



# Ornish Diet Decoded : A Simple Guide & Introduction to Ornish Spectrum Diet

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The Number 1 Diet For Heart Health The Ornish diet has been renowned for nearly two decades as one of the best heart-centric diets you can embark on and its status has since been solidified by a panel of over 20 health and nutritional experts as the top-rated diet for heart health according to U.S. News and World Report. Ornish Diet Decoded Is The Book For You What Is The Ornish Diet? The Ornish diet is more of a life-style choice than a diet. Although it can be used for short-term goals, the best results are obtained by those who stick with the diet for the long-haul. The Ornish diet is extremely successful in doing what it does, reducing heart disease, but it also takes a lot of heart to truly benefit from it if your goal is to eliminate your heart disease problems. How Does The Ornish Diet Work? The Ornish diet divides foods into five food groups. Not the usual, carbs, vegetables, dairy's etc, but simply from the Healthiest to the Least Healthiest. The flexibility of the Ornish diet allows the adherent to choose which food groups to partake from the most, depending on their dietary goals. The bigger the changes you want to make to your health and lifestyle, the more healthy your food choices are going to have to be. The Spectrum The Ornish diet is a holistic diet aimed at changing not only the way people eat, but also the way they live. Rather than simply focusing on food, the Ornish diet covers four spectrums that gives the dieter a complete life-style change: Nutrition Spectrum, Stress-Management Spectrum, Exercise Spectrum and a Social Spectrum Key Sections of the Book Overview & Background Links To Over 500 Recipes & Ornish Diet Menu Plan Advantages & Disadvantages of The Ornish Diet Download Your Copy Today! Tags: Ornish Diet, Hypertension, Ornish cookbook, Ornish Diet Recipes, Ornish diet weight loss solution, Blood Pressure Diet, Ornish Diet Food plan, Ornish Diet Guide, Ornish Diet weight-loss, cleanse, health, vitality, energy, weight loss, lose weight, fat loss, fitness and diet, dieting, healthy, healthy living

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