

The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health

By Dean Ornish M.D.

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

From the author of the landmark bestseller *Dr. Dean Ornish's Program for Reversing Heart Disease* comes an empowering new program that enables you to customize a healthy way of eating and living based on your own desires, needs, and genetic predispositions.

Dr. Dean Ornish revolutionized medicine by directing clinical research proving–for the first time–that heart disease and early-stage prostate cancer may be stopped or even reversed by his program of comprehensive lifestyle changes, without drugs or surgery. His newest research was the first to show that changing your lifestyle changes your genes in men with prostate cancer–"turning on" disease-preventing genes, and "turning off" genes that promote breast cancer, heart disease, and other illnesses, and in only three months. This study documented, also for the first time, that these lifestyle changes may significantly increase an enzyme that lengthens telomeres–the ends of your chromosomes that control how long you live. As your telomeres get longer, your life gets longer. Your genes are not your fate.

The Spectrum features one hundred easy-to-prepare, delicious recipes from award-winning chef Art Smith. Whether you want to lose weight, lower your cholesterol, reverse a major disease, or find a sustainable, joyful lifestyle, The Spectrum can make a powerful difference in your health and well-being.

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Editorial Review

From Publishers Weekly
First published in 1990, Dr. Dean Ornish's *Program for Reversing Heart Disease* presented scientific evidence that lifestyle changes alone can reverse even severe heart disease without surgery and medication. Subsequent research convinced Ornish that his program could be applied to other conditions with similar success. Ornish's philosophy has gained the respect of colleagues and patients, but critics say it is too difficult for many to sustain. Perhaps to counteract this notion, Ornish offers choices along a continuum of physical, mental and spiritual health. Marred somewhat by a defensive tone and repetition, the book shows readers how to tailor his recommendations to their needs, goals and preferences. Ornish's spectrum consists of nutrition (extremely low in fat, vegetarian), exercise (aerobic, resistance training and flexibility), stress management (yoga, meditation) and nurturing relationships, and he describes how they influence specific conditions. Recipes contributed by Oprah Winfrey's personal chef, Art Smith, ground Ornish's principles with dishes based on fresh, seasonal ingredients and ways to adapt them to a person's place along the spectrum. No doubt, putting Ornish's philosophy into practice is the best way to banish visions of the diet police. Given the research and heartfelt testimonials from patients reproduced here, the evidence is on Ornish's side. *(Jan.)*
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Review
"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. I felt better and lost weight when I followed his recommendations. As this book illustrates, my genes may have been improving as well! If you want to see where medicine is likely to be five or ten years from now, read this book today."
—President Bill Clinton

"Dr. Ornish's wonderful new book, *The Spectrum*, can make an important difference in the health of the world at a time when it most needs it."
—Gro Brundtland, M.D. Former Director General, World Health Organization, United Nations Former Prime Minister, Norway

"Dr. Dean Ornish knows more about inspiring people to eat well, live well, do well, and be well than anyone on the planet. *The Spectrum* is a powerful book for living longer and better and shows how to live a healthful, joyful and loving life. As Frank Sinatra once told me, 'Live each day like it's your last, and one day you'll be right.'"
—Quincy Jones

"Dr. Dean Ornish is one of my best students, and I agree with what he is telling you. I have known him well for many years now. So you should pay good attention to what he tells you in his new book, which I am pleased to strongly support. I am in complete agreement with what he is saying in *The Spectrum*."
—Alexander Leaf, M.D. Chairman, Dept. of Medicine (emeritus) and Chairman, Dept. of Preventive Medicine & Clinical Epidemiology (emeritus) Harvard Medical School & Massachusetts General Hospital

"*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. Read *The Spectrum* for yourself - and give a copy to someone you love."
—**Daniel Goleman**, **author of** *Emotional Intelligence*

“Read this book. It is literally life-saving and life-transforming.”
–Deepak Chopra, M.D.

“The Spectrum is absolutely fantastic. Time and again, Dr. Dean Ornish has scientifically proven that what was once thought to be medically impossible is, in fact, possible. His work is truly revolutionary.”
–Mehmet Oz, M.D., director, Cardiovascular Institute, Columbia University Medical Center, author of *You: The Owner’s Manual*

“Dr. Dean Ornish has done more than anyone to bring modern science to the nutrition field.”
–J. Craig Venter, Ph.D., first sequencer of the human genome

About the Author
About Dean Ornish, M.D.

Dean Ornish, M.D., is the founder and president of the non-profit Preventive Medicine Research Institute in Sausalito, California, where he holds the Safeway Chair. He is Clinical Professor of Medicine at the University of California, San Francisco. Dr. Ornish received his medical training in internal medicine from the Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. He received a B.A. in Humanities *summa cum laude* from the University of Texas in Austin, where he gave the baccalaureate address.

For the past 30 years, Dr. Ornish has directed clinical research demonstrating, for the first time, that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery. Recently, Medicare agreed to provide coverage for this program, the first time that Medicare has covered a program of comprehensive lifestyle changes. He recently directed the first randomized controlled trial demonstrating that comprehensive lifestyle changes may stop or reverse the progression of prostate cancer. His current research is showing that comprehensive lifestyle changes may affect gene expression.

He is the author of five best-selling books, including *New York Times* bestsellers *Dr. Dean Ornish's Program for Reversing Heart Disease*, *Eat More, Weigh Less*, and *Love & Survival*. He writes a monthly column for both *Newsweek* and *Reader’s Digest* magazines.

The research that he and his colleagues conducted has been published in the *Journal of the American Medical Association*, *The Lancet*, *Circulation*, *The New England Journal of Medicine*, the *American Journal of Cardiology,* and elsewhere. A one-hour documentary of their work was broadcast on *NOVA*, the PBS science series, and was featured on Bill Moyers' PBS series, *Healing & The Mind.* Their work has been featured in all major media, including cover stories in *Newsweek*, *Time,* and *U.S. News & World Report.*

Dr. Ornish is a member of the boards of directors of the U.S. United Nations High Commission on Refugees, the Quincy Jones Foundation, and the San Francisco Food Bank. He was appointed to the White House Commission on Complementary and Alternative Medicine Policy and elected to the California Academy of Medicine. He is Chair of the Google Health Advisory Council, Chair of the PepsiCo Blue Ribbon Advisory Board, and Chair of the Safeway Advisory Council on Health and Nutrition and consults with the CEO of McDonald’s to make more healthful foods and to provide health education to their customers in this country

and worldwide.

He has received several awards, including the 1994 Outstanding Young Alumnus Award from the University of Texas, Austin, the University of California, Berkeley, “National Public Health Hero” award, the Jan J. Kellermann Memorial Award for distinguished contribution in the field of cardiovascular disease prevention from the International Academy of Cardiology, a Presidential Citation from the American Psychological Association, the Beckmann Medal from the German Society for Prevention and Rehabilitation of Cardiovascular Diseases, the “Pioneer in Integrative Medicine” award from California Pacific Medical Center, the “Excellence in Integrative Medicine" award from the Heal Breast Cancer Foundation, the Golden Plate Award from the American Academy of Achievement, a U.S. Army Surgeon General Medal, and the Bravewell Collaborative Pioneer of Integrative Medicine award. He is listed in *Who’s Who in Healthcare and Medicine*, *Who’s Who in America*, and *Who’s Who in the World*.

Dr. Ornish was recognized as “one of the most interesting people of 1996” by *People* magazine, featured in the “*TIME* 100” issue on integrative medicine, and chosen by *LIFE* magazine as “one of the fifty most influential members of his generation.”

About Art Smith

Art Smith, chef, award-winning author and television personality, has brought back meaning and symbolism to the word “table” and has united families and friends through the sharing of a meal.

The 2002 James Beard Award winner for his first cookbook, *Back to the Table: The Reunion of Food and Family* (Hyperion, 2001), Art is also the recipient of the prestigious 2001 Gourmand World Cookbook Award in the category, “For its Human Values.” Art’s second cookbook, *Kitchen Life*, was recently awarded the 2004 Gourmand World Cookbook Award in the category of “Best Family and Children's Cookbook.” Art is a National Bestseller and a *New York Times* Bestseller.

A native of Jasper, Florida, Art began his career with two internships at The Greenbrier Resort. He was then selected to attend the prestigious Walt Disney Magic Kingdom College Program in Florida. Following graduation, Art took a position as executive chef at the Florida Governor's Mansion where he worked for Governor Bob Graham, now a U.S. Senator, and his wife, Adele.

Art has run his own restaurant and has cooked for families all over the globe, including politicians and celebrities. After traveling extensively through Europe and Africa as a family chef, Art took a position as chef on the American European Express Train. Once settled in Chicago, he began a career in teaching and has served as personal chef to Ms. Oprah Winfrey since 1997. He is also a contributing editor to *O* magazine.

Art's nonprofit organization, Common Threads, is based on his passionate belief that families (whether a family by blood or a family of friends) all share an innate desire to care for each other, regardless of culture, race, or geographic location. Art's mission is to foster a familial environment where children learn through cooking to value each other and discover universal understanding and mutual acceptance (www.commonthreads.org).

Art serves on the board of directors of Kid's Cafe®, a nutrition program for children in Minneapolis. He is currently working on his third book, *Our Common Thread: World Families and Food*.

About Anne Ornish

Anne Ornish is Vice President of the non-profit Preventive Medicine Research Institute where she directs all activities related to stress management training and community. She produced the online presence and resources for Dr. Dean Ornish's site at WebMD from 1998-2005.

She is a certified Integrative Health & Spirituality practitioner through the California Pacific Medical Center and also received professional training in Mindfulness-Based Stress Reduction in Mind-Body Medicine with Dr. Jon Kabat-Zinn of the University of Massachusetts Stress Reduction Clinic. In addition, she completed the Academy for Interactive Guided Imagery's two-year certification program. She has 14 years of advanced training in yoga and meditation. Anne and her work were featured on the cover of *Yoga Journal* magazine's July/August 2006 issue.

At heart, Anne is a guide who is devoted to assisting individuals in the re?alignment with their natural state of well-being: love, inner peace & wisdom. She is currently developing a multimedia series of wellness tools.

From the Hardcover edition.

Users Review

From reader reviews:

Michelle Saunders:

This The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health are usually reliable for you who want to be a successful person, why. The reason of this The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health can be one of several great books you must have is definitely giving you more than just simple reading through food but feed you with information that possibly will shock your prior knowledge. This book is usually handy, you can bring it all over the place and whenever your conditions at e-book and printed types. Beside that this The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health forcing you to have an enormous of experience for example rich vocabulary, giving you trial of critical thinking that we understand it useful in your day exercise. So , let's have it and luxuriate in reading.

Maureen Daniels:

Reading a guide tends to be new life style on this era globalization. With looking at you can get a lot of information that will give you benefit in your life. Having book everyone in this world may share their idea. Guides can also inspire a lot of people. Many author can inspire their very own reader with their story or maybe their experience. Not only the story that share in the textbooks. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that exist now. The authors on this planet always try to improve their talent in writing, they also doing some investigation before they write on their book. One of them is this The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health.

Kenneth Flowers:

On this era which is the greater particular person or who has ability in doing something more are more precious than other. Do you want to become among it? It is just simple solution to have that. What you should do is just spending your time little but quite enough to have a look at some books. Among the books in the top list in your reading list is actually The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health. This book which can be qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking right up and review this e-book you can get many advantages.

Enola Hudson:

Reading a guide make you to get more knowledge as a result. You can take knowledge and information coming from a book. Book is published or printed or created from each source in which filled update of news. Within this modern era like now, many ways to get information are available for an individual. From media social just like newspaper, magazines, science book, encyclopedia, reference book, fresh and comic. You can add your understanding by that book. Do you want to spend your spare time to spread out your book? Or just seeking the The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health when you needed it?

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