

# Prevent & Reverse Heart Disease

New scientific evidence shows that a holistic lifestyle can reverse and prevent heart disease, the great killer of our time.

The treatment, devised by a medical centre in the USA and endorsed by some of the highest-ranking doctors in America, is drug-free and surgery-free. It consists of a holistic lifestyle which includes relaxation, yoga postures, mild exercise and - very importantly - a diet plan much lower in fat than that normally advocated for heart disease prevention or treatment. In 1990 doctors reported how for a group of patients over a one-year time-span narrowed arteries opened up again even in very old people and in very advanced cases.

## Improvement Maintained

We can now report that a four-year continuation of the study which has just been completed finds the patients - all of whom started out with heart disease - in good health and the improvement in the health of their arteries has been maintained.



Join our Healthy Heart Campaign and help prevent heart disease.

These new findings vindicate the foresight and courage of Dr. Dean Ornish and his colleagues at the Preventive Medicine Research Institute, Sausalito, California, in investigating the effects of a thoroughgoing health-enhancement programme. This is the first time ever that heart disease has been consistently and permanently reversed in a group of people.

## A New Life

Based on these findings, many men and women who currently have heart disease with all its pain and disability could, by taking up this whole programme, in a short period be living a much fuller and more comfortable life - with every prospect of many more years of high-quality living - without drugs or surgery. Any person with existing heart disease should

consult their doctor if considering this programme) If a healthy person adopts the heart disease reversal programme, it will reliably help prevent heart disease.

## The Reversal Programme

The Heart Disease Reversal Programme consists of...

- (A) An anti-stress programme of relaxation and visualisation
- (B) Moderate aerobic and stretching exercise
- (C) A low-fat, low-sugar, low-salt eating plan
- (D) Stopping smoking

### A... ANTI-STRESS PROGRAMME

It is vitally important in prevention or cure that the person changes their approach and lets go of stress. The original programme involved an hour daily of breathing, yoga postures, relaxation and meditation.

### B... EXERCISE

If the person has heart disease strenuous exercise is to be avoided. Gentle aerobic exercise such as brisk walking is very suitable. Naturally the person whose main interest is in prevention will exercise as hard as they wish.

### C... DIET

The very-low-fat diet is essential in conjunction with the other elements of the programme in order to ensure success. Three points on diet are worth noting:

- 1 The average person's diet is 35-38% fat

### Dr. Dean Ornish.

DR. DEAN ORNISH, originator of the Healthy Heart Programme, says: "When we deal with underlying causes, the body can begin healing itself and even severely blocked arteries can often begin to actually reverse. If we only bypass the problem, literally with bypass surgery or using newer techniques such as angioplasty or drugs, then the same problem often comes back."

Dr. Ornish's book *Reversing Heart Disease* is available in all our health centres.



2 People with high cholesterol or heart disease are generally given a medical diet which is about 30% fat (with polyunsaturates etc.). In the above-mentioned studies, which used this standard diet as a control against which to measure the benefit of the Reversal Programme, the people on this type of diet got considerably worse overall and have continued to deteriorate in the extended four year study.

3 In order to be effective in reversing heart disease, the diet needs to be 10% fat or less. This is achieved by selecting foods which are very low in fat, such as the following:

### FOODS ALLOWED

All fruit & all vegetables except olives & avocados, all grains including fat-free bread, any pulses, beans and lentils, herbs and spices, skim milk or fat-free yogurt and egg whites.

### FOODS NOT ALLOWED

Butter, margarine, low-fat spreads, pastry, cakes, biscuits, crackers, oil, polyunsaturated oil, fried food, soups with fat content, sauces, mayonnaise and salad dressings, milk, cheese, cottage cheese with cream added, yogurt (unless fat-free.)

### SPECIAL NOTE

As the low-fat diet described here is also a highly effective weight loss programme (even though the amount of food is in no way restricted) readers who have existing heart disease should consult with their doctor before embarking on a change of diet. This article is for informational purposes only and does not constitute dietary advice to any individual person.

### REFERENCES

- (1) Ornish, Brown et al., Can Lifestyle changes reverse coronary heart disease? *Lancet* 1990; 336: 129-33
- (2) Gould, K. L. et al. Improved stenosis geometry by quantitative coronary arteriography after vigorous risk factor modification. *Am. J. Cardiol.* 1992; 69: 845-853
- (3) Ornish, D., *Reversing Heart Disease*: Ballantine, 1990.

## Positive Results

These patients, like the others on the programme, obtained excellent results, greatly reduced chest pain and breathlessness on exercise, and a substantial opening of severely blocked arteries. In each case, their heart artery condition was measured before and after the programme by movie X-ray angiography.



### Living Proof... Wayne Butler

WAYNE BUTLER before his healthy heart programme (above left) and pictured doing some of his yoga exercises and relaxation several months after (above centre and right). Wayne had severe heart disease - he was diagnosed several years before

these photos as having 90% blockage in a coronary artery. He says of the programme: "In six months I had lost 60 lbs - I was losing 10lb a month, and we did not count calories... I feel probably as good as I did 20 years ago."



### Living Proof... Hank Ginsburg

Three years before HANK GINSBURG (above) took up the Healthy Heart Programme he had a six-way coronary bypass operation. Two years later five of these new blood vessels had blocked up again. He has been on the programme four years in all.

"It was very exciting when I started feeling better right away, within three or four weeks. Every other doctor told me you can't reverse heart disease, but according to the computer analysis after one year it was at least 10% better than it was before."

## How to learn about the programme

**Healthy Heart Workshop** at Tony Quinn Health Centre 66 Eccles Street, Dublin 7 on Wednesday 11th May at 7.30pm.

This workshop will be a complete introduction to the Healthy Heart Programme - including information on relaxation and diet, and also demonstrations of fat-free cookery and yoga exercise.

### Healthy Heart Talks

at our health centres nationwide. These talks will cover all aspects of the programme and will include a question and answer session. All are welcome. Admission free.

### Clubs/Groups

NOTICE TO CLUBS, ASSOCIATIONS, BUSINESSES, SCHOOLS ETC... Bring the Healthy Heart Programme to your staff / members. We can supply you with leaflets, recipe booklets, video and a speaker. Contact Martin Forde on 01-830-4686 for more information.



Martin Forde, Healthy Heart Campaign Director, President of Irish Association of Holistic Medicine

Contact your local centre for dates and details of the healthy heart talks...

- ARMAGH 0861-525742
- BRAY 01-286-9311
- CORK 021-276364
- DUNDALK 042-38097
- DUN LAOGHAIRE 01-280-9891
- GALWAY 091-753114
- LIMERICK 021-276364
- RATHMINES 01-497-4234
- WATERFORD 051-76279