



The Spectrum: How to Customize a Way of Eating and Living Just Right for You and Your Family

Ornish Dean M.d.

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In **THE SPECTRUM**, Dr. Ornish shows us how to personalize a way of eating and a way of living based on your own health goals, needs, and preferences. Here's how it works:

Since **THE SPECTRUM** is about freedom of choice, there is no diet to get on and no diet to get off. Nothing is forbidden. No guilt, no shame, no pressure. **THE SPECTRUM** is based on love—joy of living, not fear of dying. Feeling better, not denying yourself pleasure.

First, determine your health and wellness goals. Do you want to lose weight? Do you have high cholesterol? Is diabetes a problem in your family? Based on your individual needs and goals, **THE SPECTRUM** has examples of six individually tailored lifestyle programs ideally suited for you: lowering cholesterol, losing weight, lowering blood pressure, preventing/reversing diabetes, preventing/reversing certain types of prostate and breast cancer, preventing/reversing heart disease.

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