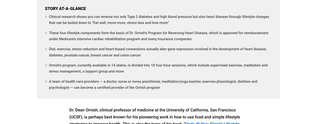
Top Lifestyle Changes to Build a Better Heart

Articles by Dr. Joseph Mercola ✓ Fact Checked

December 04, 2022



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STORY AT-A-GLANCE

- Clinical research shows you can reverse not only Type 2 diabetes and high blood pressure but also heart disease through lifestyle changes that can be boiled down to "Eat well, move more, stress less, love more"
- These four lifestyle components form the basis of Dr. Ornish's Program for Reversing Heart Disease, which is approved for reimbursement under Medicare's intensive cardiac rehabilitation program and many insurance companies
- Diet, exercise, stress reduction and heart based connections actually alter gene expression involved in the development of heart disease, diabetes, prostate cancer, breast cancer and colon cancer
- Ornish's program, currently available in 14 states, is divided into 15 four-hour sessions, which include supervised exercise, meditation and stress management, a support group and more
- A team of health care professionals — to include a nutritionist, a cardiac rehabilitation specialist, a cardiac teacher, exercise physiologist, dietitian and psychologist — can become a certified provider of the Ornish program

Dr. Dean Ornish, clinical professor of medicine at the University of California, San Francisco (UCSF), is perhaps best known for his pioneering work in how to use food and simple lifestyle strategies to improve health. This is also the topic of his book, "Undo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases."

Ornish is well-known for arguing that high-protein and high-fat diets contribute to America's ever-growing waistline and incidence of chronic disease. We obviously share different positions on this issue.

Since critiques of Ornish's diet can be found in various places on the internet, I decided to focus on what, in my view, is his major contribution to health, which is facilitating an aggressive lifestyle modification program to lower the risk of disease and here it paid for by insurance companies.

It is virtually impossible for most to have the foundational cause of their disease process reverse in the typical 10 to 15 minutes' doctor visit. So, he took 16 years to get his lifestyle program approved by Medicare and many insurance companies, which allows access to the tools necessary to change the trajectory of most disease.

Once a person has the foundation in place, it will be easy for them to research the high- versus low-fat debate and try it for themselves and let their body tell them which position is correct. But the important point is that most of their destructive health habits will be changed at that point.

For the past four decades, Ornish has directed clinical research showing you can reverse not only Type 2 diabetes and high blood pressure but also coronary heart disease — with some cases — through lifestyle changes that can be boiled down to "Eat well, move more, stress less and love more."

Simple Lifestyle Changes Can Reverse Most Chronic Disease

One of Ornish's studies also demonstrated that these same lifestyle changes can slow, stop or reverse the progression of early-stage prostate cancer, and probably breast cancer as well.

"We found that these same lifestyle changes actually change your genes, turning on the good genes and turning off the bad genes, specifically the genes that promote heart disease, diabetes, prostate cancer, breast cancer and colon cancer," he says.

"We did a study with Elizabeth Blackburn, Ph.D., who received the Nobel Prize for her pioneering work with telomeres. We found that these lifestyle changes could actually increase the enzyme telomerase in just three months that repairs and lengthens telomeres. Over a five-year period, we found that these lifestyle changes could actually lengthen telomeres.

When The Cancer sent out a press release announcing this study, they called it 'reversing aging at a cellular level.' We have just began the first randomized trial to see if this program can reverse the progression of men and women who have early-stage Alzheimer's disease.

The more diseases we study and the more mechanisms we look at, the more reasons we have to explain why these changes are so powerful and how quickly people can often get better in ways we can measure."

Since the early '90s, Ornish, through the Preventive Medicine Research Institute, a nonprofit organization, has been training hospitals, clinics and physician groups around the U.S. Despite the program's early success, many sites ended up closing down due to lack of insurance reimbursement. As noted by Ornish, "If it's not reimbursable, it's not sustainable."

Changing the Reimbursement Paradigm

To address this problem, they started reaching out to insurance companies. A few, including Mutual of Omaha and Highmark Blue Cross Blue Shield agreed to cover the program but, by and large, it was difficult to get the insurance industry onboard.

"I thought, 'Well, if Medicare would pay for it, then that would really change the whole paradigm. Because doctors do what we get paid to do, and we get trained to do what we get paid to do. If you change reimbursement, you change not only medical practice but also medical education."

It took 16 years, but Medicare approved and started covering the program in 2010 — officially referred to as "Ornish Program for Reversing Heart Disease" under the intensive cardiac rehabilitation (ICR) program — which allows for 72 hours of training on how to address the foundational causes of heart disease. According to Ornish, it was one of the most difficult things he's ever done.

"At one point, halfway through this whole process, they said, 'Well, we'll do a demonstration project, but you have to get a letter from the head of the National Heart, Lung, and Blood Institute of the National Institutes of Health, that your program is safe for older Americans.'

I said, 'Gets compared to having your chest cut open?' They said, 'No. Just (that it's safe for older people to walk, meditate, eat vegetables, quit smoking and love more.' I said, 'You must be kidding.' They said, 'No. We're not.' So, the director of the National Heart, Lung, and Blood Institute actually did a literature review, and concluded, 'Guess what? These are not high-tech behaviors'. . .

Anyway, after 16 years, we finally did receive Medicare approval. . . Now that Medicare is paying for it, most of the major insurance companies are covering it as well. . . I didn't want this to be concierge medicine. I wanted this to be available to everybody. Now, it is."

The program, currently offered in 14 states,[1] is divided into 15 four-hour sessions, which include supervised exercise, meditation and stress management, a support group (which Ornish says is part of why they have experienced levels of adherence to the program) and more.

Data show 85 to 90% of patients going through the program are still adhering to it after one year, and have better clinical outcomes, which results in significant cost savings. According to Ornish, in the first year of the program, Highmark Blue Cross Blue Shield's costs went down "by lower than that of a matched control group, and Mutual of Omaha cut their cost by nearly $30,000 per patient in the first year.

Leveraging Motivation

What really motivates people to make sustainable changes is not fear of dying, it's the joy of living, Ornish says, and his program acknowledges and in fact leverages this knowledge.

"When they change their lifestyle, most people feel so much better so quickly in ways that really matter to them. For example, people with heart disease often have angina or chest pain. . . [00]Only, usually, a few days or a few weeks, they're essentially free of pain. They say things like, 'Well, I like this. We're not. So, that's much. Because what I gain is so much more than what I give up.'

That's really the key. It's that we're always making choices . . . These are choices worth making. You feel so much better so quickly that it really reframes the reason for making these changes — from fear of dying or fear of a bad thing happening, to joy, pleasure, love and feeling good. The bigger changes in lifestyle are a big part of that.

The support groups we have are not really the classical support group of exchanging recipes and shopping tips and types of running shoes, but rather creating a safe environment where people can connect in a deep and authentic love for each other.

You know, 50 years ago, people had an extended family that was regularly living. They had a job that felt secure. They had a church or synagogue they went to regularly a club they belonged to, a neighborhood with two or three generations of people. Today most people don't have any of those."

Over 20 years ago, Ornish wrote the book "Love and Survival: 8 Pathways to Intimacy and Health," which reviewed evidence from what are now tens of thousands of studies showing that people who are lonely, depressed and isolated are three to 10 times more likely to get sick and die prematurely than those who have a sense of love and connection in community. "I don't know anything in medicine that has that big an impact," Ornish says.

Through his studies, Ornish has also learned that most harmful behaviors and habits are adaptive ways to deal with emotional pain. "I've had patients say things like, 'I've got 35 friends in this pack of cigarettes. They're always there for me, and nobody else is,' he says. You want to take away from people something that's so important, Ornish says, so, while information is important, it's not usually enough to motivate people to make permanent changes.

Love — An Oft-Avoided Four-Letter Word in Medicine

As noted by Ornish, "Love is one of those four-letter words that you're not really supposed to talk about as a scientist or as a doctor." Instead, terms like psychosocial support or bonding are used, but regardless of the terms, Ornish's program is a love-based one.

"Forty years ago, when I was a freshman in college at Rice University in Houston, I got suitably depressed," he says. "That was my doorway into learning about this. Creating an environment that feels nurturing and loving, like the support group, is the part of our work that some people make the most fun of. . .

That's why I like the phrase, 'love never is the fourth component of, 'Eat well, move more, stress less, love more,' because love is really what enables people to make these other changes. It has healing benefits in its own right. Even the word healing comes from the root to make whole. Yoga comes from the Sanskrit meaning to yoke, unite,' union. These are really old ideas that have been rediscovered. . .

More money is spent on antidepressants as well as cholesterol-lowering drugs, then pretty much anything else. We need to address this. Because what I learned when I was so depressed when I was in college is that if you tell someone which foods they eat depressed that they're going to live longer if they just change their diet, or move more, or eat well or stress less . . . It doesn't work for them.

They say, 'I'm just trying to survive. I'm just trying to get through the day. I don't know if I want to live longer. . . I think just the act of knowing that we're neutral, and understanding what really brings happiness . . . choosing not to do something that you otherwise could do reduces those choices with meaning. And if they're meaningful, then they're sustainable."

The Importance of Meditation

Ornish also discusses the benefits of meditation, which is part of the program. Among those benefits is finding your center so that you can empower yourself without being stress. "My whole approach is really about addressing the underlying causes of why people get sick," he says, and a major part of the problem is that we're doing something to disturb our innate peace and well-being.

The answer then is simply to stop doing that which causes the disturbance. Meditation can give you the direct experience of this part of you that is unstressed and not stressed, and provide the mental clarity to actually notice what it is that you're doing that's causing you to feel uneasy or "dis-eased."

"I would encourage anyone watching this, when you meditate, at the end of a meditation, when you're feeling more peaceful, just ask yourself a simple question: 'What am I not paying attention to that would be helpful?' . . . Then just listen. You'll be surprised what comes up," Ornish says.

"If you want to learn how to meditate, we can do it right now. It takes all of 30 seconds. Close your eyes, assuming you're not in a car or some place that you need to be looking, and take a long breath. Bring your awareness to one of these mantra sounds. Let's use the word love, because it's secular and it wouldn't offend anyone.

[Just intoned One] . . . When you run out of air, do it again. Over and over again. What invariably will happen is your mind will start to wander. You'll start to think about 1,000 things you should be doing or forgot to do or whatever. That's normal. Everybody's mind wanders. If you become aware that you're thinking about something else, just bring it back to the sound. Then your mind really begins to quiet down in a very deep way. . .

What I find when I am consistency is more important than the duration. . . I can be a minute at the beginning of the day or the end of the day can really make a huge difference. If you can do more, even better."

Intermittent Fasting

In his book, Ornish also suggests making breakfast and lunch the main meals of your day, and then eating a much smaller dinner or nothing at all, so that you're intermittently fasting for at least 12 to 14 hours every day. This is similar to the kind of meal timing schedule as my peak fasting regimen.

In the past, I advocated a six- to eight-hour eating window, and I typically maintained a daily five-to-six-hour eating window. The primary reason, from my review of the literature, is that shortened eating window is a more effective activator of autophagy and removal of cellular debris that will contribute to deadly chronic inflammation.

Now I've learned that even longer eating restrictions and fasts are perfectly appropriate for 95% of the population. If you are insulin resistant and metabolically inflexible, shift to one day a week of 12 hours, three days of 10 hours and three days of eight hours. Also, if you are metabolically healthy, I would encourage you to avoid any other snacking between eight hours. In his interview, Ornish explains why intermittent fasting can help your healthy heart program.

"First of all, you sleep better because your body's not trying to work, process and digest your food while you're trying to rest and rejuvenate. Secondly, you're not stimulating that [hormone] fasting gives your body a chance to detoxify and clean itself out.

It's one of the reasons why when you eat a healthier diet, not just what you eat but how you eat and when you eat, will make a difference as well. What's important is, I think, that most of us in our culture tend to connect with our family or loved ones over dinner.

When you're pushing back that window to three hours before bed time, that could be a challenge. But, it's just an opportunity for exploring some novel approaches, I guess."

Removing the Distinctions Between Diseases

In his book, Ornish presents what is essentially a unifying theory of chronic disease. He explains:

"We tend to think of heart disease, diabetes, prostate cancer and Alzheimer's as being fundamentally different diseases. I'm putting forth a radically new unifying theory, which is that they're really not different diseases.

They're different manifestations of the same underlying biological mechanisms that are disordered, such as chronic inflammation, oxidative stress, changes in the microbiome, immune function, gene expression, telomeres, chronic stimulation of the sympathetic nervous system, autophagy and apoptosis.

Each one of these, in turn, is directly influenced by what we eat, how we respond to stress, how much exercise we get and how much love and support we have. Because these underlying mechanisms are so dynamic, most people feel so much better . . .

Indeed, Ornish's work reveals these diseases do not require different sets of diets and lifestyle programs. It's the same for all. According to Ornish, this is also one of the reasons why so many of these diseases are comorbidities. People who have heart disease often also have high blood pressure, diabetes, high cholesterol and/or other chronic inflammation, for example.

This makes sense if they're all different manifestations of the same underlying cause. What this means too is that by implementing these healthy lifestyle strategies, you're not just preventing or reversing one particular disease, you protect yourself against all of them simultaneously.

For example, Ornish completed a randomized trial with Dr. Peter Carroll, chair of urology at the University of California, San Francisco, and a leading urologist, the late Dr. Willett Whitmore, chair of urology at Memorial Sloan Kettering Cancer Center in New York, showing that the same lifestyle changes that reverse heart disease also can often stop and even reverse the progression of early stage prostate cancer.

And contrary to conventional therapies, there are no serious side effects of these lifestyle strategies. As mentioned earlier, Ornish is now also studying the impact of these lifestyle modifications on Alzheimer's disease.

Where to Find Ornish's Program

If you're interested in Dr. Ornish's program, you can get all the information you need from his book, "Undo It! How Simple Lifestyle Changes Can Reverse Most Chronic Diseases."

If you would like further guidance, you can find a listing of all the sites that have been trained and certified to teach the program on Ornish.com, along with support groups you can attend free of charge.

As mentioned, there are facilities offering the program in 14 states. Ornish.com also lists about 150 video testimonials, including one by Dr. Robert Truehart, an internist whose heart disease was so severe he was on the waiting list for a heart transplant. While waiting for a donor he appeas he went through Ornish's program at UCLA.

"After nine weeks, he improved so much he didn't need a heart transplant anymore," Ornish says. "What's the more medical intervention, heart transplant, which costs $1.5 million and a lifetime of immunosuppressive drugs, or Eat Well, Move More, Stress Less, Love More? We have seen a dozen cases like that."

Become a Certified Ornish Program Provider

If you're a health care provider — be it a doctor, nurse, nurse practitioner, meditation/yoga teacher, exercise physiologist, registered dietitian or psychologist — his site also provides information on how to become a certified provider of the Ornish program.

"Medicare and most insurance companies will pay the same reimbursement, whether it's offered in a physician's office or in a hospital or in a large academic institution," he says.

"We're creating a new paradigm of health care rather than sick care. . . Medicare currently only pays for reversing heart disease. Some of the other insurance companies cover it not only for heart disease but also for Type 2 diabetes, or even two or more risk factors like obesity, high cholesterol, high blood pressure and so on. Most people with heart disease will be covered if they can go to one of our programs."

The training, given in Marin County, Bay Area, is a combination of didactic and experiential learning where you go through the program from start to finish, just as if you were a patient. In addition to that, you attend lectures by Ornish and others to learn the scientific basis for all of the modalities, and how to incorporate the knowledge into your day-to-day life.

Further ongoing training is provided both on-site and through video technologies. To maintain the quality of the program, providers are required to go through recertification on an annual basis.

"Most people who do it say, 'This is what I've been waiting for. This is why I went into health care. It wasn't just a collection of algorithms, we're going to get replaced by artificial intelligence and probably an iPhone app before long . . . For me, at least, it's part of our conspiracy of love. When you go through this program, you can really experience the difference it can make.

We so often think that advances in medicine have to be something really high-tech or expensive . . . I think our unique contribution has been to use these very high-tech, expensive state-of-the-art scientific measures to prove how powerful this very simple and low-tech and low-cost program can be. . .

Even in times and a half days, people often feel that they have life-transforming experiences, which make them that much more passionate and committed and effective in training their patients who they ultimately will be working with."

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Sources and References

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jim defeind
Joined On 10/10/2016 5:40:16 PM
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I had a heart attack when I was 63 years old. I lived 30 Months back and got on the program. I'd put you the highlights of my progress in less than 6 months (passed the 12 minutes stress test. I was able to play tennis. I am 80 plus yrs now and I play tennis 3 times a week. I workout (on a treadmill) until I was 80 years old when I retired and do volunteer derming. I have been checked by PCP every 3 months for Diseases which has shown my steady improvement. I am not on any medication. I'm sure Dr's Ornish's program was great for me!

Reply · Mark as Spam · Posted On : 1/12/2018 10:03:07 PM

stanleyfocker
Joined On 11/12/2012 2:21:40 AM
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thank you for the testimonial - and congratulations on reaching 90 - what are you eating ? - I read Dr Ornish 20 years ago - I thought then that his approach to diet was similar to the Bulletin Prolkin cards based high-carbohydrate strategy - Is this still the case? - hence those times a week of steaks ?

Reply · Mark as Spam · Posted On : 1/13/2019 11:19:00 PM

Guillermo
Joined On 4/7/2013 8:47:46 AM
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Congratulations "jim defeindfor" your strength and professional dedication. You have shown that with a good spirit of overcoming, a multidisciplinary approach, the will to live and dedication to others can overcome a heart attack and live happily at 90 years. Even Ornish left the 1990 study that found that a plant-based diet, gentle exercise, stress reduction and social support could reduce coronary artery blockages. The study pointed to a rediminking of the treatment of heart disease through what now called an "advance diet." Over the years, evidence has mounted linking these lifestyle factors to improve the health of the heart.

Patients should be interested in making comprehensive changes in diet and lifestyle, contradicting that goes beyond the drugs of allopathic medicine. I believe Dr. Ornish's success is based on lifestyle change, stress management such as yoga and meditation, absence of drugs, whole foods, plant-based diet, low sugar and without carbohydrates, moderate exercise and group support, enthusiasm and relationships with the doctor and the community.

For Dr. Ornish, Ayurveda medicine is an incomplete approach, which did not address the underlying cause, such as heart medications, to reduce cholesterol dosage, statins, etc. that make the patient a slave for life and do not solve the problem of clearing the arteries and supporting heart health. So the Ayurveda medicine, concerning mitochondrial dysfunction. Dr. Ornish concludes it essential to change his lifestyle and especially to get away from the junk food that this modern society has embraced.

Mark as Spam · Posted On : 1/13/2019 3:22:09 AM

Guillermo
Joined On 4/7/2013 8:47:46 AM
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They are very necessary pharmaceuticals like Dr. Ornish to combat the dangerous of the Ayurveda Medicine that lead to the dependency of drugs, without any hope of rehabilitation of the chronic and degenerative diseases that are settled in the modern society. Its established by Dr. Mercola, most of the diseases have an epigenetic connection, when junk food, lifestyle, stress, desadaptation of the immune system, toxic environment, lack of exercise, sleep deprivation, and social isolation are the main factors that cause mitochondrial permeability opened, leading to mitochondrial dysfunction that given rise to a certain pathology and even cancer as a metabolic disease. In concerning these experts, this is the solution, and Dr. Ornish has been a pioneer in taking his patients to practice, and signifying in them the hormones of hope and happiness.

Dr. Mercola's articles with Dr. Daniel Cousens to mind the attributes heart disease to the theory of plaque in connection with mitochondrial dysfunction and generation of free radicals of heart attacks is lower sugar and cholesterol in the bloodstream, contradicting system. Once again Modern Medicine establishes a connection with the true cause of the health of the heart.

A fellow practitioner had a heart attack, the same case and he was treated by an alternative MD, who prescribed taking Strophanthus, recommended by Dr. Cousen, also allopathic PCSO and magnesium, periodically enjoining, SHTF, treatment (stress caused insomnia), fish oil, cocoanuts, complete Dr. Ornish, 40 oz, and of course a healthy diet with many magnesium, cocoanuts and plant, whole foods, avoiding rich in nitrates, polyphenols and phytochemicals, fermented and sprouts, and moderate exercise and many illusion in the results, and your heart health improved exponentially. www.mercolapedia.com/ Dr Mercola's website www.heartsensecousens.com/cousens-heartsaving-stories-from-patients-about-a-... ...

Reply · Mark as Spam · Posted On : 1/13/2019 5:11:45 AM

Guillermo
Joined On 4/7/2013 8:47:46 AM
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As we get older, serious allergenic human damage endothelial cells, which leads to endothelial dysfunction and calcium, lipids and toxins, penetrate the endothelial layer and enter smooth muscle cells. This leads to the initiation of an inflammatory oxidative cascade and plaques that can detach and cause a deadly blood clot. Hence, it is trigger in the process. Women are more likely than men to have back or neck pain, burning in the stomach, feeling nauseated and vomiting before a heart attack. Women are more likely than men to have shortness of breath, fatigue, and sleep disturbances before a heart attack. Symptoms similar to flu and sleep problems. Some women who have a heart attack do not feel the typical pain in their chest, so they may miss symptoms that indicate they are having a heart attack.

Serotonin and melatonin act as anti-stress and antioxidant. Melatonin neutralizes the balance of relationship between brain modulators. Tryptophan is a precursor to 5-HTP, which is converted to serotonin. The cerebral pineal gland converts serotonin into melatonin when there are low levels of light in the surrounding environment, being the basis of our circadian rhythms. For this also need enough calcium, B6 magnesium, Nicin, B12 and D.

Melatonin has cardioprotective properties due to its antioxidant action, which reduces antioxidant enzymes and downregulates pro-oxidant enzymes. Anti-inflammatory and antioxidant properties of melatonin are also involved in the protection against chronic vascular diseases. Atherosclerosis. Melatonin reduces hypertension, and is very effective in heart failure. Melatonin CMI reduced tissue damage, decreased irregular heart rate. Melatonin Inhibits platelet aggregation and suppresses vasoplastic sympathetic activity (epinephrine and norepinephrine). Sympathetic activity damages the lining of the coronary arteries.

Mark as Spam · Posted On : 1/13/2019 5:13:06 AM

Guillermo
Joined On 4/7/2013 8:47:46 AM
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Lower nocturnal melatonin levels are associated with higher adverse effects after a heart attack, such as recurrent heart attacks, congestive heart failure, death. www.sciencedirect.com/... ...S1553380906002748 ...oxfordjournals.eqe.oxmfs.full/10.1113/JEP086297.2051.full ...nlm.nih.gov/pubmed/...pmc/articles/PMC1180672 (2018) ... Studies have shown that prophylactic use of DHEA is against atherosclerosis. Neuroprotective and neuronal survival. Blocks DHEA-S begin to decrease after 20 years of age. DHEA-S has an anti-inflammatory and / or antioxidant role. DHEA levels are decreased in patients with coronary artery disease. academic.oup.com/...12600/...

Magnesium has been shown to help increase DHEA production naturally, and decreases cortisol levels. Magnesium improves insulin sensitivity, and improves cardiovascular health. Magnesium is a natural calcium channel blocker. Magnesium helps maintain the optimal levels of DHEA for natural means, avoiding phony synthetic hormones. The steps to follow: www.sufficient.com/blog/28-ways-to-stimulate-your-vagus-nerve-and-eff ... ... The administration of DHEA can be negative and must be managed by good holistic professional. articles.mercola.com/sites/articles/archive/2011/05/19/the-moral-commun...

Mark as Spam · Posted On : 1/13/2019 5:12:42 AM

Guillermo
Joined On 4/7/2013 8:47:46 AM
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As Dr. Mercola reports the pioneering work of Elizabeth Blackburn, Ph.D., who received the Nobel Prize for her work with telomeres and telomerase, and Dr. Dean Ornish, who has been a pioneer in the field of lifestyle medicine, stress reduction has been shown to accelerate shortening of telomeres that is strongly correlated with longevity. Shortened telomeres have been associated with a high risk of disease and increased mortality rates for cancer and heart disease. The main hypothesis is that telomere wear is influenced by oxidative stress related to mutagenic and epigenetic stressors, obesity, radiation and certain pollutants, and inflammation (which is generated and perpetuated by oxidative stress). Telomerase, an enzyme that directs the replication of telomeres, counteracts telomere length, cells of the immune system and healthy cell proliferation.

Nutrition, exercise and management of lifestyle factors and stress help prevent cancer and cardiovascular diseases, reinforcing the function of telomerase. Practical stress management techniques can have a significant impact on telomere length, therefore, meditation and attending a support group family is a important increase in telomerase activity. In addition to benefits in cognitive function, memory, and well-being, there is a direct link between the length of telomeres and the health of the immune system. Epstein, (2018) The Epigenetic Regulation of Telomere Maintenance in Aging. www.sciencedirect.com/...0970012813007000003 ...

Mark as Spam · Posted On : 1/13/2019 5:47:47 AM

forlaidsbreading
Joined On 2/21/2011 9:51:43 AM
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Heart/artery disease and High LDH can also be seen as chronic scurvy accompanied by Mg,K deficiencies and high Iron/calcium/copper levels. CRIGHTAN STRIEGEL also inflammation - Junk diets, junk lifestyles, junk marks low mortgaging and junk emotions add to mitochondrial dysfunction. Mitochondrial dysfunction is a fundamental characteristic of aging and age-related disease. Age-related metabolic dysfunction/mitochondrial dysfunction underlies cardiovascular disease/stroke/ heart failure. Mg has more, Fitness Magazine says to boost energy 2-3 A.S.Dalzog, Christopher a. Bono, Jennifer Bono Dr.Eric Lopez... Learn to recognize the selfish Ryan-drive (SD) and move to higher states of consciousness. Science can be very simple once the obvious is accepted, Life Is Electrical

Reply · Mark as Spam · Posted On : 1/13/2019 5:52:46 AM

Guillermo
Joined On 4/7/2013 8:47:46 AM
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Good summary FOB, in the end we have a nutritional deficiency, a proinflammatory diet, which increases insulin, which leads to chronic inflammation that damage the tissues and arterial walls, which your body tries to repair, but that does not get its name from the Dr. Ornish's study, which is a high-carbohydrate diet, which increases inflammation and damage to the tissues, endothelial dysfunction and calcium, lipids and toxins, penetrate the endothelial layer and enter smooth muscle cells. This leads to the initiation of an inflammatory oxidative cascade and plaque deposits that can break off and cause a deadly blood clot, which causes a heart attack. Hence, it is trigger in the process. Stress is a strong physical damage and producing a heart attack.

The incidence of heart attacks and sudden death have shown that it increases significantly after the acute stress of natural disasters, and as a consequence of any severe stress factor that activates "fight or flight" response. Coronary heart disease is also much more common in individuals subjected to chronic stress. Dr. Mercola already informed us in an article the importance of the increase in the release of the sympathetic nervous system in the attacks to the heart, and the parasympathetic nervous system the vagus nerve. The release of vagus hunting aggressiveness, the organs of the immune system, and the release of cortisol and adrenaline. The release of cortisol and adrenaline, the release of cortisol and adrenaline, the release of cortisol and adrenaline, the

their ow sexual being. (How did the authors of the Scriptures know how to symbolically portray this ?) Our bodies have a muscle Tonus/tone. We can physically not keep that tonus/tone up indefinitely. The 7 day is for rest, and reflection/contact with our inner " intuitive" self? What is, was and what was is ! What under the sun can we do about it ? We should soon "scientifically" discover the link between the brain and the mind. I am guessing that IQ testing will not be complete until intuitive ability can also be accessed. We will not be at peace until we understand the science involved in the Word. Dr.s Ornish and Mercola are getting close.

Reply | Mark as Spam | Posted On 1/13/2019 1:06:49 AM

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Almond
Joined On 2/26/2008 4:23:33 PM
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One needs to find that place of contentment within. Along with it comes gratitude. I realize just reading the headlines anymore leads to a lot of static in my life. I must reduce that to the minimum knowledge I need for my own welfare. It wastes my time. What more do I need to know than so many politicians are crooks and not statesmen? I don't need all the details that news sources release. There is relatively little I can do about so many world problems, but there is a lot I can do to help people at a grass roots level. It is better to direct my energies to building a strong, self-sufficient and healthy community. IQ testing evaluates such a minuscule portion of intelligence and ability. In spite of a high IQ, it is of no relevance if a person does not use their gifts--that is the same as not having them. As the world gets crazier, the only true value system comes to us from our Creator. Many are easily mislead through various forms of suggestion and mind control. One should take inventory of what is righteous.

Mark as Spam | Posted On 1/13/2019 3:28:43 AM

Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Dr. Ornish has been able to transmit to his patients a great satisfaction in the changes of the habits of life. Precisely that satisfaction has its origin in a job well done, in a great confidence in natural therapies. It is a great satisfaction to know that you are walking towards health, a happy ending, as well as finding a job that is a great hobby, and an existence with improvements in the quality of life. In our existence the dissatisfaction that appears with certain frequency, is a when the things that we have obtained do not cover our expectations. In this world of permanent stress to achieve goals, all people suffer from a feeling of dissatisfaction, which can be healthy because it helps us to try to improve behaviors and progress in our hierarchy of priorities, in search of self-realization. From this perspective, dissatisfaction is a good and necessary emotion, which drives us towards personal growth.

The problem arises when we present high levels of chronic dissatisfaction, which are maintained at different times in our lives, interfering significantly in our profession or our social life. The most frequent cause of chronic dissatisfaction are the problems of the state of mind, which can even reach the depressive disorder, especially when there is a social impediment or circumstances that prevent reaching a desired goal, then the dissatisfaction occurs with high levels of frustration , sadness and apathy. The dissatisfaction is also in very proactive people who constantly seek goals but who tire of their achievements, and lose interest in them. In the case of you, satisfaction is full. When the syndrome becomes a pathology, it destroys the soul and can lead to any disease. Patients afflicted with this syndrome are unable to feel satisfied with their lives even though they have many reasons to be happy, clinging to any small negative incidence to persist in their state of continuous disappointment.

Mark as Spam | Posted On 1/13/2019 5:40:02 AM

Like | Dislike

JohnHasse
Joined On 5/24/2015 5:37:17 AM
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If you are at all aware, you know that there is great disagreement regarding what 'eat well' means. Thus, at the very beginning, we have a lack of clarity.

Reply | Mark as Spam | Posted On 12/4/2022 3:37:50 AM

Like | Dislike

Jeremiah.8
Joined On 5/31/2022 10:37:50 AM
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No sugar No white flour Nothing processed All organic 100% pasture raised No GMO No seed oils No wheat. By the time you are doing this, you will be thin and have more money in the bank. Win win.

Mark as Spam | Posted On 12/4/2022 10:34:29 AM

Like | Dislike

spp3369
Joined On 2/11/2021 5:47:19 PM
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I agree. My first impression was what a great discussion. I have so much respect for both of these people. BUT, your exactly right about the divergence in "Eating Well". I suspect that this is diet used in the studies. Almost two decades to get this intervention reimbursed. Totally agree with Dr. M about the system collapsing. I haven't read Ornish yet, but I've read numerous champions on both sides of the debate and it was finally reading some of Nick Gonzalez's work when I finally settled on the fact, that I thrive on a meat/veggie/fruit diet, although I have begun to experiment with intermittently going whole food, plant heavy a few months out of the year. I'm leaning more in the direction of eating what grows and walks around where I live. My issue now is being able to afford grass fed beef.

Mark as Spam | Posted On 12/5/2022 1:29:06 PM

Like | Dislike

dfink12
Joined On 3/24/2011 12:47:54 PM
Add as Friend | Send Message

Great work Dr. Ornish and Dr. Mercola!

Reply | Mark as Spam | Posted On 1/14/2019 8:51:52 AM

Like | Dislike

Barbara Charis
Joined On 3/8/2007 9:13:41 AM
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Dr. Ornish's program works. All 4 lifestyle changes are integral to good health. Conscious eating is ULTRA important....to be aware - the foods you are eating are either nourishing your body or breaking it down. How many give a thought to what the foods/beverages - they put in their mouths are doing inside their bodies? For years, I've kept food journals to break down everything I eat or drink. I wanted to know exactly what nutrients I was getting as accurately as possible. What was the end result? No physical problems gong on 89...and I feel better than I felt 61 years ago, when I started health research.

Mentally, I am sharper than when I had little consciousness of what I was putting in my mouth. In 1976, I asked my OB, "What nutrition books would you recommend for me to read?" (I'd been reading nutrition books for 15 years). I thought he'd recommend beneficial dietary books for pregnant mothers-to-be. His answer absolutely floored me....Ladies Home Journal. In 400 AD Hippocrates said, "Food is your best medicine; let medicine be your food." When EATING RIGHT is the #1 key to good health....why isn't NUTRITION one of the top courses taught in med schools?

Reply | Mark as Spam | Posted On 12/4/2022 5:35:24 PM

Like | Dislike

BicycleBoy
Joined On 6/26/2007 12:32:23 AM
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The phrase "Lifestyle Changes" never seems to resonate with me for how it is used. It is very holistic and not specific enough. One does not have to give up there lifestyle but one can improve their well being by altering diet and eating patterns, not be hateful when not being harmed etc. and still carry on a lifestyle of work, religion, values, etc.

Reply | Mark as Spam | Posted On 12/4/2022 9:57:09 AM

Like | Dislike

BicycleBoy
Joined On 6/26/2007 12:32:23 AM
Add as Friend | Send Message

Getting medicare and insurance approval is a significant accomplishment for a pharma controlled government.

Reply | Mark as Spam | Posted On 12/4/2022 9:43:20 AM

Like | Dislike

bfr27915
Joined On 9/26/2021 5:38:22 PM
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"The microbiome—the collective name for the trillions of bacteria that live in our digestive tract—is today's hottest medical news topic. But what does this groundbreaking research really mean for our everyday health? Synthesizing the latest findings, Dr. Robynne Chutkan, a preeminent gastroenterologist, explains how the standard Western diet and our super-sanitized lifestyle are starving our microbes, depleting the "good bugs" that are crucial for keeping us healthy, and encouraging overgrowth of exactly the wrong types of bacteria. The resulting imbalance makes us vulnerable to a host of autoimmune and chronic health conditions."
robynnechutkan.com/.../the-microbiome-solution

Reply | Mark as Spam | Posted On 12/4/2022 6:47:38 AM

Like | Dislike

arrekajorkman
Joined On 1/8/2020 2:27:09 AM
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After my Coronary Artery Disease (CAD) diagnoses, I was immediately advised for a coronary angioplasty, then a stent. After a while my condition got worse again with severe shortness of breath and angina, so i started on a natural CORONARY ARTERY DISEASE (CAD) TREATMENT from Herbal Health Point, the herbal treatment was very effective treating my heart condition and the shortness of breath. I had a total decline in symptoms. Visit their web page w w w. herbalhealthpoint. c o m. Its been 2 years since the treatment, I do lots of walking and lost some weight. My daughter also used their CHF product for her congestive heart failure, very effective.

Reply | Mark as Spam | Posted On 1/28/2020 3:08:42 PM

Like | Dislike

fra6765
Joined On 10/28/2015 11:04:15 AM
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I like Ornish's statement that the different diseases don't all fit in discrete boxes. There is an underlying reality of just a handful of causes. Dr. Terry Wahls make the same argument in her book. on using diet and lifestyle for MS.

Reply | Mark as Spam | Posted On 1/27/2020 11:59:05 AM

Like | Dislike

wpmars
Joined On 9/7/2013 3:32:13 PM
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At 71 my knees really keep me seated for long periods of time. I dont go out in the yard for fear of stepping in a uneven spot and locking-up the knee joint where surgery was the past treatment . I do cook sitting in a sturdy oak dinning room chair with casters and that does provide some movement. But now the right hand has become numb from (pinched nerve in the neck) so it feels like I am shutting down. I have a wearhouse of supplements that I wisely choose and use other things like grounding to stay on track.

Reply | Mark as Spam | Posted On 1/26/2020 1:28:09 PM

Like | Dislike

Jeremiah.8
Joined On 5/31/2022 10:37:50 AM
Add as Friend | Send Message

"Once a person has the foundation in place, it will be easy for them to research the high- versus low-fat debate and try it for themselves and let their body tell them which position is correct." I did a standing ovation in my living room. Get out of my face about my grass-fed butter.

Reply | Mark as Spam | Posted On 12/4/2022 10:28:17 AM

Like | Dislike

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