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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

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.

## Book Information

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## Customer Reviews

Dr. Ornish has written some landmark books including Dr. Dean Ornish's Program for Reversing Heart Disease; Eat More, Weigh Less; and Love and Survival. Within those books, you will find life-changing scientific perspectives: 1. With proper diet, your health will improve without drugs or

surgery.<sup>2</sup> With nurturing relationships, you'll feel better and live longer regardless of your health issues.<sup>3</sup> You don't have to feel hungry to lose weight. Since Dr. Ornish first wrote those important lessons, other researchers have found more reasons for hope:<sup>1</sup> With diet and exercise, even genes that could harm you will be re-set to be helpful.<sup>2</sup> The combined effects of healthy living can multiply into more joy, energy, good moods, and excellent appearance.<sup>3</sup> Many more diseases can be reversed with diet, exercise, relationships, mindfulness, and stress reduction. In addition, Dr. Ornish has done his own new research showing that prostate cancer can be slowed and somewhat improved through healthier living. The Spectrum combines these lessons into one book, one source of scientific references, and one way of living for the first time. If you want to live a healthy life that will take you to your full physical and mental potential, The Spectrum is that book. I've met Dr. Ornish. In person, he's a kind, gentle man who wouldn't ever say a harsh word to anyone. In public, critics have challenged his past ideas about reversing heart disease by saying it's too hard to keep on his pathway. The Spectrum responds to the critics by explaining how much flexibility we have in each of these areas, depending on what our current health is. For most people, you don't have to be extreme or rigid.

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The Spectrum: How to Customize a Way of Eating and Living Just Right for You and Your Family  
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