



**The Good Clean Nutrition Podcast  
Episode 18 Show Notes**

**Episode 18: Mind, Body, Community: The Connection between Relationships, Stress & Health with Dean Ornish, MD**

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy! Each episode provides healthcare practitioners and health-minded consumers expert information on current and trending topics. Today, Mary welcomes guest, Dr. Dean Ornish to discuss how positive lifestyle changes can optimize health.

Dr. Ornish is a physician, researcher, and Founder and President of the non-profit Preventative Medicine Research Institute. He is also Clinical Professor of Medicine at the University of California at San Francisco. Dr. Ornish is author of seven books which are each national bestsellers. He teaches the power of simple lifestyle changes and proving that these lifestyle changes halt or reverse the consequences of chronic conditions and can even reverse aging at a cellular level.

Dr. Ornish explains how he, as a physician and researcher, became interested in lifestyle medicine. For forty-five years, he studied and tested his theories demonstrating how simple changes in one's lifestyle dramatically changes one's life. Dr. Ornish contends for a plant-based diet, nearly vegan. He believes in moderate exercise, strength training and stretching, along with decreased stress and spending time with those you love, as well as the addition of support groups. While changes are simple, the impact is great.

Dr. Ornish encourages a diet of fruits and vegetables; a whole foods plant-based diet, low in fat and sugar. If you indulge one day, just eat better the next. If you have no time to exercise one day, just exercise the next. If you don't have time to meditate for an hour, do it for a minute. What he has discovered is that when someone makes lifestyle changes, they feel better. Dr. Ornish transitions from diet to socializing as he compares authentic intimacy to social media. For this reason, he encourages support groups where people let down their defenses to talk openly about life. The effects of loneliness on health are tremendous. Additionally, he discusses the practice of meditation in quieting the mind and body and he believes one's natural state is to be healthy and peaceful. Dr. Ornish explains that meditation doesn't bring peace, but rather meditation stops disturbing what is already there.

As the episode closes, Dr. Ornish discusses his new study on reversing Alzheimer's. He is currently in the middle of study with the goal of determining whether or not lifestyle changes can help reverse some of these conditions. The main point is that genes don't control you. You are in control. To get started, go to website [ornish.com](http://ornish.com) and check out the book, *Undo it*.



**Links:**

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Connect with Dr. Ornish on [Twitter](#), [Facebook](#), [Youtube](#) and visit his [website](#).

Check out Dr. Ornish's books, [Undo It](#), [The Spectrum](#) and [Love & Survival](#).

Check out his non-profit, [Preventive Medicine Research Institute](#).

Learn more about Dr. Miia Kivipelto's [FINGER study](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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