



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

By Dean Ornish

Ivy Books. Paperback. Book Condition: New. Mass Market Paperback. 672 pages. Dimensions: 6.7in. x 4.2in. x 1.2in. 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; 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Mass Market Paperback.



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This kind of book is every little thing and taught me to look ahead of time and a lot more. I am quite late in starting reading this one, but better than never. I found out this book from my dad and I encouraged this pdf to find out.

-- Justus Hettinger