

% of Participants



% LDL Drop

0-4%

10-14%

15-24%

25-34%

Engine 2 Mercersburg 28-Day Adventure in Healthy Eating October 2010

LDL Drop

48 participants had pre- & post-lipid profiles

Note – This was a “community adventure” with 105 enrollees – not a scientific randomized, controlled trial. Participants decided on their own what parameters (if any) to monitor and report. Participants self-monitored the extent to which they followed Engine 2 recommendations, and participated in pot lucks and team communications to whatever extent they found helpful. This pie chart illustrates what can be achieved with the Engine 2 Diet in a “real life” setting; 70% had 10% or greater drops in their LDL.

A Healthy Eating Adventure

It Started with *The Engine 2 Diet*

By 2007 National Tri-Athlete and Austin, Texas, firefighter, Rip Esselstyn, was tired of worrying about his fellow firefighters being “heart attacks ready to happen”. Using team camaraderie, he was able to teach them how to cook and eat the plant strong, heart healthy diet that his dad, Dr. Caldwell Esselstyn, had successfully used for his cardiology patients. The approach was so “people friendly”, and easy to follow that Rip wrote the book, *Engine 2 Diet*.

The program in Rip’s book is so usable and results so compelling that the national Whole Foods grocery chain hired him to help with an employee wellness program at all their stores.

Creating Engine 2 Mercersburg

In May 2010, after reading an article about Rip Esselstyn, Dr. Elizabeth George, a family physician in Mercersburg, emailed him saying, “What you’re doing is great, but there is no Whole Foods within 50 miles of most small towns in the USA. Come create a healthy eating program that can work in small towns!”

Rip accepted the challenge to create “A Community Adventure Healthy Eating”. In July of 2010, Rip and Dr. George met with a group of 10 community members to create a project to help people learn to cook and eat the plant strong way. This team of 10 learned new shopping and cooking habits from Rip and his book, and shared hints and great tastes at weekly potlucks for one month. After a month of eating plant strong, with some LDL’s dropping by more than 20%, and tastebuds reawakened from their sugar, salt and fat coma to the taste of real food, this group was ready to coach their own Engine 2 teams and create the Community Adventure, nicknamed “Engine 2 Mercersburg”

Since then “Healthy Eating Adventures” have been held every 4-6 months in locations across Franklin County including Mercersburg Academy, Penn National Community and Wilson College.

What participants have to say:

I lost 30 pounds [in 4 weeks] and feel physically great; after the first week of eating this way I no longer felt stiff. Even though I have been going through a very stressful time, I feel eating the right foods has helped me cope with many things that I would have normally used as a crutch and stuffed my mouth with comfort foods like ice cream or candy. [Ed’s LDL dropped to 53 in the 28 days -- 41 points beyond what Lipitor had done.]

-- Ed Bard

I started following the Engine 2 diet in October to lower my cholesterol. Since that time I went off my cholesterol medication and I also lost weight. By following a plant based diet, I have more energy and eat more now than ever. Instead of putting the focus on the things not to eat, I consider the volume of fruits, vegetables and whole grains that are available.

-- Laurie Rice



The Engine 2 Diet describes in an engaging, readable way the reasoning behind a plant strong eating plan. It presents an exercise plan, a shopping and “get your kitchen ready” plan and then numerous tasty, easy recipes.

Be Adventurous...

Eat for the Health of It

- * **Be part of the new Healthy Eating Adventure.** Get information on how to join the next adventure on mac4wellness.org or call 717-328-3917.
- * **Your guides will be:** *The Engine 2 Diet*, by Rip Esselstyn, and *Prevent and Reverse Heart Disease* by Caldwell Esselstyn, Jr., M.D. Copies available at Modnur Pharmacy, Wilson College CSA and online.
- * **Experience success by working with a coach and ongoing support.** Receive information about finding local heart-healthy foods and products. Learn to cook with healthful ingredients. Share successes and questions with others. Teams are local or long-distance.
- * **Get cholesterol and glucose profiles done before you start and after 28 days.** Weigh yourself before you start and after 28 days. The numbers will reveal improvements in cholesterol, blood sugar, weight and blood pressure. For information about lab vouchers, email mac4wellness@gmail.com.
- * **Weekly potluck dinners** during your Adventure provide inspiration and support for your new plant strong shopping, cooking and eating habits. You'll know you're not alone in creating wellbeing.
- * **Additional resources:** mac4wellness.org, engine2diet.com, heartattackproof.com, vegsource.com, forksoverknives.com
- * **Graduation Event!** Time to celebrate and share success.

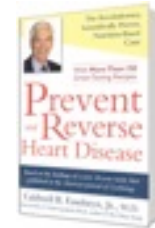
Caldwell Esselstyn, Jr., M.D.

In September 2011 Dr. Caldwell Esselstyn joined us at Mercersburg Academy's Burgin Center to present "Prevent and Reverse Heart Disease" followed by Ann Esselstyn's "Shop, Stock & Cook". Dr. Esselstyn also presented his research to the Summit Health medical staff CME series. Since then more physicians, staff members and patients have been discovering the health benefits (and the fabulous flavors) of whole-foods and plant-strong eating habits.



CLEVELAND CLINIC,
DIRECTOR OF
CARDIOVASCULAR
DISEASE PREVENTION
AND REVERSAL

Dr. and Ann Esselstyn emphasize that it is not about dieting, it's regaining our ability to choose and prepare healthy foods. It's choosing wellness. It's about prevention, not waiting to become ill. It's about reversing illness that has already occurred.



Dr. Esselstyn and his research-



based success with patients has been featured in films, television and literature.

Ann Crile Esselstyn is hailed as the world's most enthusiastic healthy eating coach. She has developed hundreds of healthy recipes and supported patients for twenty-five years.

THE PROGRAM IS MADE POSSIBLE THROUGH THE GENEROSITY OF WILSON COLLEGE, JOHNNIES, ORCHARDS, COUNTRY BREEZE FARM MARKET, STONESIFER & SHETTER REAL ESTATE, PURE AND SIMPLE CAFE, SUMMIT HEALTH, BISCOTTII CAFE, MERCERSBURG ACADEMY, FAST INK IN MERCERSBURG, MODNUR PHARMACY, AND WHOLE FOODS.

A Community Adventure In Healthy Eating

MACWell



**WOULD YOU
LIKE SUPPORT
FOR TAKING ON
HEALTHY EATING HABITS?**

- * Re-Awaken your ability to enjoy flavors of foods
- * Lose cravings for sugar, salt and fat
- * Lose Body Fat
- * Lower Blood Pressure & Cholesterol
- * Normalize Blood Sugar
- * Reduce Medical Costs and Medications
- * Sustain Good Health
- * Be Heart-Attack Proof



For information contact:
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Thank you to the many Volunteers who make this Adventure possible.