Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery

by Dean Ornish

Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery was published in 1990. This book presents a program to prevent or reverse heart disease without the use of drugs or surgery, including two hundred recipes. The book is praised for its comprehensive approach to reversing heart disease through lifestyle changes and nutrition. It is a popular choice for people looking for natural alternatives to traditional heart disease treatments. The book has been updated and revised several times to reflect the latest research and trends in heart disease prevention and management.