

The Spectrum A Scientifically Proven Program To Feel Better Live Longer Lose Weight And Gain Hea

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The Spectrum A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health. Dr. Dean Ornish's Program for Reversing Heart Disease was a landmark bestseller that transformed the way we think about our health and well-being.

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The concept of the "spectrum" increases the likelihood you will actually follow through on making improvements. For example, Ornish lays out 5 groups of foods,

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Group 1 being the healthiest, Group 5 the least healthy. You assess which of these groups' foods you are now eating, i.e. where in the spectrum you are now eating.

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If you want to see where medicine is likely to be five or ten years from now, read this book today.”—President Bill Clinton“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.

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The Spectrum is a research-based lifestyle change program which has been proven effective for multiple health conditions. This course includes a description of the major components (nutrition, stress-management, and exercise) and mechanisms of action. Research on The Spectrum is also described. The book is accompanied by a guide to cooking, 100 easy-to-prepare recipes from award-winning chef Art Smith, and a DVD which provides instruction in meditation.

Reversing Heart Disease & Other Books | Dean Ornish, MD

" 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."

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Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

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“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

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5 Scientifically Proven Benefits of Full Spectrum CBD Oil CBD or Cannabidiol has been garnering a lot of interest in recent years because of the various therapeutic

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effects on patients suffering from certain medical conditions.

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The Spectrum | 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 teaches you how to lower high blood pressure, lose weight, lower your cholesterol, or reverse a major disease by customizing a healthy way of eating and living based on your own desires, needs, and genetic predispositions.

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