or new year, the new you. But here's something I've learned. Every single morning that we open our eyes is a new January.

We don't have to wait for a holiday. or a Monday, you just need a plan that fits you, your real life. So we don't just have a weight loss problem in America, we have health problem.

It's not just the number on the scale, it's the clogged arteries, the rising blood pressure, insulin resistance, inflammation, quietly building in the background.

But before we go deeper, I really want to slow down and ask you something very important. You ready? On a scale of 1 to 10, how ready are you to change the way you eat?

For the next 30 days at least. Now I'm not asking how guilty do you feel. I am asking, How confident are that you can actually do this in real life with your real schedule?

Assessing Readiness and Choosing Your Reset Level

So once you think about your work, your family, stress, habits, then I want you pick your number. Now, if your number is one to three, that means you're just a bit curious, but maybe you are not quite ready for a big overhaul yet.

You're kind of still in that curious finding stage. Now if you number four to six, it means I know I should change and I want to, I'm not sure I can stick with a full reset yet and now guess what?

That's honest and that's a great place to start at roughly 50 percent. If your numbers seven to ten, listen I am tired of feeling tired and ready to put some skin in the game.

and you're a good fit for 100% reset for 30 days. Now, I need you to say your number out loud, right? I'm a three, a six, and a nine. And if you are comfortable, drop it inside the comments with the word reset.

Because guess what? It's time for a reset, because your numbers are not just a grade, it's a starting point. And later on this video, I'll show you exactly what to do if you're in the one to three group, four to six, or seven to 10. So your plan actually matches where you are.

But for now, let's talk about why this reset works so well. I need to be straight with you for a moment, right? So as a cardiologist, yeah, the field of cardiology, we can open blocked arteries, so we change heart valves.

We can adjust your medications, all the fancy tests, but we cannot out-stint a bad lifestyle. And I've started to see over the years a pattern with people with high blood pressure, high cholesterol, diabetes, kidney disease, extra weight.

We're tweaking meds, we're adding med and sometimes the numbers move, but not often by much. But when people change what was on their plate and began to move their bodies, everything began the shift.

Blood pressure comes down, cholesterol comes, blood sugar, energy comes back. Why? Because your heart, your kidneys, you're pancreas, Your brain, they're all sharing the same bloodstream.

flowing through vessels lined by cells called angelthelium. Now that lining is like a report card for your future health and your food choices, they change that report every single day.

When you move forward with a whole food plant based diet way of eating, you're not just on a diet, your literally changing the chemistry inside of your vessels.

Alright, listen, let's talk about what this reset can actually do when it comes to blood pressure.

Why Plant-Based Eating Improves Heart Health

So studies have shown people who eat plant-centered diets, they tend to have a 5-point lower top number, that's systolic, and a 2- point lower bottom number diastolic compared to meat eaters.

Now that what you see in enlargement analyses of vegetarian diets and blood pressures. We've seen this reported in Journal of American Medical Association.

It may not sound like a lot, but it lowers your risk of stroke and heart attack. But this eating pattern also impacts cholesterol. With a plant-based portfolio pattern where there's more protein and fiber and nuts and sterols, LDL cholesterol drops by nearly 30% in randomized trials.

And those portfolio dietary trials were published in Journal of American Medical Association and additionally in the Journal for American Heart Association.

That's what we see with some statin doses inside of outpatient practice. But it doesn't stop there. Weight and belly fat begins to melt away. A 16 week randomized trial showed that individuals on a low fat vegan diet, they lost roughly 11 pounds on average.

The control group? Barely moved. No extreme calorie counting, no sad little diet bars. Now here's the bonus. Inflammation, long-term risk from dietary eating patterns, they lower the inflammation, especially the high sensitivity C-reactor protein.

And we see this, which is very predictive of future cardiovascular events. Big population studies have shown that

people who stay on the plant-centered way of eating, their lower risk of dying from cancer.

lower risk of dying from heart disease, lower of risk dying of all-cause mortality. No, we're not chasing perfection. We're just tilting the odds in your favor, meal by meal, by over fork.

And if you want a deep dive in exactly how this works, from your gut bacteria to nitric oxide, keep tuning into this channel. I've got an upcoming episode, Whole Food Plant-Based Diet 101, I'm gonna break it all down there.

All right, quick myth check. You don't have to be perfect, right? You don't have to be perfect tomorrow. You have move to a cabin in the woods, live on kale chips.

Even moving part of the way towards a plant-centered diet can start shifting your numbers. Alright, so people always ask me, what do you mean, doc, by a Plant-Based Diet Reset?

Now, when most people hear diet, they get scared. They think temporary, restricted, miserable. But the word diet actually comes from the Greek diata, which literally means a way of life.

What a Plant-Based Reset Includes

So when I say a plant-based diet reset, I'm not talking about a 10-day cleanse or punishment. I am talking of a 30-day shift in the way of living. More plants, less junk, and less confusion.

And when i say plant based, i'm really talking a whole food plant base diet. Fruits, vegetables, whole grains, beans, legumes, nuts and seeds. The food that is recognizable by your great great grandparents.

So it's not about what you don't eat. It's about what you do eat, real food, whole food plant-rich food. Now for some, this is going to be 100% for the next 30 days.

For others, it means starting roughly at 50% and building as you get the wins. The goal is never perfection. the goal has always progress. A progress that you can actually keep.

So if you're still with me right now, listen, you are already doing more for your heart than most people do all year. I want to make this as simple as possible.

No perfection, no gourmet recipes, just one bold formula you can repeat. Now, if I'm honest, this is where most New Year's resolutions fall apart. People will say, ah, doc, I just gonna eat better.

I'll just try a little harder. That's not a plan, that's a wish, a hope. Let's keep it simple. First step, write it down, put pen to paper. Ask yourself, what will I eat for breakfast, for lunch, or dinner on most days of the week?

What do I need in my pantry, freezer, and fridge to support this? So I'm not stuck. Now I want you to turn that into one if-then plan. For example, this is what I mean by that.

If it's Sunday at 5 p.m., then I'll batch cook rice and beans for the week. Or if I get home late and I am tired after 7, I will make a quick bowl, right, with a bunch of ingredients in my freezer.

Psychologists call this an if then plan, they work because you decide ahead of time what you'll do when the situation pops up. This is like what athletes do.

when they're game planning for their opponent. So in the moment you don't have to rely on willpower, you just have follow the script. You're already really down, and if you want help, guess what?

It's in that free reset guide, right? And so I even give you space to write that out. Alright, what's the second step for success? Kill the plan.

Simple Meal Planning and Bowl Building

Pre-mortem planning is what they call it in business, so instead of waiting for the plans to fail and then asking what happened, we kill the plant on purpose before we start.

I want you to picture this. It's six weeks in the future. You're off the reset and you're back to old habits and your asking yourself, why did it fall apart?

Got busy at work, family wasn't on board. Now give each one a simple counter move. Busy at Work? I'm gonna lean on frozen veggies, canned beans and quick bowls three nights a week.

Family not on Board? All right, cool. We're gonna do a build your own bowl. So everyone gets to pick their own toppings and their ingredients. A pre-mortem is like a practice run for your obstacles.

People who do this, they're less surprised when life happens, because guess what? They've already seen the problem once, and they've planned their move, you just have your plan of second life before day one.

Then third step is, to be successful we have to always be smart, specific, measurable, achievable, relevant, time-based. For example, I will eat a plant-based bowl for dinner five days a week, right?

For the next 30 days, it's specific. You can measure it. If it fits your life, It lines up with your goals, and it is time-bound. So when your brain knows exactly what to do and when you're done, its way easier.

to get started, right? And to keep going. Day goals, they disappear. Clear goals. They change behavior. Now here's the thing. You can tweak the details.

I want you leaving this video with one clear goal you're willing to try. And you'll see a template for this in the reset guide as well. Now let's talk about how to actually eat this way.

So I told you already, I'm not big on all of this cooking, but my go-to is a bowl. I start with a base. Whole grains, starchy veggies, brown rice, quinoa, barley, oats, sweet potatoes, those are good.

And then I add a protein. Now listen, only mention protein because it's what's at the forefront of everyone's mind when it comes to eating patterns. But Ima challenge this thinking process in future episodes.

So I'm talking about black beans and chickpeas and lentils and tofu and tempeh, or even the vegetarian meat substitute if you're on that transition phase.

Next you add your veggies, frozen or leftover, broccoli, spinach, peppers, mixed vegetables, mix salad, right? And last and not least, you always have to add the flavor, salsa, marinara, hummus, tahini, lemon drizzle, something.

Real-Life Example and 30-Day Action Steps

actually simple that you love, right? You don't have to be a chef, you just need to mix and match a little bit. Now if you're thinking, Doc, listen, I don' have time to cook and chop all day, guess what, neither do I.

So that's why I rely on veggies, frozen, berries frozen grains frozen can beans, those are your busy day lifelines. And they're just as nutritious and way more convenient.

All right, so which meal trips most people up? Is it breakfast, lunch or dinner? At least for me, it's usually dinner. and late night snacking. So here are some of my swaps right and so it's starting in the morning instead of a sugary cereal have a warm oatmeal or berry even a smoothie bowl right can satisfy that flavor that's there.

I said burgers and fries for lunch. Have a bowl with brown rice, black beans and veggies and salsa avocado. And here's the catch. Instead of pepperoni pizza or pizza at all, have a whole grain pasta, marinara with lentils or white

beans, and maybe some mushrooms and some spinach.

Same comfort, way better ingredients that will help spur your goals. Now let me tell you about a friend of mine. So I have lots of people who call me about advice.

A friend of mine in his 50s, blood pressure, diabetes, kidney disease, multiple meds every January, he's always talking about starting a new diet. This year I'm going keto, this year, I am doing shakes, This years low carb, no carb something carb.

By March, Blood pressure is still high, his weight is about the same, one or two pounds off. And he has been worn out after all of that discussion. Now last year I asked him, listen, on a scale of 1 to 10, how confident are you that you can stick with a 100% plant-based diet?

And he said, Listen, maybe only about a five. And I was like, Look, perfect. He said what? I said yeah, Perfect. I told him that he didn't need another all or none blast.

he did a 50% reset. So we set one simple goal for the next 30 days. Eat a plant based bowl for dinner. five nights a week and have that bowl early at six or seven o'clock at night.

And so we used precooked brown rice, canned beans and veggies and salsa, avocado. We walked through all the things that might derail him. The kids activities, the takeout people order, we built in simple counter moves.

Final Reset Plan and Call to Action

the frozen meals were ready, a 10 minute bowl with beans, and vegies when ordering out. He wasn't perfect and he did miss some nights, but he stayed in the game.

By month three, blood pressure was trending down, he needed less insulin, his waistline began to shrink, and he was like, I cannot believe that this is the first January that didn't end in failure.

He went slow in order to go far. And this what the heart of the reset is. It's about going slow to going far, so I mean, listen, we need to turn all of this into action.

Step one, choose your level. Remember, that number you picked earlier? I need you to comment your number. One to 10, plus the word reset. Remember, if you're seven to ten, I want you to shoot for 100% reset for 30 days.

If you four to six, aim for about 50% percent reset, one plant-based meal a day, or half your plate with plants. if your one to three, your reset is simple.

For the next 30-days, add one whole food plant based meal or item that you try every day. Breakfast, lunch or dinner. It's no pressure to be perfect, but just getting in the game.

Just one, whole-food plant base win every single day and pay attention to how you feel. Now step two, I need you to write your SMART goals. Remember, specific, measurable, achievable, relevant time base.

I'll eat a plant-based bowl for dinner five nights a week for the next 30 days, or I will have green leafy vegetables at every meal. Or I have plant based breakfast six days a month this month.

And use a reset guide to ride down and turn it into if implants. Now step three, build your bowl system. Pick your two grains that you love, the two lagoons you loved, veggies, sauces, then stock your pantry and freezer.

So busy days don't knock you out the game or make you go off track. Now, step four, I need you to kill the plan, right? I want you ask if this fails by February why?

Write down one or two counter moves. Now step five, bring someone along with you, right? Birds of a feather flock

together. Share this video with someone you care about.

Ask them to be your reset partner. We all need partners in crime, this crime is a good crime. Right, we wanna take out disease. Now if you're tired of starting over every New Year's Eve or New Years, maybe it's time to try something different.

It's not about perfection, it not being extreme, It is about being intentional. A plant-based progress that you can sustain. I want you to remember, if want to go fast, go alone.

If you want go far, Go together, let's go Far together building healthier, hard, stronger communities so you can achieve the goals you want. So I need you to like it, share it send it and save a life.

I'll see you next time.