

Live Better, Feel Better

How a Change in Diet and Lifestyle Can Help Protect Your Health and Improve Your Life

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Like many people, you may want to change your diet and lifestyle but don't know what to do, or how to do it.

We can help.

Many people think of a breakthrough advance in medicine as only being a new drug, a new surgical technique, a new laser, or some other high-tech device. They sometimes have a hard time believing that simple choices about diet and lifestyle can play such a powerful role in their health and well-being.

For the past 25 years, Dean Ornish, MD, and his colleagues at the nonprofit Preventive Medicine Research Institute have conducted a series of scientific studies proving that comprehensive changes in diet and lifestyle can often reverse the progression of even severe heart disease. Their research findings have been published in leading medical journals. And *Newsweek* reported, "Revolutionary results. ... Dr. Ornish's work could change the lives of millions. By the standards of conventional medicine, the impossible has happened."

Ornish initially focused his research on heart disease as a way of demonstrating how powerful diet and lifestyle changes can be, but the benefits may extend beyond just heart disease. Many people with diabetes, high blood pressure, high cholesterol, arthritis, and other illnesses often benefit from comprehensive lifestyle changes. Also, there is increasing evidence that changing diet and lifestyle may reduce the risk of some of the most common forms of cancer, including prostate cancer, breast cancer, and colon cancer.

Just as important, though, is that when you change your diet and lifestyle, you may feel so much better, so quickly, it reframes the reason for changing your lifestyle from fear of dying to joy of living ... even if you aren't sick.

We have two primary goals. The first is to provide you with the latest scientific evidence that diet and lifestyle changes may improve your health significantly. Our approach is based on empowering you with information so that you can make informed and intelligent choices.

The second goal is to give you the tools and resources you need to make and maintain lifestyle changes to the degree that you want and need.

We can help you design a lifestyle program that is just right for you, including a [low-fat, whole foods diet](#), [stress management techniques](#) including yoga and meditation to promote relaxation and increase energy, [moderate exercise](#), and social support.

For example: There is a range of diet choices you can make, based on the idea that some people need to make bigger changes than others. It takes more effort and intensity to reverse disease than to help prevent it. An ounce of prevention, as the saying goes ... well, you know the rest.

Likewise, you have a spectrum of choices in how much you exercise and how much yoga and meditation you choose to do. Even 20-30 minutes per day of walking provides most of the health benefits of more intensive exercise while minimizing the risks. And even a few minutes a day of yoga and meditation can make a profound difference in your well-being.

Our program is integrative medicine at its best, combining a unique and intensive combination of medical knowledge, lifestyle education, healthy eating, and individual support.

We want to help create a supportive, nurturing virtual environment in which to learn and experience the benefits of this program.

We invite you to experience these results for yourself.

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