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Your genes are not your fate. New research by Dean Ornish, M.D. and his colleagues at the non-profit Preventive Medicine Research Institute and the University of California, San Francisco shows that changing what you eat and how you live may actually change how your genes are expressed in beneficial ways. You can live longer, feel healthier, *and* enjoy life.

This is the empowering message of Dr. Ornish's new book, **THE SPECTRUM: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health** (Ballantine; January 2, 2008), a groundbreaking book that shows you how to determine where you are on the spectrum of health while giving you a full spectrum of nutrition and lifestyle choices for gaining and sustaining optimum health for life. With this personalized approach to health, Dr. Ornish brings us the future of medicine *today*—the tools to customize a way of eating, managing stress, exercising, and living that are just right for you, based on your own desires, needs, and genetic predispositions. **THE SPECTRUM** not only provides a new, personalized path to health and well-being, it may also help reverse the worldwide epidemics of diabetes, high blood pressure, obesity, elevated cholesterol levels, depression, and other chronic conditions.

The pioneering findings found in **THE SPECTRUM** continue a revolution in medicine that Dr. Ornish has been leading for almost three decades. Dr. Ornish, the #1 *New York Times* bestselling author of *Dr. Dean Ornish's Program for Reversing Heart Disease* and *Eat More, Weigh Less*, revolutionized how we approach heart health by proving, for the first time, that his program of comprehensive lifestyle changes can *reverse* the progression of even severe coronary heart disease without drugs or surgery. His landmark research and books helped transform the way we think about the power of lifestyle changes to improve our health and well-being. More recently, he and his colleagues showed that the progression of prostate cancer may be stopped and perhaps even reversed by this program. These findings are giving millions of people new hope and new choices— not just to live longer, but also to live better. Medicare is now covering Dr. Ornish's program for reversing heart disease, making it widely available to those who most need it; he and his colleagues are now training health professionals worldwide in this program using an open source licensing agreement for free.

In these studies, Dr. Ornish learned what really motivates people to make and maintain lifestyle changes: "Joy of living is sustainable, but fear of dying is not. If you go on a diet, then sooner or later you're likely to go off it. Instead, you have a spectrum of choices. What matters most is your *overall* way of eating and living. If you indulge yourself one day, eat healthier the next."

THE SPECTRUM also features 100 easy-to-prepare, delicious recipes from James Beard award-winning chef Art Smith. Whether you want to lose weight, lower cholesterol, reverse a major disease, or find a sustainable, joyful, sensual, and healthful lifestyle, **THE SPECTRUM** separates fact from fiction, hype from hope, in order to make a powerful difference in your health and well-being.

Let's talk soon about an interview or feature with Dr. Ornish this January.

Sincerely,

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Advance Praise for
THE SPECTRUM
A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health

"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**

"*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.**

Professor of Surgery & Director, Cardiovascular Institute, Columbia University Medical Center
author, *You: The Owner's Manual* and *You: On a Diet*

"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**

"In this book, Dr. Dean Ornish continues to establish himself as a pioneer in the medicine of the future. He breaks well-established myths in the field of biology by showing scientifically that heart disease is reversible, that certain types of cancer are preventable, and that even your genes can be made to change their blueprint for your destiny by lifestyle changes that are fun and enjoyable and energizing. Read this book. It is literally life-saving and life-transforming."

—**Deepak Chopra, M.D.**

"This is a must read book for those seeking accurate information for how to optimize their personal health."

—**James O. Hill, Ph.D.**

Director, Center for Human Nutrition, University of Colorado
Co-Founder, America On the Move

"I've been following Dr. Dean Ornish's program for more than a decade, and I feel younger now than I did ten years ago. Dr. Ornish's style of eating and living is always delicious and never boring."

—**Clint Eastwood**

"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

“This country is in the midst of an unprecedented epidemic of obesity and inactivity, which is fueling the spiraling increase in cost of health care. In *The Spectrum*, preventive medicine specialist Dean Ornish again shows us how to escape this medical quagmire and start a wellness movement in this country.

I highly recommend this book.”

—**Kenneth Cooper, M.D., M.P.H.**

Founder & President, The Cooper Aerobics Center

“This is a must read book for those seeking accurate information for how to optimize their personal health.”

—**James O. Hill, Ph.D.**

Director, Center for Human Nutrition, University of Colorado

Co-Founder, America On the Move

“*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 written the definitive guide to caring for your health.”

—**Rachel Naomi Remen**, author of *Kitchen Table Wisdom*

“Dean Ornish has done more than anyone to bring modern science to the nutrition field.”

—**J. Craig Venter Ph.D.**, Sequencer of the Human Genome

“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 *Social Intelligence*

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From the #1 *New York Times* bestselling author of
Dr. Dean Ornish's Program for Reversing Heart Disease and *Eat More, Weigh Less*

THE SPECTRUM

A Scientifically Proven Program to
Feel Better, Live Longer, Lose Weight, and Gain Health
by

Dean Ornish, M.D.

Founder and President, Preventive Medicine Research Institute
Clinical Professor of Medicine, University of California, San Francisco

with recipes and menus by **Chef Art Smith**

Includes a DVD of inspiring, beautiful, and peaceful guided
meditations by **Anne Ornish**

Vice President of Stress Management at the non-profit Preventive Medicine Research Institute

* * *

**Personalize a Way of Eating and Living
That's Just Right For You**

Dr. Dean Ornish brings to us *today* what the future of health will be: personalized medicine. In **THE SPECTRUM: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health** (Ballantine Books; January 2, 2008), Dr. Ornish provides the tools and resources to customize a way of eating, managing stress, exercising, and living that are just right for you, based on your own desires, needs, preferences and genetic predispositions.

Your genes are not your fate. New research by Dr. Ornish and his colleagues at the nonprofit Preventive Medicine Research Institute and the University of California, San Francisco, shows that changing what you eat and how you live may actually change how your genes are expressed in beneficial ways. This is the empowering message of **THE SPECTRUM**. Grounded in science and

written in Dr. Ornish's clear, friendly, conversational style, this visionary book provides strategies that are proven to help you feel healthier, live longer, and enjoy life more fully.

THE SPECTRUM provides a new, personalized path to health and well-being that everyone can easily incorporate into busy lives. Also, it may also help reverse the worldwide epidemics of diabetes, high blood pressure, obesity, elevated cholesterol levels, depression, and other chronic conditions. Dr. Ornish presents six personalized nutrition, exercise, and stress management plans designed to:

- lose weight and keep it off
- lower cholesterol
- lower blood pressure
- help prevent and reverse the progression of coronary heart disease
- help prevent and reverse some types of prostate and breast cancer
- help prevent and reverse type 2 diabetes

In research directed by Dr. Ornish, many people with these and other chronic conditions were often able to reduce or even to discontinue their medications (under their doctor's supervision) when they made the diet and lifestyle changes that are outlined in **THE SPECTRUM**. He showed that your body has a remarkable capacity to begin healing itself, and much more quickly than previously thought.

THE SPECTRUM includes a comprehensive list of everyday foods and shows where they are on the health spectrum, providing information you can use to make sustainable changes in your way of eating. It includes 100 delicious and nutritious recipes by James Beard award-winning gifted chef Art Smith, showing that you don't have to choose between foods that taste good and ones that are good for you. Many include several variations so that you can tailor the recipe to meet your own needs and preferences. He shows how food can be good for you *and* fun for you. In addition, Dr. Ornish provides personalized exercise and stress-management plans that will fit into even the most active lives.

The pioneering findings that are the basis of **THE SPECTRUM** continue a revolution in medicine that Dr. Ornish has been leading for almost three decades. His landmark research and books helped transform the way we think about the power of lifestyle changes to improve our health and well-being. The #1 *New York Times* bestselling author of *Dr. Dean Ornish's Program for Reversing Heart Disease* and *Eat More, Weigh Less*, he revolutionized how we approach heart health by proving—for the first time—that his program of comprehensive lifestyle changes can *reverse* the progression of even severe coronary heart disease without drugs or surgery.

More recently, Dr. Ornish and his colleagues (including the Chairs of Urology at the University of California, San Francisco and at Memorial Sloan-Kettering Cancer Center) showed—also for the first time—that the progression of prostate cancer may be slowed, stopped, and even reversed by this program. This research was published in the leading peer-reviewed urology journal and made headlines worldwide. These findings are giving millions of people new hope and new choices—not just to live longer, but also to live better.

Through the non-profit Preventive Medicine Research Institute that he founded and directs, Dr. Ornish and his colleagues have trained hospitals and clinics throughout the country in his program for reversing heart disease. They consistently showed that they could motivate people to make and maintain bigger changes in their lifestyle and to achieve better clinical outcomes and larger cost savings than have ever before been documented. Based on these results in thousands of patients, Medicare is now covering Dr. Ornish's program for reversing heart disease, making it

widely available to those who most need it. This is the first time that Medicare has covered an integrative medicine program. Dr. Ornish and his colleagues at the Preventive Medicine Research Institute are now training and licensing health professionals worldwide in his program using an open source licensing agreement for free.

They also learned what really motivates people to make comprehensive lifestyle changes in a sustainable way in the real world. As Dr. Ornish writes, “Joy of living is sustainable; fear of dying is not. Abundance is sustainable; deprivation is not. Freedom is sustainable; repression is not. ‘It’s fun for me’ is sustainable; ‘it’s good for me’ is not. Love is sustainable; fear is not.” In **THE SPECTRUM**, Ornish shows us that love and intimacy are at the root of what makes us sick and what makes us well. Emotional connections with other people affect not only the *quality* of our lives but also the *quantity* of our lives—even our survival. People who feel lonely, depressed, and isolated are many times more likely to die prematurely from virtually all causes than those who have a strong sense of love and intimacy, connection and community.

Whether you’re six or sixty, if you go on a diet and lifestyle program and feel constrained, you’re likely to go off it sooner or later. Offering a *spectrum* of choices is much more effective; then, you feel free. If you see your nutrition and lifestyle choices each day as part of a spectrum, as a way of living, then you are more likely to feel empowered and to be successful. “In this book, I’m not trying to get you to do—or not to do—anything. Food and lifestyle choices are deeply personal decisions,” writes Dr. Ornish. “Having seen what a powerful difference changes in diet and lifestyle can make, I want to share these findings with you so that you can make intelligent choices in what you eat and how you live. How much or little you want to change, if at all, is entirely up to you. People have different needs, goals and preferences. What matters most is your *overall* way of eating and living. It’s not all or nothing.”

As **THE SPECTRUM** shows, if you indulge yourself one day, you can eat more healthfully the next. If you’re trying to reverse heart disease or prevent the recurrence of cancer, you may need the ‘pound of cure’—that is, bigger changes in diet and lifestyle than someone who just wants to lower their cholesterol levels a few points or lose a few pounds. “If you’re like me, basically healthy, then you can thrive on the ‘ounce of prevention.’ And if you’re somewhere in between—if you have some worrisome risk factors for disease or if genetic testing shows you to be at higher risk—then you can begin by making moderate changes in your nutrition and lifestyle. If that’s enough to achieve your goals, great; if not, then you may want to consider making bigger changes by moving closer to the healthier end of **THE SPECTRUM**.”

Whether you want to lose weight, lower cholesterol, reverse a major disease, or find a sustainable, joyful, and healthful lifestyle, **THE SPECTRUM** can make a powerful difference in your health and well-being. It empowers us to take control of our lives by providing sustainable, sensual, and healthy solutions scientifically proven to work in the real world.

THE SPECTRUM

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

Dean Ornish, M.D. with recipes by Art Smith

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THE SPECTRUM

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

In **THE SPECTRUM**, Dr. Ornish shows us how to personalize a way of eating and a way of living based on your own health goals, needs, and preferences. Here's how it works:

Since **THE SPECTRUM** is about freedom of choice, there is no diet to get on and no diet to get off. Nothing is forbidden. No guilt, no shame, no pressure. **THE SPECTRUM** is based on love— joy of living, not fear of dying. Feeling better, not denying yourself pleasure.

First, determine your health and wellness goals. Do you want to lose weight? Do you have high cholesterol? Is diabetes a problem in your family? Based on your individual needs and goals, **THE SPECTRUM** has examples of six individually-tailored lifestyle programs ideally suited for you: lowering cholesterol, losing weight, lowering blood pressure, preventing/reversing diabetes, preventing/reversing certain types of prostate and breast cancer, preventing/reversing heart disease.

Each personalized plan in **THE SPECTRUM** has 3 components: Nutrition, Stress Management, and Exercise.

The Nutrition Spectrum

The Nutrition Spectrum consists of five groups. Group 1 is the healthiest end of the spectrum and Group 5 is the least healthful end. To determine your current place on the Nutrition Spectrum, find the group that contains the foods you tend to eat most of the time. Then, according to your needs, preferences, and goals, decide how far and how quickly you want to move in a more healthful direction. For example, if you typically eat predominantly foods in Group 4 and you want to lower your cholesterol 50 points, begin by incorporating more foods from Groups 2 and 3. If that's sufficient to achieve your goal, great; if not, you can move more towards the healthier end of **THE SPECTRUM** by consuming more foods from Groups 1 and 2.

In general, the closer you move towards Group 1, the more benefits you're likely to gain and the more quickly you'll experience them. If you're healthy, you may not need or want to make very many changes at all—the “ounce of prevention.” On the other hand, if you are trying to reverse heart disease or diabetes, you'll probably need to make bigger changes—the “pound of cure.”

The recipes by Art Smith for **THE SPECTRUM** are designed so that each base recipe is in Group 1. Depending on your health and wellness goals, each recipe offers healthy variations. For example, the Vegetable Chili recipe is a delicious version of a classic recipe that begins in Group 1 with predominantly plant-based whole foods that are very low in fat, sugar, salt, and calories. Variations listed at the end of the recipe include adding a cup of pitted higher-fat black olives (which moves this recipe to a Group 2 dish) and/or adding one pound of turkey breast sausage to the recipe (which moves this recipe to a Group 4 dish).

The Stress Management Spectrum

Stress can have a negative impact on just about every part of your body. It can suppress your immune function, cause a heart attack or stroke, increase your risk of cancer, delay wound healing, promote inflammation, cause you to gain weight, impair your memory, cause depression, exacerbate diabetes, and worsen sexual function. Just for starters. Stress also makes you age faster even at a genetic and cellular level.

Some people thrive on stress, and it doesn't cause them to get sick. Studies have found that they can turn it on when needed, but they can also turn it off.

They have appropriately elevated levels of stress hormones at work during the day, but their stress hormones drop sharply at night. In other words, they can turn it off. In contrast, people who feel chronically stressed and anxious have stress hormones that remain elevated, and this predisposes them to a wide variety of illnesses.

Stress-management techniques can help you turn it off. They are not about withdrawing from the world; rather, they enable you to embrace it more fully and effectively. When you're feeling less stressed, you can think more clearly and creatively, making it easier to find constructive solutions. When you're less stressed, you're more empowered.

THE SPECTRUM provides you with the fundamental tools for stress management. These include:

- Breathing
- Yoga & Meditation
- Exercise
- Enhancement of social support
- Reduction of stimulants (both physical and mental)
- Practicing forgiveness, altruism, compassion, service

A DVD of inspiring, beautiful, and peaceful guided meditations by Anne Ornish is included with every copy of **THE SPECTRUM**. Anne is Vice President of the non-profit Preventive Medicine Research Institute where she directs all activities related to stress management training and psychosocial support. She has advanced training in yoga and meditation and was featured on the cover of the August 2006 issue of *Yoga Journal* magazine.

This DVD has guided meditations of different lengths depending on where you are on the Stress Management Spectrum. Even one minute a day has value; those who would benefit from doing more are given the tools and resources enabling them to do so.

The Exercise Spectrum

You already know that exercise is good for you and that regular, moderate exercise is one of the best things you can do for your health and well-being. What you may not know is that new research is showing that exercise beneficially affects your genes, helps reverse the aging process at a cellular level, gives you more energy, makes you smarter, and may even help you grow so many new brain cells (a process called neurogenesis) that your brain actually gets bigger. Really.

Here again is another demonstration of the theme of **THE SPECTRUM**: your genes are not your fate. The choices you make each day in your diet and lifestyle have a direct influence on how your genetic predisposition is expressed—for better and for worse. You're only as old as your genes, but how your genes are expressed may be modified by exercise, diet and lifestyle choices much more than had previously been believed—and more quickly.

To gain all the health benefits of regular exercise, you don't have to join a gym, hire a personal trainer, or organize your life around 10K's. For example, in the Women's Health Study, a major ongoing research project involving tens of thousands of women, those who walked briskly for just 60 to 90 minutes a week—just 15 minutes a day—cut their risk of death from heart attack and stroke in half.

Do what you enjoy, make it fun, and do it regularly. That's it. **THE SPECTRUM** shows you how.

A Talk with Dr. Dean Ornish

*First of all, why did you write **THE SPECTRUM**?*

THE SPECTRUM is a culmination of three decades of my research and clinical experience proving what works, what doesn't, for whom, and under what circumstances. It works.

It's about how to enjoy life more fully while enhancing your health and well-being. The book is based on our latest research, including studies showing that you may actually be able to change how your genes are expressed just by changing what you eat and how you live. In short, this book can empower you to transform your own life.

*Why do you call this book **THE SPECTRUM**?*

I like the concept of a spectrum because it's all about freedom. If you go on a diet, you're likely to go off it sooner or later. For most people, being on a diet—*any* diet—is not sustainable. Even the word “diet” conjures up feeling restricted, deprived, controlled. If you go on an exercise program,

In contrast, **THE SPECTRUM** approach is all about choice. There is no diet to get on and no diet to get off. Nothing is forbidden. No “Thou Shalt Not,” no “You Better.” No guilt, no shame; no right, no wrong. **THE SPECTRUM** is based on love, not willpower. It's about feeling good, not just avoiding feeling bad. Joy of living, not fear of dying.

The book shows how to cut through the confusion and to personalize a nutrition and lifestyle program just right for you based on your own needs and preferences. You have a spectrum of choices. People have different needs, goals, and preferences. The medicine of the future is personalized medicine, which this book brings to you today.

How does it work?

Here's how: Find your place on the Nutrition Spectrum based on the foods that you tend to eat most of the time. Then, according to your own needs and preferences, decide how far, and how quickly, you want to move in a more healthful direction (if at all). In general, the farther you move towards the healthy, Group 1 end of the Spectrum, and the faster you move there, the more benefits you're likely to gain and the more quickly you'll experience them.

Begin by making moderate changes. If that's sufficient to accomplish your goals, great; if not, you can make bigger ones. In our studies, we consistently found that the more people changed, the more improvements we measured and the better they felt.

If you're healthy, you may not need or want to make very many changes at all—the “ounce of prevention.” On the other hand, if you are trying to reverse heart disease or diabetes, you'll probably need to make bigger changes—the “pound of cure.”

Should I stop eating bad foods?

Foods are neither good nor bad, but some are more healthful for you than others. The Nutrition Spectrum consists of five groups. Group 1 is the healthiest end of the spectrum and Group 5 is the least healthful. To determine your current place on the Nutrition Spectrum, find the group that contains the foods you tend to eat most of the time. Then, according to your needs, preferences, and goals, decide how far and how quickly you want to move in a more healthful direction. For example, if you typically eat predominantly foods in Group 3, it's easy to incorporate more foods from Groups 1 and 2, and thus move to a healthier end of the Spectrum.

We all have a full spectrum of nutrition and lifestyle choices—it's not all or nothing. To the degree that you move in a healthful direction along this spectrum, you're likely to look better, feel better, lose weight, and gain health. You also smell better and taste better, because your body excretes waste via your breath and perspiration.

People have different needs, goals and preferences. What matters most is your *overall* way of eating and living. If you indulge yourself one day, you can eat more healthfully the next.

Many people are thoroughly exasperated by the seemingly contradictory information they read about what a sound nutrition and lifestyle program should be.

Yes, and nowhere are the claims more conflicting than in the area of diet. I often hear, “Those damn doctors, they can't make up their mind—to hell with 'em, I'll eat and do whatever I want and quit worrying about it!”

I understand why many people feel that way. It can be really confusing when even the experts don't seem to agree.

The experts don't agree?

For example, whenever I debated the late Dr. Atkins, he was usually described as the “low carb” doctor and I was the “low fat” doctor. But that was never accurate. I have always advocated that an optimal diet is lower in total fat, very low in “bad fats” (saturated fat, hydrogenated fats, and trans fatty acids), high in “good carbs” (fruits, vegetables, whole grains, legumes, and soy products in their natural forms), low in “bad carbs” (sugar, white flour), and with enough of the “good fats” (omega-3 fatty acids) and high-quality proteins.

As a veteran of the “diet wars,” it's time to call a truce. Rather than hearing experts bicker, most people want practical, clear, scientifically-based information they can use. Fortunately, at a time when people are more confused than ever, there is an emerging consensus about what to eat and how to live. A convergence of scientific evidence can help us resolve conflicting claims and to distinguish what just sounds good from what is proven to be true. While some significant differences remain, a greater consensus is emerging among nutrition experts than most people realize.

What about genetics? Aren't my genes responsible?

Your genes are partly responsible, but it's *not* all in your genes. I recently directed a study to find out if comprehensive changes in diet and lifestyle (i.e., the healthiest end of **THE SPECTRUM**) could affect how genes are expressed in men with prostate cancer and the parts of the chromosome that affect how long you live. [Note: Dr. Ornish can discuss the results of this study only after it has been published in a peer-reviewed journal.]

While you can't change your genes, it appears that you may be able to alter how they are expressed—for better and for worse—just by changing your diet and lifestyle. We're just beginning to understand the significance of these findings, but it is very exciting. I find this to be a profoundly hopeful message and an antidote to genetic nihilism and determinism.

*Is there an exercise component to **THE SPECTRUM**?*

You already know that exercise is good for you and that regular, moderate exercise is one of the best things you can do for your health and well-being.

What you may not know is that new research is showing that exercise beneficially affects your genes, helps reverse the aging process at a cellular level, gives you more energy, makes you smarter, and

may even help you grow so many new brain cells (a process called neurogenesis) that your brain actually gets bigger. Really.

Here again is another demonstration of the theme of **THE SPECTRUM**: your genes are not your fate. The choices you make each day in your diet and lifestyle have a direct influence on how your genetic predisposition is expressed—for better and for worse. You're only as old as your genes, but how your genes are expressed may be modified by exercise, diet and lifestyle choices much more than had previously been believed—and more quickly.

To gain all the health benefits of regular exercise, you don't have to join a gym, hire a personal trainer, or organize your life around 10K's. For example, in the Women's Health Study, a major ongoing research project involving tens of thousands of women, those who walked briskly for just 60 to 90 minutes a week—just 15 minutes a day—cut their risk of death from heart attack and stroke in half.

Do what you enjoy, make it fun, and do it regularly. That's it. **THE SPECTRUM** shows you how.

*Your research shows that managing stress and enhancing emotional health are important parts of **THE SPECTRUM**.*

Yes. Medicine today focuses primarily on drugs and surgery, genes and germs, microbes and molecules. Yet love and intimacy are at the root of what makes us sick and what makes us well. If a new medication had the same impact, failure to prescribe it would be malpractice. Connections with other people affect not only the *quality* of our lives but also the *quantity* of our lives—that is, our longevity and our survival.

Sacrifice is not sustainable. Love is. Even the word “sacrifice” conjures up austerity, deprivation, abnegation, self-immolation and other awful terms. Sustainable choices come from joy, abundance, and openness, ones that nourish and delight our hearts rather than from a place of fear and restriction.

FOODS IN THE NUTRITION SPECTRUM

Here is a basic breakdown of the foods in each group of the Nutrition Spectrum:

Group 1

These are the most healthful foods, predominantly fruits, vegetables, whole grains, legumes, soy products, nonfat dairy, and egg whites in their natural forms, as well as some good fats that contain omega-3 fatty acids. These are foods that are rich in good carbs, good fats, good proteins and other protective substances. There are at least 100,000 substances in these foods that have powerful anti-cancer, anti-heart-disease and anti-aging properties.

Group 2

These are also predominantly plant-based but somewhat higher in fat (predominantly monosaturated fat and polyunsaturated fat) such as avocados, seeds, nuts. Oils are included but in small amounts, since they are so dense in calories. Group 2 also includes foods canned in water (rather than sugary syrup or oil), canned vegetables (if sodium is not too high), low-fat dairy products (1%), decaffeinated beverages, low-sodium soy sauce, and so on.

Group 3:

These foods include some seafood, some refined carbohydrates and concentrated sweeteners (in moderation), some oils that are higher in saturated fat, some reduced fat (2%) dairy products, margarines free of trans fatty acids, sweeteners containing high fructose corn syrup, and higher sodium.

Group 4

In this group foods contain additional fat, higher animal protein and fewer protective nutrients. These include poultry, fish that are higher in mercury, whole milk/dairy products, margarine, mayonnaise, pastries, cakes, cookies, and pies.

Group 5

In general, these foods are considered the least healthful. They are the lowest in protective substances and are highest in “bad fats.” Some food included in this group are red meat, egg yolks, fried poultry, fried fish, hot dogs, organ meats, butter, cream, and tropical oils.

We all need to find our place on the Nutrition Spectrum that’s comfortable and congruent with our own personal values as well as with our health needs. And it may evolve over time. The point of **THE SPECTRUM** is to provide you information that you can use to make informed and intelligent choices. Only you can decide what’s right for you, for only then is it sustainable.

HOW TO TRANSFORM YOUR LIFESTYLE AND YOUR LIFE

- 1) You have a full spectrum of nutrition and lifestyle choices.
- 2) Even more than feeling healthy, most people want to feel free and in control.
- 3) Eating bad food does not make you a bad person.
- 4) *How* you eat is as important as *what* you eat.
- 5) Joy of living is a much better motivator than fear of dying.
- 6) It's important to address the deeper issues that underlie our behaviors.
- 7) There's no point in giving up something you enjoy unless you get something back that's even better—and quickly.
- 8) Make small gradual changes or big rapid changes to create sustainable transformations in your diet and lifestyle.
- 9) How we approach food is how we approach life.
- 10) The most powerful motivating force in the universe is love.

WHAT YOU *INCLUDE* IN YOUR DIET IS AS IMPORTANT AS WHAT YOU *EXCLUDE*

There are at least 100,000 substances in these foods that have powerful anti-cancer, anti-heart-disease and anti-aging properties. These include:

- The National Cancer Institute has identified sage, oregano, thyme, rosemary, fennel, turmeric, caraway, anise, coriander, cumin, and tarragon as having some cancer-preventing activity. Cumin, fennel, tarragon, and caraway contain substances called terpenoids that may help slow or even prevent tumor growth, as well as help reduce blood cholesterol levels.
- Watermelon has even more lycopene than tomatoes. Lycopene is a powerful antioxidant, which may help reduce your risk of coronary heart disease, breast cancer, lung cancer, and prostate cancer.
- Canola oil is often a better choice than olive oil, since canola oil contains more of the beneficial omega-3 fatty acids and a better ratio of omega-6 fatty acids to omega-3 fatty acids than olive oil.
- Tea contains polyphenols which are powerful antioxidants, which are found even more in green tea than black tea. The catechins in tea may help prevent cancer throughout your GI tract by helping to prevent DNA damage from carcinogens and by inhibiting the growth of new blood vessels that would feed tumors. Drinking tea has been shown to reduce the incidence of coronary heart disease, many gastrointestinal cancers, and to enhance immune function.
- An apple a day really may keep the doctor away. Pectin in apples may lower your cholesterol levels and help stabilize your blood sugar. They help prevent lung disease, especially in smokers.
- Mangoes are among the best sources of cancer-fighting carotenoids. They are also rich in antioxidant vitamins C and E. One mango contains 7 g of digestion-helping fiber, and much of this is soluble fiber, which helps lower your cholesterol level.
- Chili peppers are rich in capsaicin, which is what makes them taste hot. They may help you lose weight by suppressing appetite so you eat less and also by increasing your metabolism, so you burn more calories. They contain antioxidants such as vitamins A and C.
- Ginger contains a compound called gingerol that may lower blood pressure and increase circulation. Ginger also may help relieve motion sickness, morning sickness, and the nausea caused by anesthesia. Other compounds in ginger may help ward off migraines and arthritis pain by blocking inflammation-causing prostaglandins.
- Oatmeal contains soluble fiber that may help lower your cholesterol level as well as your blood pressure. It fills you up before you get too many calories, helping you lose weight. Find old-fashioned steel-cut oatmeal rather than instant, if possible.
- Whole grain cereals are “good carbs,” because the fiber slows the absorption and keeps your blood sugar levels more even. Also, the fiber fills you up before you get too many calories. The soluble fiber in cereal may reduce your cholesterol level and the insoluble fiber keeps your regular and may decrease your risk of colon cancer.

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.