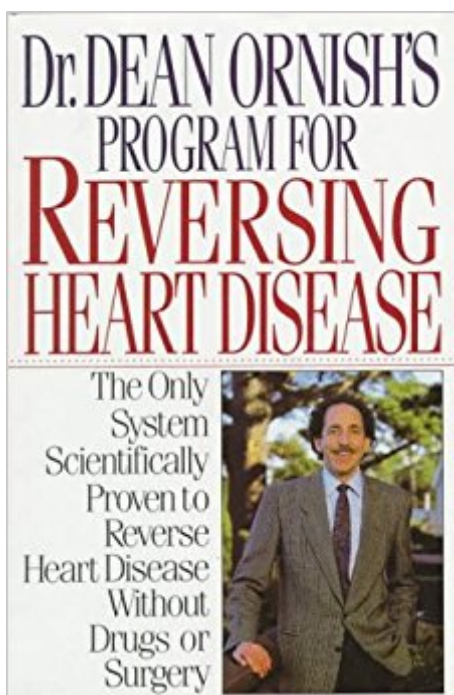


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# Dr. Dean Ornish's Program For Reversing Heart Disease



## Synopsis

"Dr. Ornish's landmark research validates the advice he provides."-- Alexander Leaf, M.D.Chairman, Department of Preventive Medicine and Clinical EpidemiologyHarvard Medical SchoolThis is a book about healing your heart.In this breakthrough book, Dr. Dean Ornish presents the first scientific proof that it is possible to actually reverse heart disease without drugs or surgery.Dr. Ornish's internationally acclaimed scientific study, funded in part by the National Institutes of Health and based on thirteen years of research, has yielded astonishing conclusions: Heart disease can often be halted or even reversed -- without bypass surgery, angioplasty, or cholesterol-lowering drugs -- simply by changing our life-style.Participants in Dr. Ornish's study, all of whom had severe coronary heart disease, followed his extraordinary Opening Your Heart program with amazing results: their chest pain diminished or disappeared; they often were able to reduce or discontinue medications; they felt more energetic, happy, and calm; they lost weight while eating much more food; and in most cases the average blockages in their coronary arteries began to reverse. In fact, the more severely blocked arteries showed the most reversal. In contrast, the coronary blockages of most of the patients who followed their doctors' recommendations became worse instead of better.Dr. Ornish presents the dramatic evidence from his study and guides readers step-by-step through the Opening Your Heart program, which combines a special Reversal Diet (featuring over 150 delicious, all-you-can-eat recipes from such culinary stars as Mollie Katzen, Deborah Madison, Wolfgang Puck, and Alice Waters); a Prevention Diet; meditation; visualization; communication skills and other stress management techniques; and advice on how to stop smoking and how to exercise safely and moderately.More men and women die from coronary heart disease each year than from all other causes of death combined, including cancer and AIDS. Now, since heart disease can be reversed, then it may be preventable for most people.Even more prevalent than physical heart disease are the psychological and spiritual diseases of the

## Book Information

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## Customer Reviews

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.Copyright 1990 Reed Business Information, Inc.

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, maybe ever." -- John Poppy, Esquire"This is an epochal book. It sets a new standard in our understanding of heart disease, and it is the template against which all other books on any disease whatsoever should be judged. For the purity of the science on which it rests, and for the majesty of its spiritual wisdom, this book has no equal in the literature of medicine and health."-- Larry Dossey, M.D., author, *Space, Time and Medicine* and *Recovering the Soul*

My husband and I used to eat relatively healthy. Bio-markets, occasionally vegan soups, we even bought an omega juicer. His cholesterol was hovering around 200 and below, LDL at about 100, and blood pressure was slightly high (135/85 or around that number.) We are in our 40s, athletic, no family history of heart disease, non-smokers. It was a shock to us when he started having chest pains, and was told he had 80% LAD blockage. The doctor was clearly not very tactful in the cath lab when he told me that it was called "the widowmaker." So he got a stent, started taking statins and anti-platelet, and we switched to Dr. Ornish (or Caldwell, or Esselstyn, or Pritkin... there are several proponents of similar plans with slight variations) diet. I got all the books and the recipes, and started the diet with him, since I cannot scarf down burgers while he eats carrots. Two months later, I can see the following results: His weight went from 175 to 155 lbs. Mine from 136 to 120. Before the diet I was trying to lose 5 lbs, to get to my happy weight of 130. The scale did not budge. Now, if I don't eat I keep losing weight, so I have to eat a lot, and often. His cholesterol went from 197 to 90, with an LDL of 20. That's not even human, in my opinion. Now he does take Lipitor (40 mg), so I am his "control group," since I take no medication. Mine went from 187 to 150, and LDL from 102 to 70. We asked the cardiologist whether he recommends this diet. He said yes, sure, if you can do it. He'd rather have people take their statins though, since the diet is so restrictive that few people stick with it long term. My husband's blood pressure went from 135/85 to 116/70, or something around there. We have a blood pressure machine now, so I can tell. (Can you tell I am doing this very scientifically.) I read all the articles I could find on pubmed.com and decided to supplement with B12 and Fish Oil of some high quality. The cardiologist said the fish oil makes no difference, but for now we take it. We also take CardioViva, a probiotic which might have some benefits. It can't hurt anyway. We started eating fish a few weeks back, grilled or steamed, about twice a week, so we might stop the fish oil. That is the only concession we make to the diet. Is it hard? Yes, it is, especially since I am doing it just to support him. Can it be done? Absolutely. It only depends how scared you are, and how strong is your motivation. We exercised before, so we keep

that up. I'd say the first three weeks were the worst, your body just can't figure where did all the dietary fat go. Then you adjust, and things that you took for granted start to taste amazing, especially the forbidden ones. I can tell immediately if something has peanuts, because I can TASTE THEM! But I cannot eat them, not part of the diet. There is a direct correlation between your LDL and the number of coronary and cardiac incidents. Below 50 LDL, none. So that's where we try to keep it, and I worry of course about the stent, and the anti-platelet medication, and about an asteroid hitting the Earth someday. That's just me. But the diet works, I feel healthier than ever, I can wear skirts I had stashed away 20 years ago (I found one in a box) and all my... mmm... systems work really well. We miss cheese, lobster rolls, fried clams, oysters... but you get used to it, and when you look at the benefits I think it is worth it. If we make it to 75, maybe we will stop and start eating whatever.

Very interesting book. Ties together three Spectra of health: food, exercise, and psychology. The course is not difficult, per se, but if you try it you will see how actively resistant your environment (friends and family) are to changes and how much they contribute to your situation.

There are many books on the market that discuss heart attacks and how to prevent it. Many talk about diet, exercise and lifestyle changes. The book was shipped on time and received on time. Among the many, this is probably the best book. It starts with a good explanation of why many are at risk for heart attack and then goes on to explain that there are many changes one can make to prevent or reverse heart disease. This is the only book that addresses multiple factors in the lifestyle that will help anyone. It discusses better eating habits, better food, exercise, stress management, emotional health and overall change in the lifestyle that has been proven to reverse heart disease. Anyone who is considering drugs and surgery (unless they are in imminent danger of heart attacks) should consider reading this book and see if the steps in it will help them in the long run.

I got this book on the recommendation of my doctor. I had an ischemic stroke, and this way of eating (I wouldn't call it a diet) has dropped my blood pressure, corrected much of my cholesterol and triglyceride problem and opened my eyes to a whole new way of cooking and eating. I wish the recipe section had photos instead of just text. This book, along with the documentary "Forks Over Knives" have changed the way I live. I am not going back to my old way of eating.

I am a 58 year old U.S. veteran with a history of heart disease. I suffered a major heart attack

February 2015, my third and hopefully my last. I have studied Dr. Ornish on Youtube and I wanted to read this book for a better understanding. Reducing stress and eating healthy/healing foods are essential to my recovery and extended life.

I have liked the program in the past. The concept is good and the recipes are excellent. Most of his recipes come from professional chefs. A word of warning though. I had some side effects. Nerve tingling and such. I fought fat like the devil himself. I think he assumes you'll cheat. Also the recipes are time consuming- a lot of chopping and a lot of ingredients. I lost weight and all. I lost the book in a move. I was trying to replace it.

Great book. The plan is more than just a diet. It is a lifestyle change. But the diet is a big part of the program. I gave it 4 stars just for the challenge of the recipes. Almost every recipe is from raw ingredients and they all take a long time to prepare. Not very practical for a busy professional.

Nice book. Discusses a lot of health issues that's not normally thought of. Book was in great shape when I received it and was delivered on time.

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