Dean Ornish, M.D., is the founder and president of the non-profit Preventive Medicine Research Institute and Clinical Professor of Medicine at the University of California, San Francisco. Dr. Ornish received his medical training in internal medicine from the Baylor College of Medicine, Harvard Medical School, and the Massachusetts General Hospital. He earned a B.A. in Humanities summa cum laude from the University of Texas in Austin, where he gave the baccalaureate address.

He is the author of six best-selling books, including: Dr. Dean Ornish’s Program for Reversing Heart Disease; Eat More, Weigh Less; Love & Survival; and his most recent book, The Spectrum. The Ornish diet was rated #1 for heart health by U.S. News & World Report in 2011.

Dean Ornish was selected as one of the “TIME 100” in integrative medicine; recognized as “one of the most interesting people of 1996” by People magazine; honored as “one of the 125 most extraordinary University of Texas alumni in the past 125 years;” chosen by LIFE magazine as “one of the fifty most influential members of his generation;” and by Forbes magazine as “one of the seven most powerful teachers in the world.”

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