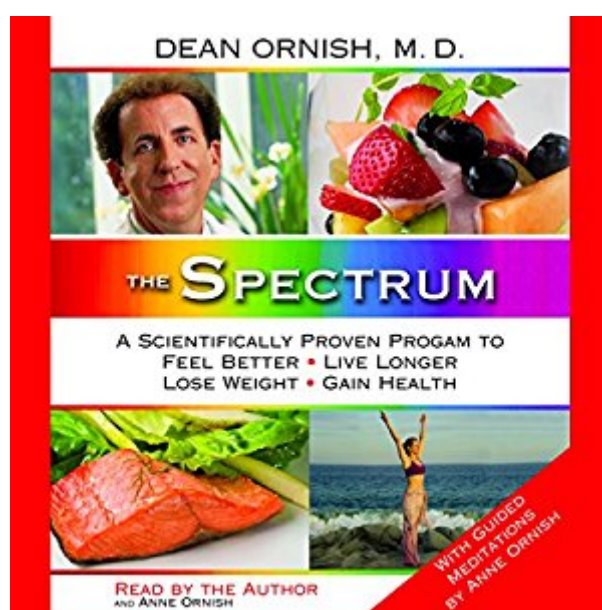


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# The Spectrum: A Scientifically Proven Program To Feel Better, Live Longer, Lose Weight, And Gain Health



## Synopsis

In THE SPECTRUM, Dr. Ornish shows us how to personalize a way of eating and a way of living based on your own health goals, needs, and preferences. Here's how it works: Since THE SPECTRUM is about freedom of choice, there is no diet to get on and no diet to get off. Nothing is forbidden. No guilt, no shame, no pressure. THE SPECTRUM is based on love – joy of living, not fear of dying. Feeling better, not denying yourself pleasure. First, determine your health and wellness goals. Do you want to lose weight? Do you have high cholesterol? Is diabetes a problem in your family? Based on your individual needs and goals, THE SPECTRUM has examples of six individually-tailored lifestyle programs ideally suited for you: lowering cholesterol, losing weight, lowering blood pressure, preventing/reversing diabetes, preventing/reversing certain types of prostate and breast cancer, preventing/reversing heart disease. Each personalized plan in THE SPECTRUM has 3 components: Nutrition, Stress Management, and Exercise. The Nutrition Spectrum The Nutrition Spectrum consists of five groups. Group 1 is the healthiest end of the spectrum and Group 5 is the least healthful end. To determine your current place on the Nutrition Spectrum, find the group that contains the foods you tend to eat most of the time. Then, according to your needs, preferences, and goals, decide how far and how quickly you want to move in a more healthful direction. For example, if you typically eat predominantly foods in Group 4 and you want to lower your cholesterol 50 points, begin by incorporating more foods from Groups 2 and 3. If that's sufficient to achieve your goal, great; if not, you can move more towards the healthier end of THE SPECTRUM by consuming more foods from Groups 1 and 2. In general, the closer you move towards Group 1, the more benefits you're likely to gain and the more quickly you'll experience them. If you're healthy, you may not need or want to make very many changes at all – the ounce of prevention. • On the other hand, if you are trying to reverse heart disease or diabetes, you'll probably need to make bigger changes – the pound of cure. • The recipes by Art Smith for THE SPECTRUM are designed so that each base recipe is in Group 1. Depending on your health and wellness goals, each recipe offers healthy variations. For example, the Vegetable Chili recipe is a delicious version of a classic recipe that begins in Group 1 with predominantly plant-based whole foods that are very low in fat, sugar, salt, and calories. Variations listed at the end of the recipe include adding a cup of pitted higher-fat black olives (which moves this recipe to a Group 2 dish) and/or adding one pound of turkey breast sausage to the recipe (which moves this recipe to a Group 4 dish). The Stress Management Spectrum Stress can have a negative impact on just about every part of your body. It can suppress your immune function, cause a heart attack or stroke, increase your risk of cancer, delay wound healing, promote inflammation, cause

you to gain weight, impair your memory, cause depression, exacerbate diabetes, and worsen sexual function. Just for starters. Stress also makes you age faster even at a genetic and cellular level. (over)Some people thrive on stress, and it doesn't cause them to get sick. Studies have found that they can turn it on when needed, but they can also turn it off. They have appropriately elevated levels of stress hormones at work during the day, but their stress hormones drop sharply at night. In other words, they can turn it off. In contrast, people who feel chronically stressed and anxious have stress hormones that remain elevated, and this predisposes them to a wide variety of illnesses. Stress-management techniques can help you turn it off. They are not about withdrawing from the world; rather, they enable you to embrace it more fully and effectively. When you're feeling less stressed, you can think more clearly and creatively, making it easier to find constructive solutions. When you're less stressed, you're more empowered. THE SPECTRUM provides you with the fundamental tools for stress management. These include:

- Breathing
- Enhancement of social support
- Yoga & Meditation
- Reduction of stimulants (both physical and mental)
- Exercise
- Practicing forgiveness, altruism, compassion, service

A DVD of inspiring, beautiful, and peaceful guided meditations by Anne Ornish is included with every copy of THE SPECTRUM. Anne is Vice President of the non-profit Preventive Medicine Research Institute where she directs all activities related to stress management training and psychosocial support. She has advanced training in yoga and meditation and was featured on the cover of the August 2006 issue of Yoga Journal magazine. This DVD has guided meditations of different lengths depending on where you are on the Stress Management Spectrum. Even one minute a day has value; those who would benefit from doing more are given the tools and resources enabling them to do so. The Exercise Spectrum

You already know that exercise is good for you and that regular, moderate exercise is one of the best things you can do for your health and well-being. What you may not know is that new research is showing that exercise beneficially affects your genes, helps reverse the aging process at a cellular level, gives you more energy, makes you smarter, and may even help you grow so many new brain cells (a process called neurogenesis) that your brain actually gets bigger. Really. Here again is another demonstration of the theme of THE SPECTRUM: your genes are not your fate. The choices you make each day in your diet and lifestyle have a direct influence on how your genetic predisposition is expressed – for better and for worse. You're only as old as your genes, but how your genes are expressed may be modified by exercise, diet and lifestyle choices much more than had previously been believed – and more quickly. To gain all the health benefits of regular exercise, you don't have to join a gym, hire a personal trainer, or organize your life around 10Ks. For example, in the Women's Health Study, a major ongoing

research project involving tens of thousands of women, those who walked briskly for just 60 to 90 minutes a week “just 15 minutes a day” cut their risk of death from heart attack and stroke in half. Do what you enjoy, make it fun, and do it regularly. That’s it. THE SPECTRUM shows you how.

### FOODS IN THE NUTRITION SPECTRUM

Here is a basic breakdown of the foods in each group of the Nutrition Spectrum:

**Group 1** These are the most healthful foods, predominantly fruits, vegetables, whole grains, legumes, soy products, nonfat dairy, and egg whites in their natural forms, as well as some good fats that contain omega-3 fatty acids. These are foods that are rich in good carbs, good fats, good proteins and other protective substances. There are at least 100,000 substances in these foods that have powerful anti-cancer, anti-heart-disease and anti-aging properties.

**Group 2** These are also predominantly plant-based but somewhat higher in fat (predominantly monosaturated fat and polyunsaturated fat) such as avocados, seeds, nuts. Oils are included but in small amounts, since they are so dense in calories. Group 2 also includes foods canned in water (rather than sugary syrup or oil), canned vegetables (if sodium is not too high), low-fat dairy products (1%), decaffeinated beverages, low-sodium soy sauce, and so on.

**Group 3:** These foods include some seafood, some refined carbohydrates and concentrated sweeteners (in moderation), some oils that are higher in saturated fat, some reduced fat (2%) dairy products, margarines free of trans fatty acids, sweeteners containing high fructose corn syrup, and higher sodium.

**Group 4** In this group foods contain additional fat, higher animal protein and fewer protective nutrients. These include poultry, fish that are higher in mercury, whole milk/dairy products, margarine, mayonnaise, pastries, cakes, cookies, and pies.

**Group 5** In general, these foods are considered the least healthful. They are the lowest in protective substances and are highest in saturated fats. Some food included in this group are red meat, egg yolks, fried poultry, fried fish, hot dogs, organ meats, butter, cream, and tropical oils. We all need to find our place on the Nutrition Spectrum that’s comfortable and congruent with our own personal values as well as with our health needs. And it may evolve over time. The point of THE SPECTRUM is to provide you information that you can use to make informed and intelligent choices. Only you can decide what’s right for you, for only then is it sustainable.

### HOW TO TRANSFORM YOUR LIFESTYLE AND YOUR LIFE

- 1) You have a full spectrum of nutrition and lifestyle choices.
- 2) Even more than feeling healthy, most people want to feel free and in control.
- 3) Eating bad food does not make you a bad person.
- 4) How you eat is as important as what you eat.
- 5) Joy of living is a much better motivator than fear of dying.
- 6) It’s important to address the deeper issues that underlie our behaviors.
- 7) There’s no point in giving up something you enjoy unless you get something back that’s even better—and quickly.
- 8) Make small gradual changes or big rapid changes to create

sustainable transformations in your diet and lifestyle.9)How we approach food is how we approa...

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## Customer Reviews

Dr. Ornish has written some landmark books including Dr. Dean Ornish's Program for Reversing Heart Disease; Eat More, Weigh Less; and Love and Survival. Within those books, you will find life-changing scientific perspectives:1. With proper diet, your health will improve without drugs or surgery.2. With nurturing relationships, you'll feel better and live longer regardless of your health issues.3. You don't have to feel hungry to lose weight.Since Dr. Ornish first wrote those important lessons, other researchers have found more reasons for hope:1. With diet and exercise, even genes that could harm you will be re-set to be helpful.2. The combined effects of healthy living can multiply into more joy, energy, good moods, and excellent appearance.3. Many more diseases can be reversed with diet, exercise, relationships, mindfulness, and stress reduction.In addition, Dr. Ornish has done his own new research showing that prostate cancer can be slowed and somewhat improved through healthier living.The Spectrum combines these lessons into one book, one source of scientific references, and one way of living for the first time. If you want to live a healthy life that will take you to your full physical and mental potential, The Spectrum is that book.I've met Dr. Ornish. In person, he's a kind, gentle man who wouldn't ever say a harsh word to anyone. In public, critics have challenged his past ideas about reversing heart disease by saying it's too hard to keep on his pathway.The Spectrum responds to the critics by explaining how much flexibility we have in each of these areas, depending on what our current health is. For most people, you don't have to be

extreme or rigid.

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Look and Feel Better than Ever Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain

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