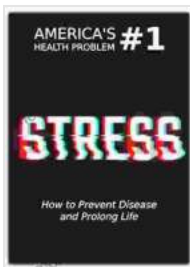


# America's Health Problem: How to Prevent Disease and Prolong Life

America is facing a health crisis. Chronic diseases, such as heart disease, cancer, and diabetes, are on the rise, and they are killing us prematurely. But it doesn't have to be this way.



## Stress 666: America's #1 Health Problem or How to Prevent Disease and Prolong Life by Alex Vin

★★★★☆ 4.8 out of 5

Language : English  
File size : 969 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 61 pages  
Lending : Enabled



In his new book, *America's Health Problem*, Dr. Dean Ornish reveals the science behind how we can prevent and even reverse these diseases through lifestyle changes.

Dr. Ornish has been a pioneer in the field of lifestyle medicine for over 40 years. He is the founder and president of the Preventive Medicine Research Institute, and he is a clinical professor of medicine at the University of California, San Francisco.

In *America's Health Problem*, Dr. Ornish draws on the latest research to show how lifestyle changes can improve our health and longevity. He discusses the role of diet, exercise, stress management, and social support in preventing and reversing chronic diseases.

Dr. Ornish's research has shown that lifestyle changes can lead to significant improvements in health outcomes. For example, his studies have shown that lifestyle changes can:

- Reduce the risk of heart disease by up to 80%
- Reduce the risk of cancer by up to 50%
- Reverse the progression of diabetes
- Improve mental health and well-being
- Increase longevity

Dr. Ornish's work is based on the idea that our health is determined by our choices. We cannot control our genes, but we can control our lifestyle. And by making healthy choices, we can improve our health and longevity.

*America's Health Problem* is a must-read for anyone who wants to improve their health and live a longer, healthier life. Dr. Ornish provides a clear and concise plan for making lifestyle changes that can lead to significant improvements in health outcomes.

## **Reviews**

"*America's Health Problem* is a wake-up call for all of us. Dr. Ornish provides a clear and concise plan for making lifestyle changes that can lead to significant improvements in health outcomes. This book is a must-

read for anyone who wants to improve their health and live a longer, healthier life." - Mark Hyman, MD, author of *The Blood Sugar Solution*

"Dr. Ornish has done it again! In *America's Health Problem*, he provides a comprehensive and evidence-based plan for preventing and reversing chronic diseases. This book is a must-read for anyone who wants to take control of their health." - Michael Greger, MD, author of *How Not to Die*

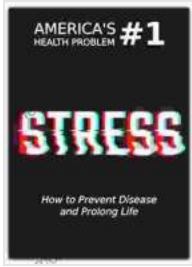
"*America's Health Problem* is a game-changer. Dr. Ornish provides a clear and concise plan for making lifestyle changes that can lead to significant improvements in health outcomes. This book is a must-read for anyone who wants to improve their health and live a longer, healthier life." - T. Colin Campbell, PhD, author of *The China Study*

## **About the Author**

Dr. Dean Ornish is a pioneer in the field of lifestyle medicine. He is the founder and president of the Preventive Medicine Research Institute, and he is a clinical professor of medicine at the University of California, San Francisco.

Dr. Ornish has authored over 150 scientific papers and books on the role of lifestyle changes in preventing and reversing chronic diseases. He is a frequent speaker at medical conferences and has appeared on numerous television and radio programs.

Dr. Ornish's work has been recognized by the American Heart Association, the American Cancer Society, and the National Institutes of Health. He has received numerous awards, including the Lifetime Achievement Award from the American College of Lifestyle Medicine.



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