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From the author of the landmark bestseller Dr. Dean Ornish's Program for Reversing Heart Disease comes an empowering new program that enables you to customize a healthy way of eating and living based on your own desires, needs, and genetic predispositions. Dr. Dean Ornish revolutionized medicine by directing clinical research proving-for the first time-that heart disease and early-stage prostate cancer may be stopped or even reversed by his program of comprehensive lifestyle changes, without drugs or surgery. His newest research was the first to show that changing your lifestyle changes your genes in men with prostate cancer-"turning on" disease-preventing genes, and "turning off" genes that promote breast cancer, heart disease, and other illnesses, and in only three months. This study documented, also for the first time, that these lifestyle changes may significantly increase an enzyme that lengthens telomeres-the ends of your chromosomes that control how long you live. As your telomeres get longer, your life gets longer. Your genes are not your fate. The Spectrum features one hundred easy-to-prepare, delicious recipes from award-winning chef Art Smith. Whether you want to lose weight, lower your cholesterol, reverse a major disease, or find a sustainable, joyful lifestyle, The Spectrum can make a powerful difference in your health and well-being.

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