Use Your Heart to Help Heal a Loved One’s

Pat, Tina’s Husband

undo it
with ornish
The Dr. Dean Ornish Program for Reversing Heart Disease™ can work for you. A big part of why this scientifically proven program can be so effective is because it regards love and support to be as important as nutrition, exercise, and stress management.

During each of the program’s 18, four-hour sessions, participants spend one hour providing each other with compassionate emotional support in a group setting. Time and again, this part of the program surprises many who experience its potency first hand.

Love and intimacy – our ability to connect with ourselves and others – are at the root of what makes us sick and what makes us well, what causes sadness and what brings happiness, what makes us suffer and what leads to healing.

As a family member or friend, you can support your loved one’s journey to wellness by providing emotional as well as logistical support in your day-to-day lives.

Here are some ways that your love and support can be used as powerful medicine.
Join the journey

Having someone to help make important lifestyle changes can make an enormous difference. We invite you to join the journey by attending an open house with your loved one, reviewing the Undo It With Ornish website, or speaking with a friendly Ornish Care Specialist over the phone. Understanding the changes your loved one will be making is a powerful expression of your love, a crucial part of their healing.

Nourish your loved one

Changing to a whole foods, plant-based approach to nutrition is a new approach for most people who are undoing their heart disease. Keep your conversations focused on the abundance of new foods and the opportunity to explore a wide array of appetizing new ones. Emphasize that what they gain is so much more than what they give up. And if it’s meaningful, it’s sustainable. Explore why they may want to make these changes—perhaps they want to live longer to watch their kids grow up, to dance at their wedding, to see them graduate, to see their grandkids. Show your love by going grocery shopping together and prepare some of the delicious recipes that are beautifully presented on the Undo It With Ornish website.

Be a fluent listener

Our feelings connect us. Fluent listening means listening to and understanding the emotions someone else is feeling in a way that makes them feel loved and supported. You can do this by checking in on a loved one often, even dedicating a specific time to do so. Avoid any urge to judge, criticize or offer advice. Instead, put yourself in their shoes and let them know how hearing about their feelings makes you feel.

Help carry the load

Exercising and practicing stress management techniques at home are important parts of healing. It’s much easier for them to do it if you do it together—and the enhanced social support is powerfully healing as well. If it’s fun, and if you feel loved, then it’s sustainable. Join your loved one on the journey and foster your health as well as theirs, providing you both a deeper connection to each other.

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

The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health
Paperback by Dean Ornish M.D. (Ballantine Books)

Dr. Dean Ornish’s Program for Reversing Heart Disease
book by Dean Ornish M.D.

Love and Survival: 8 Pathways to Intimacy and Health
Paperback by Dean Ornish (William Morrow)

http://www.pmri.org/
http://www.ornishspectrum.com/