



Dean Ornish, MD, is clinical professor of medicine at the University of California, San Francisco. Dr. Ornish is also the founder and president of the non-profit Preventive Medicine Research Institute. Dean Ornish received his medical training in internal medicine from the Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. Dr. Ornish received a BA in Humanities *summa cum laude* from the University of Texas in Austin, where he gave the baccalaureate address.

For over 30 years, Dr. Dean Ornish has directed clinical research demonstrating that comprehensive lifestyle changes may begin to reverse even the most severe coronary heart disease without drugs or surgery. Recently, Medicare agreed to provide coverage for this program; the first time it has covered such a program involving comprehensive lifestyle changes. Dr. Ornish recently directed the first randomized controlled trial, demonstrating that comprehensive lifestyle changes may stop or reverse the progression of prostate cancer. His current research shows that comprehensive lifestyle changes affect gene expression, "turning on" disease-preventing genes and "turning off" genes that promote cancer and heart disease. Dr. Dean Ornish is the author of six best-selling books, including *Dr. Dean Ornish's Program for Reversing Heart Disease*, *Eat More, Weigh Less, Love & Survival*, and his most recent book, *The Spectrum*. Dr. Ornish also writes a monthly column for *Newsweek* magazine.

The research that Dean Ornish and his colleagues conducted, has been published in: *The Journal of the American Medical Association*, *The Lancet*, *Proceedings of the National Academy* ...



**Dean Ornish**

## Speech Topics



 **Health & Wellness**



## Testimonials

 "I can't begin to capture in words the powerful way in which you touched so many lives of leaders who will now go on to influence and touch so many other lives. I have had at least ten students stop me on the sidewalk to tell me what a great message it was that you shared and how they intended to go home and make changes this very night." 

- U.S. Army War College.

 "Your presentation was terrific, and we are hearing great feedback from our attendees. And the crowd that showed you for the "optional" stress session speaks for itself! I have to say, we were totally blown away by how many people were interested (as you could tell, since we had to drag in extra chairs!)" 

- EVP Communications .