

The Heartbeats For Life Guidebook[©]

Support for your healthy life:

diet ~ exercise ~ stress reduction ~ social interaction

Since 1995...Support group

based on the work of Dr. Dean Ornish



**by
Robert F. Klein, M.D.**

Welcome

Welcome to ***Heartbeats for Life!***

The purpose of this guidebook is to introduce you to the world of lifestyle modification that will help you maintain good health, prevent illness, heal, and enjoy life.

It's grounded in the research and writing of physicians and scientists in the areas of medicine, nutrition, psychology, epidemiology, sociology, and spirituality. They in turn, have used these findings to develop programs for individuals to follow in everyday living.

We begin with the work of Dr. Dean Ornish. His lifestyle program is the most comprehensive and includes nutrition, exercise, stress reduction, and a psychosocial dimension called "Opening Your Heart."

The Dean Ornish Heart Disease Reversal Program



In 1990, Dr. Ornish published his best-selling book entitled, ***Dr. Dean Ornish's Program for Reversing Heart Disease***. It is the most complete description of his program, including the reversal and prevention diets, exercise, stress management, and a fourth component which he called, variously, "opening your heart to others," "group support" or "the healing power of love and intimacy."

This book also reviews the design and results of his research program that showed reversal of coronary artery disease without drugs or surgery. It is essential reading for anyone who wants to arrest or reverse atherosclerosis through lifestyle change.

Here is a brief summary of Dr. Ornish's four, key lifestyle factors.

DIET

The Ornish reversal diet is a plant-based (vegetarian) diet, with no meat or fish, and a total of ten percent of calories derived from fat. In order to achieve this, no added oil is used in cooking, and skimmed dairy products are eaten in limited quantities. The cholesterol content of the diet approaches zero. The diet is not sodium restricted.

This diet is 10% fat, 70-75% carbohydrates and 15-20% protein. These are complex carbohydrates or starches, and sugar is limited. There is no restriction on the amount of food eaten, but for persons with obesity or compulsive eating, some restriction in portion size may be necessary.

Almost everyone loses weight on this diet. In fact, if someone doesn't lose to his or her ideal weight, he or she is probably not following the reversal diet.

For people who do not have heart disease and whose cholesterol is 150 mg

or lower, Ornish says they can eat diets higher in fat and cholesterol, probably because their bodies are more efficient at handling these ingredients. For those whose cholesterol is higher than 150 and who want to prevent heart disease, he recommends gradually reducing the amount of saturated fat and cholesterol, perhaps starting by eating no more than twice the amount of total fat in the reversal diet (20%).

In 1996, Ornish published ***Everyday Cooking with Dr. Dean Ornish***. These are simple, easy to use and very tasty dishes and menus that meet the reversal diet criteria. In his 2007 book, ***The Spectrum***, he lists foods by their healthiness index to help tailor your diet to your health goals.

EXERCISE

Moderate exercise such as walking, biking, gardening or home repair for thirty minutes each day or one hour every other day is recommended. Exercise should be enjoyable, and regular. Incorporating more activity into your daily routine is the best method. Ornish derived these recommendations following a review of other research regarding the protective effect of exercise. It is not necessary to reach levels of fitness through vigorous exercise in order to reap health benefits from exercise. Dr. Ornish wrote his basic account of the reversal program in 1990 and these are still the recommended levels of exercise. He writes, "Remember that consistency is more important than intensity." The book has an excellent section on how to monitor your self during exercise.

STRESS REDUCTION

Ornish recommends the practice of yoga to reduce the bodily and mental impact of stress on our health. Yoga includes meditation, breathing techniques, relaxation, stretching and visualization. In his personal life and research training, he came upon this ancient system first formulated in India, and began to use it to help his research subjects reduce stress. He recommends ONE-HOUR OF DAILY PRACTICE of these techniques to heal our inner self, attain peaceful states of mind, and handle stress in our lives.

Stress is universal and inevitable with living. But we can learn to recognize the signs and symptoms of stress and prevent its harmful effects. He gives an extensive introduction to yoga, including drawings of poses (stretches)

for beginners. I recommend that newcomers take yoga instruction to enhance your commitment and satisfaction with this component of the Ornish program.

OPENING YOUR HEART

Ornish sees isolation as a major risk factor for many illnesses and not just coronary heart disease. He says that addressing isolation was the most important component of his lifestyle modification program.

The metaphor "Opening your heart" needs some definition. Stress is a result of isolation from other people and from a higher force. Isolation may occur as a byproduct of changes in our social structure and culture, such as widely dispersed families, or because of personality or psychological factors such as loneliness or depression. In 1998, Ornish published *Love and Survival* that describes this type of stress. He writes about his belief that a number of ways are available to develop intimacy and love, which reduces isolation and leads to healing your body, mind and heart

Further, he writes that Isolation from a higher power or force implies that a spiritual dimension may also be a factor in reducing isolation. He addresses this in *Dean Ornish's Program for Reversing Disease Heart Disease* and in *Love and Survival*.

The Spectrum Concept in Lifestyle Change

In 2007 Ornish published *The Spectrum*, in which he expounds his belief that there is benefit from lesser degrees of change in lifestyle than that required for the reversal of heart disease. Rather than an intensive attempt to reduce all risk factors, he suggests a more individualized approach, each person setting goals for change such as losing weight, lowering blood pressure or decreasing cholesterol.

In *The Spectrum*, Ornish summarizes the results of his comprehensive lifestyle program research on early prostate cancer. Although he has not done research on breast cancer, he reviews the scientific evidence about breast cancer and lifestyle factors.

Caldwell B. Esselstyn, Jr., MD



In 1985 Dr Esselstyn, a Cleveland based surgeon, decided to redirect his career by working with a nutritional approach to treatment of coronary heart disease. He carried out a research project with a series of twenty-four patients with advanced coronary atherosclerosis. He placed them on a vegan diet with less than ten per cent of calories derived from fat and coached them intensively to maintain the diet. He also measures their serum lipids, with the main goal to bring total cholesterol down to 150 mg%. With some patients he also used small doses of statin medication to reach the target goal if diet alone did not achieve the 150 mg% level.

Over the course of twelve years, these patients (who had a total of 49 coronary events in the years preceding the study) experienced NO further coronary events! Dr. Esselstyn outlines this research project in his 2007 book ***Prevent and Reverse Heart Disease***.

In contrast to Dr. Ornish's approach, Esselstyn is all about nutrition. He does support exercise but did not include it as a formal part of his treatment program. Also in contrast with the Ornish reversal diet, the Esselstyn approach utilizes a vegan diet ((no animal products). Both Ornish and Esselstyn think the fat content should be ten per cent of daily calories.

T. Colin Campbell, PhD.



Dr. Campbell is a very important contributor to the nutritional science that underlies all of the programs described in this guidebook. He is an Emeritus Professor at Cornell University and one of the most respected world authorities in nutrition. As the principal investigator of a massive epidemiologic study called either the Cornell-China-Oxford study, or ***The China Study***, Campbell clearly demonstrates the links between high dietary fat content and dietary animal protein to several chronic diseases rampant in our culture.

His 2004 book, *The China Study*, is a must-read for understanding the

science underlying the argument for adopting a significantly different way of eating. Campbell takes aim at the role of eating animal protein in the development of cancer. This, of course, threatens many vested interests, such as the animal and dairy industries that exert powerful influence on governmental decisions and policies.

One of the byproducts of changing one's eating habits is a growing awareness of the interconnections between what types of food we eat, environmental issues and politics.

John McDougall, MD.



John McDougall is a California-based internist who has practiced medicine and treated many chronic diseases primarily with the adoption of a plant-based, low fat diet. He is an outspoken critic of many aspects of modern medical practice and has conducted reviews of medical literature including the work of Campbell. Dr. McDougall's conclusions and recommendations are solid and based on extensive clinical experience.

Like Esselstyn and Campbell, he recommends a diet without animal products with ten per cent of calories derived from fat. He emphasizes the importance of starchy foods and has shown how one can eat healthily on very few dollars per week.

McDougall is the author of several books including a good general reference, ***The McDougall Program, Twelve Days to Dynamic Health***, published in 1990. With his wife, Mary, he also maintains a very active website and monthly newsletter.

Neal Barnard, MD.



Dr. Barnard is the president of Physicians Committee for Responsible Medicine (PCRM) and a faculty member of George Washington School of Medicine. His major interest is the promotion of plant-based nutrition, especially in the prevention and treatment of cancer and diabetes.

PCRM has founded *The Cancer Project* that sponsors a cooking course on how to select food and prepare meals on a low fat, plant-based diet. We

in Rochester are fortunate to have one of their instructors, Sandy Baker, who teaches this course at Gilda's Club and Tops Cooking School.

Another of Dr Barnard's interests is in the treatment and prevention of diabetes utilizing a low fat vegan diet. His 2007 book, ***Dr. Neal Barnard's Program for Reversing Diabetes***, is an excellent source of information.

Nathan Pritikin and the Pritikin Program



One of the earliest authors to develop a lifestyle change program to treat and prevent coronary artery disease was Nathan Pritikin. In 1974, he first published his personal story and the results of his investigations. He was found to have advanced coronary heart disease at age 40, and through a remarkable search into the low incidence of heart disease in other cultures, particularly the Tarahumara Indian culture of northern Mexico. Pritikin adopted a diet with ten per cent of calories

from fat and began regular exercise, eventually reversing all symptoms of his own disease.

Not a physician or trained scientist, his work was widely ignored and then denigrated by the medical profession until much later. Pritikin developed a program for others to follow and established retreat centers for educating and coaching newcomers to his program.

His basic diet allows limited amounts of white meat turkey, chicken and fish, but also restricts sodium. However, he recommended a complete vegetarian diet if the basic diet did not reverse the symptoms and signs of heart disease.

Pritikin centers still exist for retreats. *The New Pritikin Program*, written in 1990 by his son Robert, includes a section on stress reduction, a topic that Nathan Pritikin never included in his writings or program.

Joel Fuhrman MD.



Yet another independent investigator who has an active medical practice and promotes a specific healthy nutrition program is Joel Fuhrman, a family physician from Riverside, New Jersey. Again, his diet is plant-based, low in fat content, with a major emphasis on legumes, grains, fruits and vegetables.

Perhaps more than the other authors reviewed here, Fuhrman emphasizes dark greens as rich nutrient source, even pointing out that a pound of spinach has more protein than a pound of sirloin! He also has used the term "nutrient to calorie ratio" to use in choosing the healthiest foods.

He has also targeted obesity as a subject for his program. His 2003 book *Eat to Live*, is very readable and based on solid reviews of nutritional science literature. Fuhrman is also an entrepreneur with webpage and membership benefits.

Walter Kempner MD. and the Rice Diet



Walter Kempner at Duke University formulated a forebear of the modern nutritional science derived programs described in this guidebook in the 1940's. He began to treat patients with malignant hypertension by means of an

extremely low sodium diet, which was also low in fat, protein and completely plant-based. The basic starting diet consisted of rice, fruit and honey. This menu was enlarged when the person's blood pressure came down to normal and other signs of damage to heart and kidneys showed reversal.

In truly remarkable fashion Kempner demonstrated that a uniformly fatal illness could be reversed over several months time. His work was published in the foremost medical literature. As effective medications to treat hypertension were developed, these results were forgotten, however the Rice Diet is now part of a treatment program and is described in the 2006 book, ***The Rice Diet Solution*** by Kitty Gurkin Rosati and Robert Rosati MD. It is taught at the Duke Rice Diet Program in Durham, NC. The focus of most of their treatment efforts is weight loss and diabetes treatment.

The basic ingredients of the rice diet are vegetables, fruits, whole grains and legumes. There is also restriction of sodium intake.

www.ricedietprogram.com

Summary

This brief description of several current lifestyle programs is a source of information about a scientifically based, tried and true methods of prevention or treatment of not only coronary heart disease but also other chronic illnesses such as cancer, obesity, diabetes. Colin Campbell's *China Study* book goes into the entire list of conditions in which there is evidence suggesting a nutritional factor in the causation or in their course over time.

All the programs mentioned here have a plant-based, low fat diet, and some are vegan (no animal products). All require the elimination or restriction of added oils in meal preparation.

Heartbeats for Life!

In *Heartbeats For Life*, we believe that information and education is important. Knowledge joined with personal motivation and group support is necessary for success in achieving change. Here is a description of our activities and some opportunities we provide to support your health goals.

Our purpose is to provide information, education and support for people like you who want to maintain or acquire health by changes in lifestyle. Change

requires work: breaking old habits and adopting new ones. These changes include diet, exercise, stress management and opening your hearts. These four aspects of healthy living have all been shown to affect health and recovery from illness.

One important new habit is to associate with other people who are also making changes in their life. Sharing experiences, problems and successes is often helpful. HFL is a voluntary association that holds meetings and programs designed to continuously address these life style factors in a supportive setting.

Heartbeats for Life meetings

A series of monthly meetings (except for August) are held on the second Monday of the month from 6:00–9:00 p.m. For location and program information call our **24-hour voice mail at 585-234-7076 or go to our website www.heartbeats4life.org**

Either a topical presentation or a dialogue among members that focuses on our personal experiences follows a share-a-dish, plant-based supper. Guidelines for the types of dishes to bring to the potluck are spelled out below.

Share-a-dish Food for the Potluck Suppers

The entire meal should meet the Ornish Reversal diet criteria: plant-based and usually comprised of fruits, vegetables, whole grains and legumes. It may include skimmed dairy products, or egg whites. Abundant fresh fruits and vegetables are welcome. ***No oil is added in the preparation of any dish or in salad dressings.*** Breads with fat content of 10% of total calories are welcome. Bring enough food for at least eight servings. It is helpful to have the recipe of your dish written on a card or paper; bring some copies if you would like to share it.

There is a microwave oven available in another room of the building for heating. There is also an electric outlet for pot warmers and crock-pots. Bring your dish for the buffet table by 6:15 p.m. The meal begins at 6:30. Bring your own place setting and beverage. Decaf tea and coffee are provided.

Heartbeats Small Group Activities

Three small groups are open to members.

1. **Steering Committee** meets the first Monday of each month to review and plan the larger group meetings and programs.
2. **Men's group** meets every other week for ninety minutes to share life experiences relevant to the lifestyle program.
3. **Healthy Living Weight Loss Support Group** meets the fourth Monday of each month.

Heartbeats for Life encourages the formation of other small groups with special interests, e.g. exercise, meditation, cooking. These intensify support for achieving goals of their members.

Resources

University of Rochester Medical Center Center for Community Health's
Healthy Living Center

46 Prince Street, Rochester, New York 14607 (585) 530-2050

www.urmc.rochester.edu

Make healthy lifestyle changes through individual counseling and/or group support. The HLC can help an individual prevent diabetes, enhance physical activity, improve diet and nutrition, eliminate exposure to tobacco, increase medication adherence, and reduce stress.

Rochester Area Vegetarian Society

(585) 234-8750

www.rochesterveg.org

RAVS meets on the third Sunday of every month. Most meetings offer a SHARE-A-DISH DINNER of completely vegetarian foods, and we regularly present stimulating and informative programs. Our programs have featured distinguished nutrition experts, health-care professionals, and panels of creative vegetarian cooks, discussion forums on ethical issues, book reviews and films.

References

This list includes some selected books and websites related to nutrition, exercise, stress reduction, and opening your heart. Most of these references are from the teachers discussed in the body of this guidebook, but some are from authors whose writings have been useful to our members. Almost all have multiple menus and recipes included. The list is not intended to be comprehensive.

Basic Program Descriptions

Dr. Dean Ornish's Program For Reversing Heart Disease, by Dean Ornish, M.D., Random House, 1990

The Spectrum, by Dean Ornish, M.D., 2007 (includes meditation DVD)

Prevent and Reverse Heart Disease, by Caldwell B Esselstyn, Jr., M.D., Avery, 2007.
www.heartattackproof.com

The China Study, by T.Colin Campbell, Ph.D., Benbella, 2004. www.tcolincampbell.org
The McDougall Program, by John A. McDougall, M.D. Plume, 1990. www.drmcDougall.com

Dr. Neal Barnard's Program for Reversing Diabetes, by Neal D. Barnard, M.D. Rodale Press, 2007. www.pcrm.org

The New Pritikin Program, by Robert Pritikin. Pocket Books, 1990, www.pritikin.com

Eat To Live, by Joel Fuhrman, M.D. Little, Brown, 2003 www.drFuhrman.com

The Rice Diet Solution, by Kitty Gurkin Rosati, M.S., R.D.L.D.N., and Robert Rosati, M.D. Simon and Schuster, 2006, www.ricedietprogram.com

Stress Reduction/Opening Your Heart

Conscious Breathing, by Gay Hendricks Ph.D., Bantam Paperback, 1995

Yoga Basics, by Mara Carrico. Owl Books, 1997

Wherever You Go, There You Are, by Jon Kabat-Zinn. Hyperion, 1994

Love & Survival, by Dean Ornish, M.D. Harper Collins, 1998

Cookbooks and Menus

Everyday Cooking with Dr. Dean Ornish, by Dean Ornish, M.D. HarperCollins, 1996

Food for Life, The Cancer Project www.cancerproject.org

On-Line Videos Worth Watching

Nathan Pritikin, part one of six (All six sections are available from this e-address.)
<http://www.youtube.com/watch?v=kuvFqKb3k7A>

Rachael Naomi Remen <http://www.youtube.com/watch?v=Q1xBjIHEhtg>

John Kabat-Zinn http://www.youtube.com/watch?v=3nwwKbM_vJc

Campbell http://www.youtube.com/results?search_query=T.+Colin+Campbell&aq=f

McDougall http://www.youtube.com/results?search_query=Dr.+John+Mc+Dougall&aq=f

Esselstyn http://www.youtube.com/results?search_query=Dr.+Caldwell+B.+Esselstyn&aq=f

Barnard http://www.youtube.com/results?search_query=neal+barnard&aq=0

Ornish http://www.youtube.com/results?search_query=dean+ornish+on+healing&aq=2

Fuhrman http://www.youtube.com/results?search_query=Joel+Fuhrman%2C+M.D.&aq=f

Greger <http://www.youtube.com/watch?v=KliMFBU4I>

Free PDF downloads of this HFL Guidebook and our HFL brochure, as well as more information about our organization are available on our website at www.heartbeats4life.org

Robert F. Klein, MD, chair
24-hour voice mail 585-234-7076