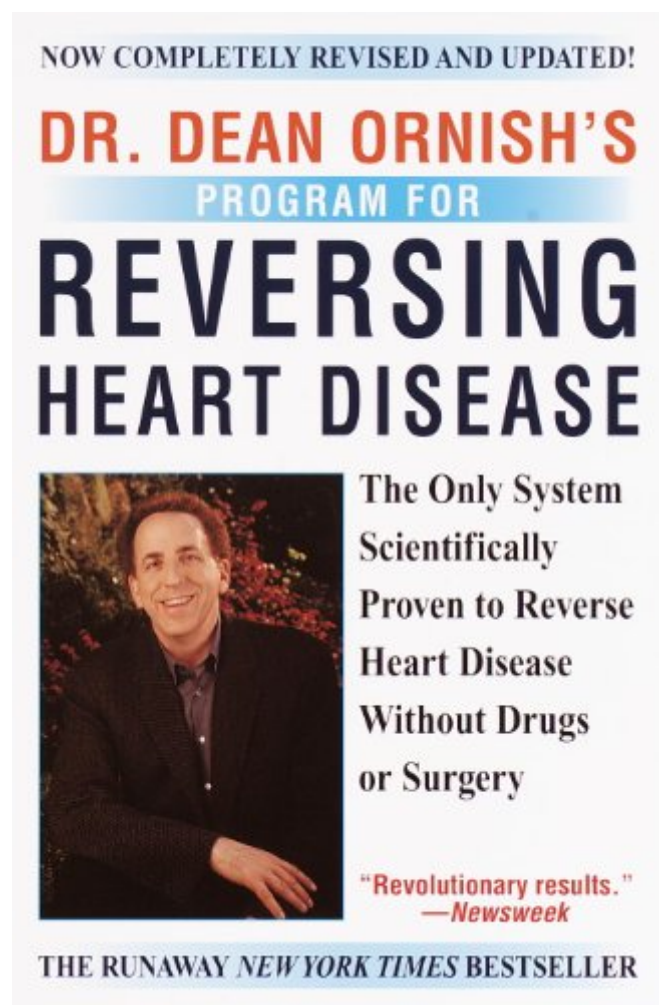


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Dr. Dean Ornish's Program For Reversing Heart Disease: The Only System Scientifically Proven To Reverse Heart Disease Without Drugs Or Surgery



Synopsis

"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." *ESQUIRE* In this breakthrough book, Dr. Dean Ornish presents dramatic evidence that heart disease can be halted or even reversed simply by changing your life-style. Step-by-step he will guide you through the extraordinary Opening Your Heart program that 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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Customer Reviews

While we appreciate that Mr. Bayan took the time to comment on our work, we are concerned that inaccurate statements he has made may discourage some people from making changes in diet and lifestyle that we have proven to be lifesaving. For the past 24 years, the non-profit Preventive Medicine Research Institute and the University of California, San Francisco, School of Medicine have conducted research scientifically proving, for the first time, that the progression of even severe coronary heart disease can begin to reverse by making comprehensive changes in diet and lifestyle,

without drugs or surgery. These studies have been published in leading peer-reviewed journals such as the Journal of the AMA, The Lancet, the American Journal of Cardiology, New England Journal of Medicine, Circulation, and others. Mr. Bayan alleges that the diet we have proven to be so beneficial is "dangerous" for some patients because both HDL and LDL may decrease and triglycerides may increase. HDL and triglycerides are only potential risk factors for heart disease, they are not diseases. When we measured the actual severity of heart disease using state-of-the-art measures such as computer-analyzed coronary arteriography and cardiac PET scans, patients showed continued improvement over time, even in patients like Mr. Bayan whose HDL decreased or triglycerides increased. Also, cardiac events were 2.5 times lower in the group who followed the program compared to the control group who made more moderate changes in diet (30% fat, 200 mg cholesterol). [reference: JAMA. 1998;280:2001-2007.] Clearly, lowering HDL by changing diet did not harm these patients.

My husband, who is a physician, and has a family history of heart disease, and I, an RN, began diligently following the reversal diet of the Ornish program in January, incorporating the recommended supplements, exercise and meditation. Since then, in a period of two months, he has lost 30 pounds, his cholesterol, and LDL have significantly improved, his HDL has not, and his already high Triglycerides have risen significantly by 30%. The previous post by the Ornish group states: "HDL and Triglycerides are only potential risk factors for heart disease, they are not diseases" If they are potential risk factors..then my concern is that my husband may still be high risk since he still has the potential risk factors. The Ornish group also states in it's post, "It is true that one can eat an unhealthful low-fat diet if it is high in simple carbohydrates.... Such a diet may cause a shift to the more harmful pattern B LDL subclass that Mr. Bayan mentions" We have been following the Ornish reversal diet/program diligently and have seen " a shift to the more harmful pattern B LDL subclass that Mr. Bayan mentions" They also state that "Patients whose triglycerides increase are counseled to be even more mindful in reducing their intake of simple carbohydrates and increasing their exercise." We have not been eating simple carbohydrates, "such as sugar, white flour, alcohol, and many popular fat-free desserts", and my husband has been exercising almost every day. They also state: "Also, for many years we have recommended that patients take 3 grams/day of fish oil, which also helps to lower triglycerides" We have been taking 3 grams/day of fish oil, along with the other recommended supplements, and his triglycerides rose 30%.

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