

The Transformational Difference

The Ornish Reversal Program is a 72-hour, outpatient program proven to prevent, stop and even reverse heart disease by equally-optimizing four areas of your life: what you eat, how you respond to stress, how much love and support you have and how much activity you have in your day.

Four Key Elements of the Ornish Reversal Program

The foundation of the Ornish Reversal Program is the integration of four, equally weighted elements. Research shows that disease reversal is possible when all four elements are practiced. Each of the four program elements focuses on a specific lifestyle behavior.



Nutrition

Develop a **low-fat, whole food, plant-based eating plan**. The daily food choices include a wide variety of high-fiber whole grains, fruit, vegetables, legumes which include beans, lentils and dried peas; selected natural soy foods, and limited amounts of optional nonfat dairy and egg whites. Nutrition guideline highlights include:

- **Fat** — 10% of calories come from fat.
- **Cholesterol** — No more than 10 milligrams of cholesterol per day.
- **Animal Products** — Meat, poultry, fish and any products made from these foods are eliminated.
- **Calories** — Unrestricted unless weight loss is desired.



Stress Management

Learn to **manage and cope with stress**, and **develop an increased awareness of how stress impacts you, physically and emotionally**.

The stress management techniques are based of the tradition of yoga. These techniques are practiced slowly and mindfully to help relieve stress and tension and increase awareness. Stress management techniques include:

- Postured and Healing Movements
- Breathing Practices
- Imagery
- Progressive Relaxation
- Meditation



ornish
reversal program



Hunterdon Healthcare
Your full circle of care.



Group Support

Connect with other individuals participating in the program and experience **emotional support throughout the program**. The Group Support guidelines establish a safe environment and teach participants how to access and share their feelings and emotions. This element **facilitates the development of emotional and social intimacy** that counters social and emotional isolation, which is a risk factor for heart disease. Group Support element highlights include:

- Rediscover inner sources of peace, joy, compassion and well-being.
- Learn how to communicate in ways that enhance connection, love and support.
- Create a healthy community of friends and family.
- Develop more compassion and empathy for both yourself and others.



Fitness

Participate in **regular, moderate exercise, personalized to your ability** and gradually progressed to optimize health benefits. An individualized exercise plan is created to address your medical history, available exercise resources and goals. Fitness element highlights include:

- **20-60 minutes of aerobic exercise**, most days of the week
- Eventual target of 3 or more hours per week
- **Strength training exercises**, 2-3 times per week
(*added when medically appropriate*)
- A fun, supportive, non-competitive environment is created to enhance behavior change.

Ornish Reversal Program

For more information on the program at **Hunterdon Medical Center**:
Call: 908 -788-6371.

For general program information, go to www.Ornish.com/undo-it or contact an Ornish Care Specialist at **1-877-888-3091**.



ornish
reversal program



Hunterdon Healthcare
Your full circle of care.