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[The Spectrum: A Scientifically Proven Program to Feel ...](#)

The Spectrum combines these lessons into one book, one source of scientific references, and one way of living for the first time. If you want to live a healthy life that will take you to your full physical and mental potential, The Spectrum is that book. I've met Dr. Ornish. In person, he's a kind, gentle man who wouldn't ever say a harsh word to anyone. In public, critics have challenged his past ideas about reversing heart disease by saying it's too hard to keep on his pathway.

[Ornish Lifestyle Medicine](#)

The Ornish Reversal Program (Intensive Cardiac Rehabilitation) is offered by a team of dedicated health care professionals who work directly with participants to provide the information and support needed to make and maintain lasting changes in lifestyle.

[The Spectrum by Dean Ornish: How to Reverse Heart Disease](#)

Can chronic disease actually be reversed? The answer is yes! In this week's UltraWellness blog, Dr. Mark Hyman introduces you to a groundbreaking new book by medical pioneer Dr. Dean Ornish -- and

[Books by Dean Ornish \(Author of The Spectrum\)](#)

Dean Ornish has 52 books on Goodreads with 38264 ratings. Dean Ornish's most popular book is Crazy Sexy Diet: Eat Your Veggies, Ignite Your Spark, and Live! [The Spectrum: A Scientifically Proven Program to Feel ...](#)

[Praise for The Spectrum](#) In 1993, Hillary asked Dr. Dean Ornish to consult with us on improving our health and well-being and to train the chefs who cooked for us at The White House, Camp David, and Air Force One.

[The Spectrum by Dean Ornish, M.D. | PenguinRandomHouse.com](#)

About The Spectrum: The Ornish Diet has been named the #1 Best Heart-Healthy Diet by U.S. News & World Report for seven consecutive years!

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"The Spectrum provides unparalleled guidance and ideas from the sage of preventive medicine," Larry Brilliant, M.D., M.P.H. Executive Director, Google Foundation & Google.org "Dean Ornish has given us a delightfully readable, information-rich and extraordinarily helpful guide to a better, healthier life.

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