Grounded in lifestyle changes in four pillars of daily life

- A whole foods, plant-based diet naturally low in fat and refined carbohydrates
- Moderate aerobic exercise
- Stress management techniques
- Psychosocial support

For nearly four decades, Dr. Ornish has directed randomized controlled trials and demonstration projects which document for the first time that these comprehensive lifestyle changes may stop and even reverse the progression of coronary heart disease. These results have been published in leading peer-reviewed journals.

Medicare now reimburses accredited providers for 72 hours of The Dr. Dean Ornish Program for Reversing Heart Disease as “Intensive Cardiac Rehabilitation.”

For more information, visit www.undoitwithornish.com or contact an Ornish Care Specialist, 1-877-888-3091.

References
6. 2011 Outcome data managed by Highmark Inc.
7. 2009 Cost Effectiveness data managed by Highmark Inc.
11. Evidence-Based Medicine Redefining the Standard of Care in Coronary Heart Disease