



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

*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; they learned how to lower high blood pressure; 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.

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

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Author : Dean Ornish

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Genre : Health, Nonfiction, Food and Drink, Food, Nutrition, Cooking, Diets, Science



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

### **Laine says**

Here's a tantalizing thought -- a BMI of 18. Can I do it? is this the way? could it happen? could I follow through on this without excessive suffering?

I must say, while reading this fascinating (text) book, I was filled with cravings for red meat (rare) and ice cream (creamy and delicious) in anticipation of these foods never again being part of my life. Ha ha

While the program is severe, the recipes appear delicious and for real foodies. Very much worth a try.

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### **Tom Ratliff says**

OK, any program promising the hope of reversing coronary blockages sends chills down my spine...it helped convert me to vegan...just have to start meditating and hope for the best.

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### **Andreas Michaelides says**

A life saving program for people that suffer from heart disease or heart related illnesses. A program that if you follow it to the letter will reverse your heart condition will give you back your heart and your health and save you thousands of money that you would spend on needless and life threatening heart surgeries. Anyone that really cares about his/her health should buy and read this book; it's literally a life saver. Highly recommended.

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### **Debra Daniels-zeller says**

This book is filled with great information about reversing heart disease but the no fat diet-- total elimination--is a little brutal. Still the information is useful in making lifestyle changes. Sometimes the text was boring, too many personal stories. Get to the point. The book could have been shorter. I loved the recipes, which come from various well known chefs, and I'll definitely be using them again and again.

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### **Sharon says**

Learned how to think, breathe, inter-relate, eat, and exercise in the best interest of my heart health. This is a book I keep on my shelf and I read it from time to time when I need to remember what matters (and what

doesn't matter) for my heart's health. Get ready to read real science. Get ready to read that you need to stretch and meditate. Get ready to believe that you are capable of taking care of your heart.

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### **Terri says**

Even if you don't have heart disease, and even if you disagree with his program of low fat, vegetarian fare, this book is a good read. There is a lot of thought provoking information, and some very helpful advice about opening our hearts and lives to physical and spiritual healing. The stories of changed lives are fascinating, none the less so is Dr. Ornish's own story of his struggle with low self worth and depression, told with such honesty and humility. It seems like a weird book to be hanging on to, reading over some chapters now and then, but it is actually one of the most inspiring books I've read.

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### **Angela says**

There's a reversal diet and a prevention diet. Dean Ornish ties in the wisdom of the ages with the scientific method of modern medicine. He writes with compassion and passion about the way he's found that people can improve their health and happiness when they're at severe, moderate, or no risk for heart disease. His way is remarkably similar to "The Way": live simply, eat simply, and manage stress, partly by erasing the petty cares in your life.

This is more difficult than it sounds, and many people can't motivate themselves to take these proven self-discipline measures rather than popping a pill. Additionally, it's not in the interest of large health organizations or food corporations to fund clinical studies of a simple therapy such as this, so Dean Ornish's advice is tested and proven, but unfortunately, it is largely ignored by the public. I urge everyone, as I've urged my dad, to give it a chance and try it... It will make us better people, physically and otherwise.

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### **Cynthia McCrain says**

I highly recommend this book for anyone who has heart disease or is wanting to prevent heart disease. When my husband had two blocked arteries and needed a bypass, we were in shock. When, a year later, another artery became severely blocked and he had to have a stent placed, we realized this problem wasn't going away. We bought this book and began following Dr. Ornish's plan. After a few months, my husband's cholesterol had drastically changed -- 125 for his total cholesterol -- 51 for LDL. Wow!!! He had been on a statin for a year, but had very minimal reduction until changing his diet. Just following this plan, we were both able to lose 25 pounds each, without changing anything else.

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### **Christina Packard says**

Two plans: One eat only 10% fat 75% complex carbs... to keep away heart disease. Two eat NO fat... to reverse heart disease. Makes a lot of sense, and is like other books out now that fat and meat are the killers. Also an interesting fact he gives, is that exercising like running more than 30 per day.. that one is actually wasting their time because what time you add to your life you are using in doing that extra exercise.

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## Kathrynn says

A lot of helpful information was packed in this whopping 631 page paperback. Unfortunately, I felt I had to do a great deal of sifting through justifications/ explanations, and the author wrote too much about his personal life and experiences when I just wanted to get to the "meat" of the book. Cut all that out and this would have been a 5 star. The Foreword was nearly 20 pages! Good grief. Just the facts, please and put the reins on the personal stories.

The author mentioned that he wanted the book to be titled, "Opening Your Heart." The publishers, however, wanted the current title. After reading it, I believe the title should have been what the author had in mind. This was about opening your heart, "A central theme of this book is learning how we can feel more free--from physical pain, emotional distress, and spiritual isolation."(page 253)

The book is divided into three parts:

### Part One: Opening Your Heart

This part had a lot of justification for what was coming. I felt this was more for the author's colleagues. I had to sift through a lot of verbal diarrhea to find pertinent info. But it was there.

The importance of being a member of a club, church, etc. was stressed here. Studies show that those of us that have social connections experience less risk of heart disease. Holding feelings in puts the body in a state of stress. **Social isolation ranked right up there with smoking in health!** Also, athletes and others that thrive on winning keep their bodies in a stressful state--regardless of their physical fitness. "Exercise will make you fit, but fitness and health are not synonymous." (page 326)

### Part Two: The Opening Your Heart Program

This held the bulk of the information with less personal stories from the author, though there were a few. Topics covered: how to manage stress, yoga (techniques with pictures), meditation, very low fat diet, cholesterol, a chapter on how to stop smoking, and how to exercise.

If a person walks 2 miles a day, 5 days a week, they can expect to burn about 2,000 calories!

There was a mention of Raquel Welch's book that talked about her yoga beliefs. :-) The overall theme in this part was the body and mind function most efficiently and effectively when a person is relaxed.

There was a great deal of information on cholesterol, heart disease, stroke, etc. Very informative. It was mentioned in several places that controlling heart disease isn't "just" about proper diet. A body has to have inner peace, too. A healthy person can die of a heart attack because of the constant state of stress they put on themselves.

### Part Three: Opening Your Heart Recipes

Some great recipes here. Most seemed to have common ingredients that can be found fairly easily.

There are two types of diets:

- 1) The Reversal Diet, which is more strict. Vegetarian. Very little fat.
- 2) The Prevention Diet, which allows more fat and some meat.

I was a tad disappointed in the lack of information on cholesterol and hormone changes in women when in perimenopause.

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### **Jim says**

Reversing Heart Disease means no meat, no fat or oil, no milk, cheese or egg yolks. If you are willing to do this you will fortify yourself against heart disease. Following his regimen, I lost about 40 pounds and got my cholesterol in the normal range without drugs. He also discusses the benefits of exercise and relationships. Those following his recommendations will be blessed with good health and save a great deal of money because there will be fewer drug bills and doctor visits.

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### **Yaaresse says**

I'm not sure "liked it" is accurate, but it was an interesting read.

I had to read this (among other nutrition books) for work because we were trying to revise our company's menu to include "heart healthy" items. This and the McDougall diets were very trendy at the time. The book is clearly written. Apparently Dr. Ornish has had some success with patients that have had serious heart disease. It's a very restrictive diet, though. A person would have to be truly dedicated to stick with it.

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### **Susan Reed says**

Read long ago.

Only comment is "awesome."

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### **Brett Matthews says**

Five years ago, this book changed my life, and probably saved me from an avoidable early death. Dr. Ornish put me squarely on track for a mindful approach to looking after the only body I'll ever have. Not only did I lose 30 pounds in 3 months, I lost chronic back pain and regained a lost plateau of overall health at the same time. I can't prove these matters are all related, but it sure felt that way.

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### **Kenton Monjon says**

**Reversing heart disease**

After having Atrial heart valve replacement, I have enrolled in Ornish's program at my local hospital and it is paid for by Medicare. I have found the book helpful and look forward to cooking the various recipes. I think this vegan approach can make me much healthier.

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