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The Spectrum: How To Customize A Way Of Eating And Living Just Right For You And Your Family

NEW YORK TIMES BESTSELLER

DEAN ORNISH, M.D.

THE **SPECTRUM**

A Scientifically Proven Program to
Feel Better • Live Longer
Lose Weight • Gain Health



WITH RECIPES BY ART SMITH

"Read this book. It is literally life-saving and life-transforming."

—DEEPAK CHOPRA, M.D.



Synopsis

The Ornish Diet has been named theÂ œ#1 Best Heart-Healthy Dietâ • byÂ U.S. News & World ReportÂ for seven consecutive years! From the author of the landmark bestseller Dr. Dean Ornishâ ™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 provingâ “for the first timeâ “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 cancerâ “â œturning onâ • disease-preventing genes, and â œturning offâ • 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 telomeresâ “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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Customer Reviews

Lots of great information here, though it seems to be a bit dated (eggs and avocados were actually recommended by my cardiologist). Still, a great jumping-off place for overhauling a family's diet and lifestyle. I confess I skimmed the yoga and meditation chapters because there are more comprehensive resources for these things out there. The recipes that I've tried from this book have been yummy!

Excellent book. Very readable. I especially appreciated Dr. Ornish's explanations of scientific evidence which supports most of the recommendations for diet, exercise, stress management, losing weight, and preventing or reversing hypertension, type 2 diabetes, cardiovascular disease, and breast and prostate cancer. Ornish makes clear distinctions between solid evidence vs. findings which are suggestive or inconclusive. His explanations are non-technical for the most part. I also appreciated the overall positive outlook that Ornish takes. He constructively suggests specific things we can do to improve quality of life, rather than focusing on all the no-no's. In other words, he recommends ways to enhance enjoyment of life, rather than create fear or guilt about behaviors that will shorten life. I just skimmed the last chapters on recipes for meals and snacks. I wasn't interested in a cookbook for healthy eating, although I can see where some people might find them useful. I plan to read the book again.

The Spectrum could save my health, and is improving my life. After a long search I found a physician who is courageous enough to provide a plan to improve my health instead of flooding me with medicines. My new doctor asked me to read this book and consider using the concepts it presents. He says applying the concepts will require me to revise my life style but promises to save my life. I have arthritis, coronary artery disease, and diabetes, all three can make my days miserable. Two of the three threaten to eventually take my life. Most physicians prescribe one of two approaches: surgery, or loads of medicine. Few believe that their patients could have the discipline to change their life style and change their health without the surgery or medicine. My new doctor believes in me. The Spectrum is full of helpful aids in the form of graphs, charts, and tables. The

tables of different foods and their comparative effect on blood sugar and weight are especially clear and useful. The text is divided into two parts. The first part discusses how to personalize a healthy program for yourself. Part I writes about the importance of self designing a program that you like and will actually perform. There are chapters on weight control, "exercise", and stress management. Additionally there are chapters that explain in simple terms how the program works, why it works, and presents solid scientific evidence to prove this program has improved the health and resulted in a more abundant life for hundreds of people. The second part presents menus and meal preparation directions from a noted chef. The chef's goal was to create menus that were healthy and that almost anyone could prepare. The chef achieved his goal. I am no chef, but I can prepare these meals. They are tasty and satisfying. One recipe I wish to try is "Spelt Spaghettini with tomatoes, kalamata, olives, and toasted pine nuts." It appears to be flexible as I can use Spelt or Whole Wheat Spaghettini, and can add rotisserie chicken or turkey breast for variety. To me several concepts are especially noteworthy: The Ornish message on "exercise

Our heart doctor recommended this book to help lower our cholesterol and be more active and heart healthy. We have been eating a lot of fresh produce already but needed to eat less fat and meats, etc. This is our next big step. I love how everything is explained well and backed by science. The Spectrum idea helps us make our own smarter choices without feeling restricted. Can't wait for my husband's next doc visit where he surprises his doctor with great results. We are "competing" to see who gets "healthier" first! Only in our second week and feeling better already. Would love to have my husband be med-free at least for his cholesterol. Hoping his COPD improves too.

Highly recommend reading this if you want to stay healthy, reverse heart disease or follow Dr. Ornish

good information is never out of date

Dr. Ornish personalizes the best way of eating for each individual, going into the motivation side of our mind to have a longer and healthy life. Not only proposes to lose weight, but to keep our body in optimal conditions : less weight, optimal cardiovascular conditions, stable pressure, low cholesterol and without prostate problems. Includes a brief section for 100 recipes. In one idea, promotes a sustainable and joyful lifestyle within the reach of anyone.

Seems to be mostly recipes, some good ideas on food preparation. But not a book you can't put down. It requires sharp focus and intense effort to grasp some of the content. Your dedication and determination will reflect on the value you derive from this book. "Easy for you, difficult for me."

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