Reverse Your Heart Disease

The Dr. Dean Ornish Program for Reversing Heart Disease™ is the first program scientifically proven to reverse heart disease through significant changes in lifestyle.

The choices we make in our lives have a powerful effect on our health.

It’s never been a better time to make those choices count.

“I can now watch my grandson play in his first basketball game.”
- Leona, Virginia

BMI dropped 2 points
LDL cholesterol: from 135 to 90 mg/dL
Blood pressure: from 150/80 to 130/75 mm Hg

Samuel Washington
The program will help you...

Heal your body by...

- Reducing the risk of a heart-related event.
- Decreasing the frequency and severity of chest pain.
- Lowering the likelihood of future surgery.
- Lessening your dependence on medications.
- Lowering your cholesterol, improving your blood pressure, and losing weight.
- Increasing your capacity for exercise.

Heal your mind by...

- Experiencing delicious meals and discovering how to prepare them at home.
- Taking part in regular, fun 30 minute exercise sessions that will easily fit into your daily routine.
- Learning a range of innovative techniques that will help you feel more peaceful and manage stress more effectively.
- Giving and receiving emotional support and unlocking the healing power of a community focused on living long, joyful, and abundant lives.
- Continuing the experience through alumni support groups and online communities.

Patient Journey through the Dean Ornish Program

Sandra visits her doctor with her husband, Derek, about her recurring chest pain and learns that it’s angina, caused by heart disease.

Her doctor tells her about the Dr. Dean Ornish Program for Reversing Heart Disease™ and suggests she call an Ornish Care Specialist.

Sandra speaks with Danielle, an Ornish Care Specialist, and Brian, the Nurse Case manager at the local Ornish Program Center.

The following week, Sandra and Derek attend an open house at Brian’s center. There, they meet the program staff and enjoy sampling the delicious food. Sandra decides to enter the program and schedules a meeting with Brian to register.

Soon after the open house, Derek accompanies Sandra to her first 4-hour session. Having Derek support her on her journey reminds Sandra of how much love and support she has in her life.

Over the next 3 months, with the support of fellow participants and her loved ones, Sandra, along with Derek, exercises more and switches to a plant-based diet. She meets with her doctor who is impressed with her progress. She has no more chest pain, her cholesterol and blood pressure are significantly lower, and she has lost weight.

Sandra quickly notices that her mobility and exercise tolerance are increasing and is thrilled by the stress reduction techniques. At home, Sandra and Derek enjoy the new food they are eating.

Sandra forms such close bonds with her fellow participants that they decide to continue meeting regularly after the 72-hour program ends. Sandra also joins the Feel the Love online community to gain even more support.

The program works by focusing on 4 important elements of your life, during 4-hour sessions spanning 3 months, at a center near you.

Enrollment duration may vary from facility to facility.
“It is so simple! I wish other people would understand that they have choices, other than just medications, to manage their disease.”
– Cathy Lynch, program participant

“I didn’t expect to love the food as much as I do. I haven’t had a bad meal yet and have never gone hungry.”
– Janine Mansell, program participant

“The staff and the group experience were essential to my success in the program.”
– Jim Vavrek, program participant

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