Exercise

1 hour of group exercise

Stress Management

1 hour of stress management techniques

Community

1 hour of group support

Nutrition

1 hour of lecture and group meal

Four key elements of lifestyle management working in concert to bring about lasting change

Moderate aerobic exercise a minimum of 30 minutes a day or for an hour every other day for a total of 3-5 hours of aerobic exercise per week.

Resistive or strength training exercise is also crucial to maintaining health. If medically appropriate, participants are also encouraged to engage in strength training exercise 2-3 times per week.

The stress management element is based off of the more gentle type of yoga called Hatha yoga. Hatha yoga focused on gentle stretching to help relieve stress and tension.
Stress management components include:

- Gentle stretching or poses
- Breath work
- Visualization
- Progressive Relaxation
- Meditation

The stress management prescription is to find 60 minutes each day to do one or a combination of the above stress management techniques.

ornish lifestyle medicine™ HEALTHWAYS

Participants may have forgotten the power of connection or perhaps never had the “techniques” required to create it for themselves, group support is a tool to this end.
Group Support taps into the healing power of connection that can result in emotional and spiritual transformations:

- Rediscover inner sources of peace, joy, and well-being.
- Learn how to communicate in ways that enhance intimacy with loved ones.
- Create a healthy community of friends and family.
- Develop more compassion and empathy for both yourself and others.

Whole foods such as vegetables, fruits, whole grains, beans and legumes along with selected soy products.

- Fat — 25g of fat per day
- Cholesterol — No more than 10 milligrams of cholesterol per day.
- Animal Products — Meat, poultry, fish and any products made from these foods are eliminated.
    - Limited amounts of egg whites and non-fat dairy are allowed if you choose.
- Calories — Unrestricted unless weight loss is desired.
- Limited Caffeine consumption-- Green Tea, Coffee, Cocoa
- Moderate Sodium

A comprehensive clinical team, trained and certified by Dr. Dean Ornish's Program

Medical Director
Program Director
Registered Nurse
Exercise Physiologist
Registered Dietician
Stress Management Specialist
Behavior Health Professional

72 Hour Program Participation

18 onsite sessions based on Ornish Lifestyle Medicine Guidelines

Adapting the philosophies to life outside the onsite program

Adherence monitoring

Staff support along the program path

Community building for long term lifestyle change

Outcomes measurement

Commencement Ceremony and access to Ornish Alumni Community

The ICR participant experience

Qualifications for Intensive Cardiac Rehabilitation Coverage

Acute myocardial infarction within the preceding 12 months

Coronary artery bypass surgery

Current stable angina pectoris

Heart valve repair or replacement

Percutaneous transluminal coronary angioplasty or coronary stenting

Heart or heart-lung transplant

*Some commercial plans have expanded clinical criteria.

Insurance Coverage

Most insurance plans will cover the Ornish Lifestyle Medicine Program if you have a qualifying diagnosis

{ Please ask one of the Ornish staff for further details }

undo it with ornish

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HEALTHWAYS a sharecare company

Exercise

1 hour of group exercise

Stress Management

1 hour of stress management techniques

Community

1 hour of group support

Nutrition

1 hour of lecture and group meal

Four key elements of lifestyle management working in concert to bring about lasting change

undo it
with ornish

"I'm 45 years old… I've lost almost 20 pounds… I look forward to watching my grandson grow up and play football…"

-Rick

PLANT-BASED NUTRITION

Low-fat, Whole Food,
Plant-based Vegetarian Approach

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WHY PLANT-BASED?

A High Animal-Protein/Typical American Diet is:

High in:

- Total fat
- Saturated fat
- Trans fat
- Hydrogenated fat
- Cholesterol
- Calories
- TMAO
  - › Choline (egg yolks)
  - › Carnitine (meat, fish, poultry)
- Non-esterified fatty acids
- Neu5Gc

Low in:

- Nutrient density
- Fiber
- Phytochemicals
- Natural Nitrates (nitric oxide)

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Nutrition Guidelines

- 6+ Servings Whole Grains/Starchy Veggies
- 3+ Servings Non-starchy Veggies
- 2-4 Servings Fruit
- 3-5 Servings Protein (Bean/Soy/Meat Analogs, Egg Whites)
- 0-2 Servings Non-fat Dairy
- 0-2 Servings Refined Carbs/Sweets (Maple Syrup, Honey, etc.)
- 0-3 Servings Low-fat foods (nuts, seeds, etc.)
- 0-1 Servings Alcohol

Why Low/No Animal Foods?

- The most significant impact of animal foods that impact all causes of mortality and disease progression is higher fat meats and processed meat
- However, all animal protein including fish, whole eggs and lean meat has been associated with increased risk of mortality, especially CVD.
- Even if fish, poultry and lean meat are lower in saturated fat there are many additional factors in lean meat, poultry and fish that can pose a negative impact on ones health and increase risk of CVD.

Animal Foods

- Lean meat, poultry and fish still contain cholesterol
- Lifestyle Heart Trial showed a significant dose-response correlation between dietary cholesterol intake and changes in coronary atherosclerosis after one and five years.
- Ornish D et al. *JAMA*. 1998;280:2001-2007.

Cleveland Clinic - TMAO

- High levels of TMAO (trimethylamine–N-oxide; a gut-flora metabolite) was linked to atherosclerosis.
- Bacteria in the digestive tract converts choline from egg yolks and carnitine found in animal protein such as meat, poultry, and **fish** into TMAO
- Diets high in carnitine also encourage the growth of the bacteria that metabolize the compound, leading to even higher TMAO production which leads to great propensity for artery clogging effects.
- The studies show that individuals with high levels of TMAO were 2 ½ times as likely to have a cardiac event than those with lowest levels.

Nurses' Health Study

- **Research:** Nurses' Health Study and Health Professionals Follow-up Study (131,342 participants)
- Animal protein intake associated with an increased risk of mortality, especially CVD
- Every 10 % increment of animal protein
  - 2 % increase for all-cause mortality
  - 8% increase CVD risk

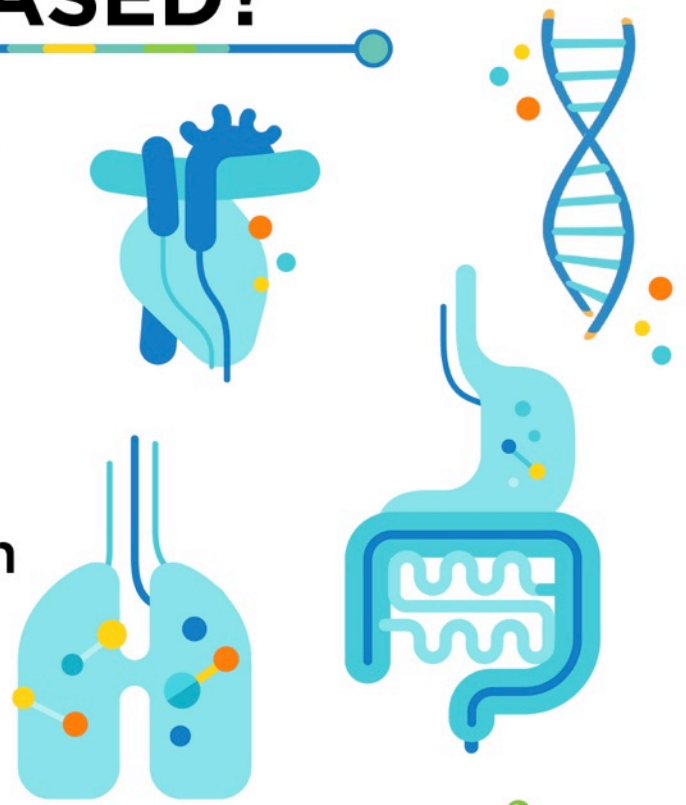
- Resource: Song M, Fung TT, Hu FB, et al. Association of animal and plant protein intake with all-cause and cause-specific mortality. *JAMA Intern Med*. August 1, 2016.

Nurses' Health Study

- Plant protein intake associated with 10 % lower risk for all mortality, especially CVD
- Every 3% increase of plant protein > 12% reduction of CVD mortality
- Substituting plant protein for:
  - processed red meat > 44% reduction
  - unprocessed meat > 12% reduction
  - egg > 19% reduction

WHY WHOLE FOOD & PLANT-BASED?

- Reduces risk of heart disease
  - › Promotes reversal
- Cell protective
- Anti-inflammatory
- Improves endothelial function
- Decreases LDL cholesterol
- Improves blood pressure



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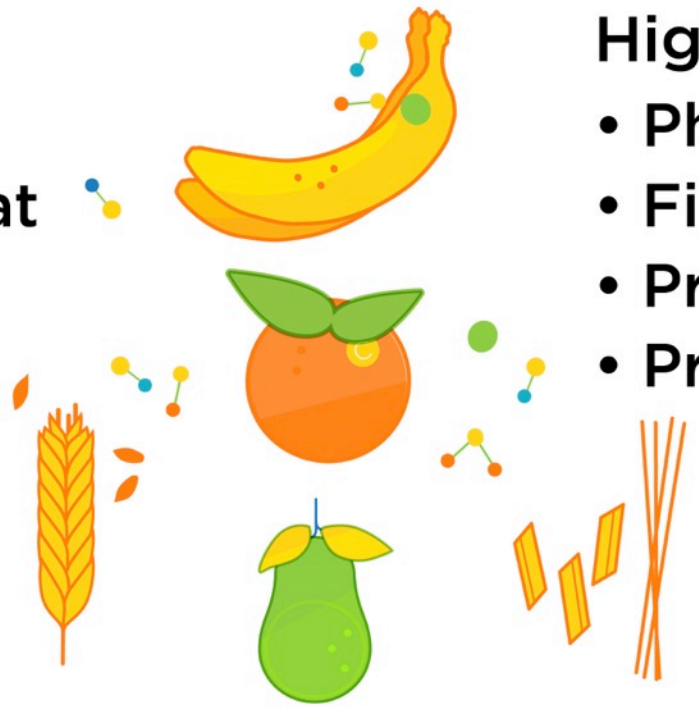
WHY WHOLE FOOD & PLANT-BASED?

Very low in:

- Total fat
- Saturated fat
- Trans fat
- Cholesterol



High in:

- Phytochemicals
- Fiber
- Prebiotics
- Probiotics

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Anti-Inflammatory

- Whole plant foods are inversely related to inflammation.
- Bioactive compounds in plant foods, primarily carotenoids and flavonoids have been shown to lower inflammatory responses.
- Omega 3s reduces inflammation associated with CVD

Turner-McGrievy GM, Wirth MD, Shivappa N, et al. Randomization to plant-based dietary approaches leads to larger short-term improvements in Dietary Inflammatory Index scores and macronutrient intake compared to diets that contain meat. *Nutr Res*. December 2, 2014.

BEST DIET

Every year Since 2011

ornish
lifestyle medicine™