



# Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery

By Dean Ornish

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**Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery** By Dean Ornish

**The Ornish Diet has been named the “#1 best diet for heart disease” by *U.S. News & World Report* for seven consecutive years!**

Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted, or even reversed, simply by changing your lifestyle. Based on his internationally acclaimed scientific study, which has now been ongoing for years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; their chest pain diminished or disappeared; they felt more energetic, happy, and calm; they lost weight while eating more; and blockages in coronary arteries were actually reduced.

In his breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you, step-by-step, through the extraordinary Opening Your Heart program, which is winning landmark approval from America's health insurers. The program takes you beyond the purely physical side of health care to include the psychological, emotional and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

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### **Editorial Review**

From Library Journal

Ornish, author of the popular *Stress, Diet, and Your Heart* (LJ 1/1/83), bases his book on an extensive study that found his "Opening Your Heart" program resulted in the reversal of coronary artery blockage. He gives thorough background to his study, backing up his claims with scientific evidence, and provides case histories of people who have followed the program. In describing ways to reverse heart disease, he offers suggestions on how to control diet (with helpful recipes from noted chef Wolfgang Puck), as well as on how to quit smoking and how to exercise. Recommended for general collections.

- *Barbara Kormelink, Bay Medical Ctr. Lib., Bay City, Mich.*

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### Review

Advance praise for Dr. Dean Ornish's Program for Reversing Heart Disease

"Revolutionary results...By the standards of conventional medicine the impossible has happened. Dr. Ornish's work could change the lives of millions." -- Newsweek

"Dr. Ornish's research offers strong scientific evidence that lifestyle changes alone can actually reverse the progression of atherosclerotic plaques in coronary arteries. These lifestyle changes can begin to reverse even severe coronary artery disease after only one year, without the use of cholesterol-lowering drugs."

-- Claude Lenfant, M.D., director, National Heart, Lung, and Blood Institute, National Institutes of Health

"This is more than a book on reversing heart disease; it is a powerful and wise prescription for opening the heart in its deepest sense. Dr. Ornish's humanity, wit and integrity shine through on every page, affirming the best of what medicine has to offer. You don't have to have heart disease to be healed through this extraordinary book and program."

-- Joan Borysenko, Ph.D., author of *Minding the Body, Mending the Mind*

"In his groundbreaking book, Dr. Dean Ornish demonstrates that even severe coronary heart disease can be reversed. He shows us that when we begin healing our lives, then our hearts begin to heal as well. Dr. Ornish shows us what we are all capable of in this exciting new book. I cannot recommend it highly enough."

-- Bernard S. Siegel, M.D., author of *Love, Medicine & Miracles*

"Dr. Ornish's book will be good news for many patients with severe coronary heart disease. As one of his earliest mentors, I am very proud of Dr. Ornish's achievements."

-- Antonio M. Gotto, Jr., M.D., president, American Heart Association (1984)

"Whether or not you think you'll ever be concerned about your heart, this is likely to be the most useful book about health you'll read this year, mayb..."

### Review

"Revolutionary results."

--Newsweek

"DR. ORNISH'S WORK COULD CHANGE THE LIVES OF MILLIONS. . . . [His] patients are thrilled with their new lives. By the standards of conventional medicine, the impossible has happened."

--Newsweek

## **Users Review**

### **From reader reviews:**

#### **Donald Gullett:**

Have you spare time for any day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the particular Mall. How about open or maybe read a book titled Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery? Maybe it is being best activity for you. You know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have some other opinion?

#### **Rolanda Parker:**

Now a day those who Living in the era where everything reachable by match the internet and the resources included can be true or not involve people to be aware of each facts they get. How individuals to be smart in obtaining any information nowadays? Of course the answer is reading a book. Reading through a book can help individuals out of this uncertainty Information especially this Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery book because this book offers you rich info and knowledge. Of course the details in this book hundred % guarantees there is no doubt in it you may already know.

#### **William Rocha:**

This book untitled Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery to be one of several books that will best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this particular book in the book retailer or you can order it by using online. The publisher of this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Cell phone. So there is no reason for you to past this e-book from your list.

#### **Jeremy Bedford:**

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media social such as newspaper, magazines, science reserve, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Are you hip to spend your spare time to spread out your book? Or just trying to find the Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery when you needed it?

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