The Barnard Medical Center
A New Model for Medical Care
For all the patients who have complained that their doctors know nothing about nutrition, all the medical students who have had nowhere to see plant-based diets in action, all the people following vegan diets who could not find a doctor who understands their choices, all the enlightened but overly busy doctors who have had no time to counsel patients on food choices, and, most of all, all the people suffering with diabetes, hypertension, heart disease, and weight problems who are taking one prescription after another and have never been able to tackle the cause of their problems, we have opened the Barnard Medical Center.

It is a place where patients get the care they need, where they and their families are supported for diet and lifestyle changes, where doctors, nurses, and dietitians can thrive, and where medical students can learn.

Barnard Medical had its genesis back in 2003, when the National Institutes of Health funded the Physicians Committee’s research on plant-based diets for type 2 diabetes. As our approach became well-known, people from far and wide asked how they could visit our doctors, and doctors asked how they could learn about the methods we had developed. Although we have produced books, videos, television programs, and Web materials, and have held many conferences to bring our approach to a wide audience, it became clear that a medical center was very much needed.

When nutrition is a core issue—in diabetes, for example—we give special emphasis to the power of nutrition through individual and group sessions and ongoing support, and we prescribe medications only to the extent you really need them.

When nutrition is not the issue—for coughs, urinary infections, twisted ankles, and other problems that come into a busy primary care clinic—we provide the medicines, bandages, or whatever else patients may need. But every patient is also invited to schedule a diet makeover and get help with quitting smoking or breaking other habits. After all, a twisted ankle is not likely to be fatal, but bad eating habits that go overlooked year after year may well be. We’ll help change them.

Barnard Medical is also a teaching facility for medical students from the George Washington University, and a place where research studies can test new nutrition interventions. Barnard Medical is not-for-profit. We accept the major insurance plans and have a sliding scale for low-income patients. We gladly accept donations and memorial gifts of support.

I hope you have a chance to meet our team, and we look forward to the day when every doctor and every patient embraces the power of foods for health and has the knowledge and tools to put it to work.

Neal Barnard, M.D.
President of Physicians Committee
Plant-based eating transformed the way I think about health, both personally and professionally,” says James F. Loomis Jr., M.D., medical director of the new Barnard Medical Center in Washington, D.C.

Dr. Loomis was the director of prevention and wellness at St. Luke’s Hospital in St. Louis, team internist for the St. Louis Rams football team and the St. Louis Cardinals baseball team, and tour physician for the St. Louis Symphony Orchestra. But in 2010, what should have been a routine surgery on his knee inspired a “miraculous” change in his life.

Prior to the surgery, Dr. Loomis had followed a standard American diet, which he thought hadn’t caused any health issues, as long as he stayed active.

But his surgery rehabilitation didn’t go well, and the enforced inactivity led to weight gain, and his diet finally caught up with him. In July 2011, a physical showed elevated cholesterol, borderline high blood sugar, and borderline high blood pressure. His physician suggested a cholesterol-lowering medication, but that obviously did not go to the root cause of his problems.

A short time later, Dr. Loomis happened upon and watched the documentary Forks Over Knives. That led him to look into the medical literature showing the health benefits of a plant-based diet.

“At that point I knew it would be unconscionable not to try a vegan diet for three months. The results were nothing short of miraculous,” says Dr. Loomis. “Within three months, I lost 25 pounds, my cholesterol dropped from 240 to 150, my blood sugars and blood pressure dropped to the normal range, and energy markedly improved.”

During that time he finally rehabbed his knee, and since
then, as he has added more exercise and continued following a plant-based diet, he has lost more than 60 pounds. And with energy to burn, he has completed a marathon, several half-marathons, and numerous triathlons, including a half-Ironman.

As the medical director of Barnard Medical, Dr. Loomis and his medical team provide state-of-the-art medical care and give patients the tools they need to improve their health through plant-based nutrition.


Practice Based on Proven Science
Barnard Medical offers the medical services patients would expect to find at any medical center. “We provide wellness check-ups and diagnose and treat a wide range of medical conditions with the same high standards of modern medicine. We prescribe medications, order blood work or imaging, and refer patients to specialists when needed,” Dr. Neabore says. “Our practice is based on proven science.”

What differentiates Barnard Medical is that it gives patients the support they really need to put nutrition to work.

“We want to treat the cause of the problem,” he continues. “If a patient has type 2 diabetes, we will recommend nutrition interventions to help reverse the course of the disease and hopefully reduce the number of medications they need. We will spend more time with patients, and all patients will be encouraged to consult with our dietitians. We will offer support groups and continuing education for all the most common conditions.”

Ms. Wells says that it’s rare for patients to be able to work with physicians who see the value of using food as medicine, and she is eager to guide patients to good health with plant-based nutrition.

“A plant-based diet is powerful,” says Ms. Wells, who is finishing her training as certified diabetes educator. “But to put it to work, people need knowledge, practical tips, and support. That is what we provide.”

Barnard Medical provides complete primary care, from physicals and simple medical problems to expert care for more serious conditions:
- Weight control
- Diabetes
- Heart health
- High blood pressure

In addition to medical care, Barnard Medical offers in-depth support for good nutrition.

Diabetes
Our team will work to help you improve your diabetes—or even eliminate it to the extent possible. Although we can prescribe medications, we prefer to help you minimize your need for them. You can also take advantage of our comprehensive nutrition education, cooking tips, and group support to help you improve your blood sugar control, increase your energy level, and maintain a healthy body weight. Our highly effective approach was the outgrowth of our research funded by the National Institutes of Health.

Weight Loss
Our weight-loss program is empowering and rejuvenating through a combination of healthful nutritional and emotional supports. We will also check for underlying medical conditions that may be contributing to weight gain, and we will provide treatment as appropriate. You will be closely monitored during your weight loss, and our clinicians will adjust prescription medications as needed. Individual and group support and nutrition classes are available, along with cooking instruction.

Heart Health
In many cases, heart disease is reversible. If cholesterol, blood pressure, or heart problems are getting the best of you, our clinicians and dietitians are here to help. Although there are times when medications are necessary and helpful, our primary focus is on improving your nutrition, lifestyle, and overall well-being. We will provide you the instruction and support to take full advantage of the power of healthful eating.

Arthritis and Migraine
Rheumatoid arthritis and migraines often respond to simple nutritional changes. The same may be true for menstrual pain. Certain foods may trigger pain and inflammation. Others alter hormone balance, leading to recurrent pain. We will help you identify the optimal nutritional balance to tackle your pain and feel better again.
Changing Patient Destinies

“Your DNA is not your destiny,” says Dr. Eakin. “Positive diet and lifestyle choices can profoundly affect risk of disease or progression of existing disease.”

Dr. Eakin first learned the basics of nutrition in high school and became interested in how food affects the way the body functions. This led her to complete a master’s degree in nutrition, and then to medical school.

“I first learned about the Physicians Committee and Dr. Barnard’s work on diabetes in a vegetarian nutrition course during graduate school,” says Dr. Eakin. “The research on a plant-based diet is vast and convincing: Food as medicine is simple and effective.”

Dr. Neabore was an Emergency Medical Technician (EMT) in college. But he wanted to provide lifelong care, not just emergency care.

“I wanted to learn everything I could about diseases and how to treat and prevent them,” says Dr. Neabore. “I felt that working as a physician would afford me the greatest opportunity to help others.”

In medical school, he began learning about plant-based nutrition from the Physicians Committee’s Nutrition Guide for Clinicians.

“I was astounded to see that so many diseases had a basis in poor nutrition,” he says. “I was craving nutrition information for both myself and my patients, and I quickly started educating my patients about plant-based diets.”

Creating Success Stories

Dr. Loomis—whose grandfather used to tell him he was related to Hippocrates, because his family came from the same Greek island of Kos—says he looks forward to helping Barnard Medical patients succeed in improving their diets and maximizing their health. He has seen this success firsthand.

“I had a patient come in with new-onset, poorly controlled type 2 diabetes, so I recommended that he watch Forks Over Knives and read Dr. Barnard’s book on reversing diabetes,” says Dr. Loomis. “We elected not to start him on medications right away, while he tried a plant-based diet. In three months, he had completely reversed his diabetes. That was two years ago, and his blood sugars have been completely normal since.”

Dr. Neabore once had a patient who had previously been prescribed several medications after being diagnosed with obesity, diabetes, high blood pressure, and high cholesterol.

“The first time I saw him, he was feeling depressed about his diagnoses,” says Dr. Neabore. “He hated the idea of taking medication and was surprised to learn that most—if not all—of his problems could be traced to poor diet.”

They came up with a plan for eliminating animal products, cutting down on fat, and
increasing intake of fruits, vegetables, grains, and legumes. “Each time I saw him for a return visit, his weight and his lab values continued to improve,” says Dr. Neabore. “Eventually, he was able to stop all his medications.”

Dr. Eakin had a patient who had carried 20 pounds of excess weight through high school and college and had developed an eating disorder after trying various commercial and very restrictive diets. With Dr. Eakin’s guidance, she transitioned to a plant-based diet and within months lost her excess weight. And along with psychological counseling, the diet helped her overcome her eating disorder.

“I’m persistent with patients,” says Dr. Eakin. “Just as with smoking cessation or alcohol abuse counseling, multiple intervention attempts and constant support are often necessary for lasting change.”

The need for support is why Barnard Medical offers ongoing support groups and nutrition classes for patients who are interested.

An Apple a Day, Really

Barnard Medical staff also practice what they prescribe. “Apples are my go to. I eat at least one nearly every day,” says Dr. Neabore, whose favorite dinner is a big plate of pasta and a hearty salad. A long-distance runner, he was inspired by vegan ultramarathoner Scott Jurek to begin a plant-based diet.

Dr. Eakin—who says she would love to be a vegan pastry chef or dietitian if she weren’t a doctor—favors homemade peanut-butter-banana oatmeal for breakfast and roasted vegetables with seasoned rice for lunch.

“Plant-based eating gives me energy to get through long days,” says Dr. Eakin, who first started a plant-based diet in college.

Ms. Wells says, “I am all about simple. When I find something I like, I stick with it.” Her day’s meals might include pumpkin oatmeal with walnuts and raisins for breakfast, hummus and pita, bean salad, and steamed veggies for lunch, and black bean sweet potato enchiladas with salad for dinner. She also snacks on fruit between meals.

Oatmeal is also a go-to for Dr. Loomis, who regularly eats steel-cut oats with fresh berries and nuts for breakfast.

“We want to treat the cause of the problem.”

Stephen Neabore, M.D.

“Food is the most powerful medicine you can put in your body,” says Dr. Loomis. “By adhering to healthful plant-based diets ourselves, we provide our patients first-line evidence of just how protective and health-promoting a plant-based diet can be.”

Wall of Visionaries

Your support will help ensure the success of this revolutionary medical center and leave a lasting imprint on its lifesaving work. We’d like to recognize the generosity of the following supporters who will have inscriptions on the Wall of Visionaries in the Barnard Medical Center. If you’d like to become a founding supporter with an inscription in the medical center, please contact our philanthropy office for details at 202-527-7304 or visit BarnardMedical.org.

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Mike and Anita Weinberg
Barnard Medical Center combines medical care with the latest advances in prevention and nutrition to create a health care plan designed just for you, with all the resources you need.

**HALF of all Americans suffer from chronic diseases that have strong links to dietary and lifestyle choices.**

**Chronic diseases account for 70% of all U.S. deaths.**

Many of these diseases could have been prevented through dietary interventions.

**Typical Doctor Visits**

- **75%** of doctor visits fail to address nutrition.
- Many primary care visits last only **15 minutes**.

**Barnard Medical Center**

**Our Focus on Nutrition**

- Comprehensive nutrition counseling with registered dietitians
- Group cooking classes
- Recipes and resources

**Extra Time**

- Our team spends extended time with each patient to address their medical needs.

**Barnard Medical Center’s Key Areas of Expertise**

- Weight Control
- Heart Health
- Diabetes
- Chronic Conditions

**In the Washington, D.C., area?**
To make an appointment, call: 202-527-7500

BarnardMedical.org
5100 Wisconsin Ave., NW, Suite 401
Washington, DC 20016
Directing a New Approach to Medical Practice

James Loomis, M.D.

James F. Loomis Jr., M.D., used Physicians Committee nutrition resources during his transition to a plant-based diet in 2011. Now—after losing more than 60 pounds and improving his cholesterol, blood sugar, and blood pressure—he is the medical director of the Physicians Committee’s Barnard Medical Center, where nutrition is just one of the tools he and his team use to help patients get healthy and stay that way. (Read more about Dr. Loomis’ personal success story on page 6.)

“I am so excited about being part of this team. I think we really have an opportunity to change the paradigm of how we prevent, treat, and reverse chronic disease using lifestyle, especially plant-based nutrition, as medicine,” says Dr. Loomis, who was formerly the director of the Physicians Committee’s Barnard Medical Center, where nutrition is just one of the tools he and his team use to help patients get healthy and stay that way. (Read more about Dr. Loomis’ personal success story on page 6.)

“As I incorporated plant-based nutrition as the cornerstone of my medical practice at St. Luke’s, many of my patients experienced the same lifesaving health improvements that transformed my own life,” adds Dr. Loomis, who was also the team internist for the St. Louis Rams football team and the St. Louis Cardinals baseball team, and the tour physician for the St. Louis Symphony Orchestra.

Dr. Loomis received his medical degree from the University of Arkansas, where he was elected to the Alpha Omega Alpha Honor Medical Society and graduated with honors. He completed his internship and residency in internal medicine at Barnes Hospital in St. Louis, Mo. He is board certified in internal medicine and was on the clinical faculty of the Department of Internal Medicine at Washington University School of Medicine.

Dr. Loomis also received an MBA from the Olin School of Business at Washington University in St. Louis.

When not practicing medicine, Dr. Loomis enjoys reading history books, cooking, and teaching plant-based cooking classes. He also enjoys running, biking, and swimming, and has completed numerous half-marathons, marathons, and triathlons.