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changing your lifestyle. Dr. Dean Ornish's Program for Reversing Heart Disease ... Dr. Ornish's Program for Reversing Heart Disease ® is the first program scientifically proven to “undo” (reverse) heart disease by making comprehensive lifestyle changes. The Ornish claims are based on a study he performed between 1986 and 1992 which originally had 28 patients with coronary artery disease in an experimental arm and 20 in a control group. Is Dean Ornish's Lifestyle Program "Scientifically Proven ... Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery by Dean Ornish. The first program scientifically proven to “undo” (reverse)

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