Vince.Rountree@gmail.com 470-777-6324

Vince Rountree, NBC-HWC, MBA, ChE



Vince Rountree, age 63, is a National Board-Certified Health & Wellness Coach and passionate about helping people with weight loss, diabetes, high blood pressure and high cholesterol to reduce their dependency on medication or get them off meds completely. How can he do that? Vince runs a group health coaching business called The Redline Result that helps people treat diabetes, obesity, heart disease, high blood pressure and high cholesterol using plant-based nutrition and many people get off medications completely.

In 2011, Vince was diagnosed with high cholesterol and high blood pressure, and his doctor gave him a prescription for cholesterol lowering statins. But after seeing family members go on meds and still dying of heart disease, he decided to change his diet, and he switched to plant-based nutrition. In just 6 weeks, his cholesterol dropped from 240 down to 132. His blood pressure dropped 30 points and he lost 20 pounds!

Vince created the Redline Challenge that helps people lose an average of 4 pounds in 5 days, without being hungry and without exercise! It has also helped people to lower blood pressure, lower fasting glucose and reduce joint pain in just 5 days. Over 19,000 people have been through the Redline Challenge.

Education and Certifications

- Bachelor of Science in Chemical Engineering from Rutgers College of Engineering
- Master's Business Administration from Emory University
- Certificate in Remission of Type 2 Diabetes and Reversal of Insulin Resistance
- Certificate in Health Coaching from Emory University
- Certificate in Nutrition Science, Stanford Center for Health Education
- Certificate in Preventive Cardiology from Stanford Center for Health Education
- Certification in Plant Based Nutrition from Cornell University
- Certification as a Food for Life Instructor from PCRM, Food for Life is an evidence-based program designed by physicians, nurses, and registered dieticians that offers cancer, diabetes, weight management, and children's classes that focus on the lifesaving effects of healthful eating.

Vince.Rountree@gmail.com 470-777-6324

Services

- Group Coaching – Helping clients to make long-term behavior changes.
- Speaker –Passionately presents the connection between chronic illnesses and food, using scientific evidence to show that plant-based nutrition has the power to prevent, treat and reverse chronic disease.
- Corporate Trainer - Reduce company's healthcare expenses by training interested employees in plant-based nutrition which improves their health and reduces spending on healthcare.
- Food-For-Life Instructor – Conducts nutrition and cooking classes with focus on diabetes, high-blood pressure, high cholesterol, and weight-loss. Program created by PCRM.