



Start Anew: 10-Day Nutrition Program for Better Health

(Fort Myers, Fla. – April 3, 2018) --- Lee Health recognizes the importance of nutrition for a balanced, healthy lifestyle. To help people adopt healthier eating habits, especially those interested in adopting a whole food, plant-based lifestyle, Lee Health is offering Start Anew, a 10-day nutrition program to promote better health. A kick-off of the 10-day program will be held April 16 at 6 p.m. at HealthPark Medical Center in Fort Myers.

The 10-day Start Anew program fights known side effects of poor diet, including grogginess, brain fog, bloating, and aches and pains, through healthy, plant-based, whole foods. Research shows that following this type of plan promotes numerous health benefits, including:

- Weight loss
- Reduction in cholesterol
- Reduction in blood sugar
- Reduction in blood pressure
- Clearer thinking
- Increased energy
- More optimistic feelings

“It’s never too late to combat the effects of a poor diet,” says Rowe Hudson, RD, LD, CDE, director, Lee Health Solutions. “Good nutrition plays an important role in helping to keep you healthy and is a non-surgical intervention to improve chronic medical conditions. Many people experience substantial results after the 10-day program.”

Start Anew includes:

- 20 Flavor Harvest plant-based entrees prepared by Culinary Solutions
- Lab (cholesterol, triglycerides and glucose) testing before and after the 10-day program
- Plant-based recipe book
- Plant-based movie DVD
- Initial kick-off meeting led by Brian Taschner, M.D., Lee Physician Group cardiologist

Pre-registration is required to participate and fees apply. To learn more about the program and associated costs, or to register for the April 16 kick-off, call Lee Health Solutions at 239-424-3121 or email StartAnew@LeeHealth.org.

About Lee Health

Since the opening of the first hospital in 1916, Lee Health has been a health care leader in Southwest Florida, constantly evolving to meet the needs of the community. A non-profit, integrated health care services organization, Lee Health is committed to the well-being of every individual served, focused on healthy living and maintaining good health. Staffed by caring people, inspiring health, services are conveniently located throughout the community in four acute care hospitals, two specialty hospitals, outpatient centers, walk-in medical centers, primary care and specialty physician practices and other services across the continuum of care. Formerly known as Lee Memorial Health System, the organization began its second century of service with a new name in 2016. Learn more at www.LeeHealth.org.