

Ornish Lifestyle Medicine™ heals hearts and transforms lives.

Ornish Lifestyle Medicine is the only program scientifically proven to prevent, stop and even reverse (“undo”) heart disease by helping participants make significant lifestyle changes.



Patricia,
Indiana

BMI dropped 2 points
LDL cholesterol: from 135
to 90 mg/dL
Blood pressure: from
150/80 to 130/75 mm Hg



“I can now watch my grandson play
in his first basketball game.”

- Andy, California



Samuel, Florida

*Are you ready to transform your life?
Take the first step today for a healthier tomorrow.*

MarinHealth Medical Network
2 Bon Air Road, Suite 100, Larkspur, CA 94939
Clinic: 1-415-927-0666 | Cardiac Rehab: 1-415-927-6177
OrnishInMarin@mymarinhealth.org
www.mymarinhealth.org/cardiologyclinic

Depending on your medical history, you may be covered through Medicare or other insurance plans.

For more information, visit www.Ornish.com/undo-it or contact an Ornish Care Specialist at 1-877-888-3091.



ornish
lifestyle medicine™



UCSF Health

Let's Undo It Together!

Four Key Elements

Ornish Lifestyle Medicine is a 9-week outpatient program scientifically proven to stop and even reverse heart disease by optimizing four areas of your life: nutrition, stress management, fitness and social support.



Structured for Success

This Intensive Cardiac Rehabilitation program works by focusing on 4 important elements of your life during 4-hour sessions spanning 3 months. Each session lasts 4 hours, for a total of 72 hours.

$$\begin{array}{ccccccc}
 18 & \times & 4 & = & 72 \\
 \text{total sessions} & & \text{hours per session} & & \text{hours to a new life}
 \end{array}$$

Highly Trained Experts

Participants experience the program with a small consistent group, who share the common goal of reversing of reversing their heart disease and improving their well-being. A dedicated, multi-disciplinary healthcare team guides participants every step of the way.

Certified Delivery Team

- Registered Dietitian
- Stress Management Specialist
- Exercise Physiologist
- Administrative Assistant
- Program Medical Director
- Nurse Case Manager
- Group Support Facilitator



This program has been proven to prevent, stop and even reverse heart disease by dealing with its root causes and not just its effects. The combined effect of all four lifestyle elements makes the transformative difference.

The choices we make in our lives have a powerful effect on our health. There has never been a better time to make those choices count.