



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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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:

Sheldon McLean:

Why? Because this Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret this inside. Reading this book adjacent to it was fantastic author who write the book in such awesome way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of benefits than the other book get such as help improving your expertise and your critical thinking method. So , still want to hold off having that book? If I had been you I will go to the guide store hurriedly.

Alice Ybarra:

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Lucas Florio:

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Shawn Howe:

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