

Everyday Cooking With Dr Dean Ornish

Everyday Cooking With Dr Dean Ornish - Dean Michael Ornish (born July 16, 1953) is an American physician and researcher. He is the president and founder of the nonprofit Preventive Medicine Research ...Learn how Dr. Dean Ornish has transformed lives and healthcare with 35 years of research studies focused on preventive medicine and lifestyle choices. Dr. Dean Ornish has written six nationally bestselling books, including *Reversing Heart Disease*; *Eat More, Weigh Less*; and most recently, *The Spectrum*. Dean Ornish, MD, is founder and president of the non-profit Preventive Medicine Research Institute and is Clinical Professor of Medicine at the University of ...