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[Dr. Ornish's Program for Reversing Heart Disease is the first program scientifically proven to undo \(reverse\) heart disease by optimizing four important areas of your life. This program has been proven to undo heart disease by dealing with the root causes and not just its effects. The combined effect of all four lifestyle elements makes the transformative difference.](#)

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[Author Q&A: A Talk with Dr. Dean Ornish](#) [First of all, why did you write THE SPECTRUM? THE SPECTRUM is a culmination of three decades of my research and clinical experience proving what works, what doesn't, for whom, and under what circumstances.](#)

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[Dr. Dean Ornish is the author of 6 best-selling books, including "Dr. Dean Ornish's Program for Reversing Heart Disease"; "Eat More, Weigh Less"; and now, his most recent book, "The Spectrum." Read chapter 2 of "The Spectrum" now, and learn the basics of a program proven to help you lose weight, live longer and gain health.](#)

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