

UnDo It! *How Simple Lifestyle Changes can Reverse Most Chronic Conditions*



How much you move...

What you eat...

How much love and support you have...

How you manage stress...

Agenda

- Undo it!
- It works!
- Move More
- Eat Well
- Love More
- Stress Less



Disclaimer

- During the Spiritual and Physical Health Transformation seminars you will learn about the benefits of a plant-based diet. Perhaps you've seen one of the compelling documentaries out there or read one of the compelling books. More likely than not, you've known someone who has done well by their own health by improving their nutrition. And now you want to learn how you too can be healthier by eating a more whole food, plant-based diet.
- Upfront, we need to tell you that you shouldn't dramatically change your diet without consulting your physician, particularly if you are on medication or have significant medical issues. Changing your nutrition can change your body so quickly that some medication (particularly diabetes medications) needs to be monitored and adjusted within a short period of time. Be smart about changing your diet and seek professional consultation for whatever your personal situation may be!

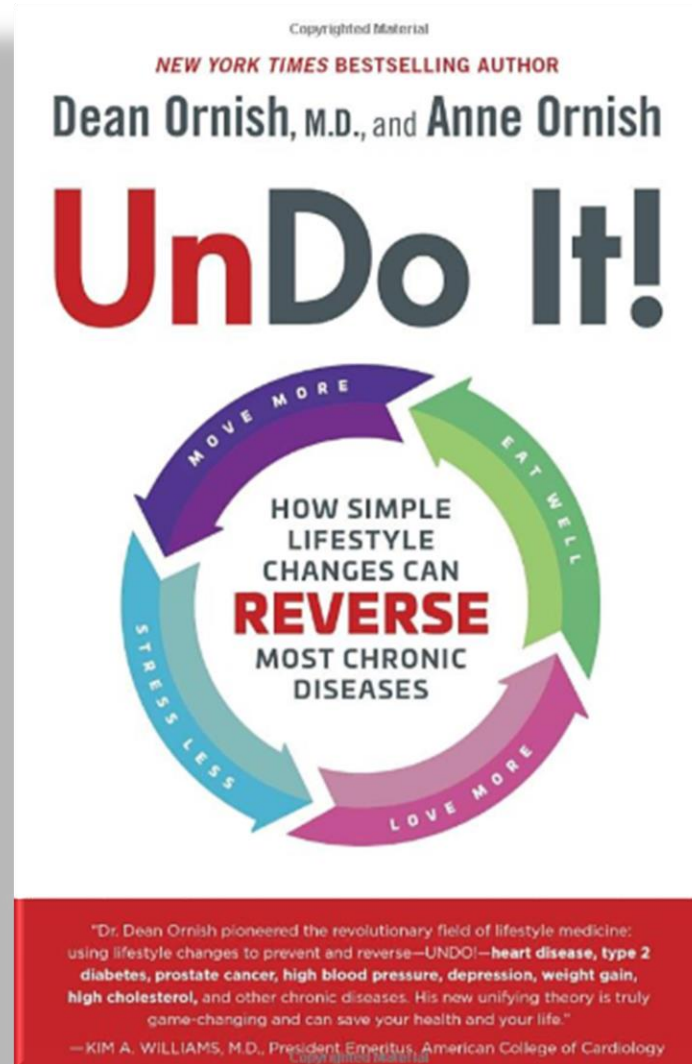
UnDo it!



- Western medicine mostly treats symptoms, not the root cause of health problems.
- Pills and procedures

[Click here to view video](#)

UnDo it!



Dean Ornish, MD

- ▶ Lifestyle Medicine Pioneer
- ▶ Recommends a whole food plant based with an emphasis on eat well, move more, stress less and love more.
- ▶ UnDo it!, The Spectrum and many other books.

UnDo it!



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with ornish

www.undoitwithornish.com
1-877-888-3091

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UnDo it!

Eat Well

Move
More



Stress
Less

Love More

Like all revolutionary new ideas, the subject has had to pass through three stages, which may be summed up by these reactions: (1) "It's crazy – don't waste my time." (2) "It's possible, but it's not worth doing." (3) "I always said it was a good ideas." – Arthur C. Clarke

It Works!

- It is amazing and inspiring that many of the most common and debilitating chronic diseases and even much of the damage of aging at a cellular level can often be slowed, stopped, or even reversed by this lifestyle program:
 - Reversing even severe coronary heart disease
 - Reversing Type 2 diabetes
 - Reversing, slowing, or stopping the progression of early-stage non-aggressive prostate cancer
 - Reversing high blood pressure
 - Reversing elevated cholesterol levels
 - Reversing obesity
 - Reversing some types of early-stage dementia
 - Reversing some auto-immune conditions
 - Reversing emotional depression and anxiety

It Works!

- The disease reversal program has four major components, each a healing modality on its own and synergistic when done together:
 - Moderate exercise, such as walking and strength training. Do what you enjoy – if you like it, you will do it. A little exercise goes a long way.
 - A whole-foods plant based diet, naturally low in animal protein, fat, sugar, and refined carbohydrates and high in flavor – primarily fruits, vegetables, whole grains, legumes, and soy products in their natural, unprocessed forms. The principles of eating this way are simple and clear.
 - Love, social support, and intimacy. People who feel lonely, depressed, and isolated are three to ten times more likely to get sick and die prematurely from virtually all causes when compared to those who have strong feelings of love, connection and community.
 - Stress management. Stress management techniques, meditation, yoga can enable you to do more and stress less.
- In short, eat well, move more, stress less, love more. That's it – Boom!

It Works!

- The UnDo it Lifestyle medicine 12 day immersion retreat with daily classes that include the below:
 - One hour of supervised exercise, led by an exercise physiologist
 - One hour of stress management, led by a certified yoga/meditation teacher
 - One hour of a support group, led by a licensed clinical psychologist or social worker.
 - One hour of a group meal and a lecture by a registered dietician and nurse
- Please note: It takes bigger lifestyle changes to reverse disease than to prevent it.
- For more information and to find a program near you or to attend an immersion retreat, please go to www.Ornish.com



Move More

“The best exercise is what you like. If you like it, you’ll do it!”

Move More

- Exercise is amazingly beneficial and a little exercise goes a long way.
- Three basic types of exercise recommended for just about everyone: aerobic exercise (e.g. walking), strength training (e.g. with resistance bands or lifting weights), and stretching.
- If you like it, you'll do it. Make it a “playout” rather than a workout.
- The greatest increase in longevity occurs when you go from being sedentary to doing even a little exercise every day.
- Even small amounts of exercise make you happier.
- Exercise makes your brain bigger and smarter.

Move More

- Aerobic Exercise
 - Aerobic exercise gives you more stamina and numerous other benefits as well.
 - It is continuous motion during a period of time that involves your large muscle groups. Examples include walking, running, biking, dancing, rowing, basketball, swimming and so on.
 - The intensity of your exercise will depend on your health and your conditioning. A good rule of thumb is to exercise hard enough so that you can talk while doing it, but not so easily that you're able to sing. As you get in shape, you'll be able to do so progressively more before you reach that point.
 - Most studies indicate that at least three hours per week gives the best outcomes. For example, an hour three times per week or thirty minutes six times per week. The more you move, the more you improve.

Move More

- Stretching
 - Stretching helps keep you flexible and avoid injury.
 - Your mind affects your body: when you're stressed, the muscles in your body tense and contract to protect your inner organs during times of danger. When the stresses are chronic, the tension becomes chronic, often leading to back pain, neck pain, and more stress in a vicious cycle.
 - Just as your mind affects your body, your body also affects your mind. So when you stretch chronically tensed muscles slowly and gently, you allow both your body and mind to relax.
 - Stretching should remain unforced and gentle; the focus is on moving with the control and grace of a dancer rather than a Marine drill instructor.

Move More

- Resistance Training
 - Resistance Training makes you strong.
 - Your lean muscle mass naturally decreases as you get older. So does your bone density. Resistance training helps prevent these and increases both strength and size of your muscles. Use it or lose it!
 - When you lift weights or use resistance bands, you cause microscopic tears in your muscle fibers. It is during the recovery from the resistance exercise, when your muscle is repairing microscopic damage, that the muscle rebuilds and your muscles gets stronger.
 - Doing resistance training no more than two or three times per week is optimal for most people, as it allows your muscles to rest, recover, heal, and grow on the days you're not exercising. So avoid back-to-back days, and vary your routine.
 - Muscles improve from resistance training being overloaded – that is, working harder than they are accustomed to doing.



Eat Well

“Eat real food. Mostly plants. Not too much sugar or fat.”

Eat Well

- Few fields have as much controversy as nutrition – after all, everybody has to eat, and just about everyone has an opinion about it. Fortunately, the evidence is now clear.
- A consensus is emerging that a whole-foods plant-based diet is the healthiest way of eating. It is low in bad carbs and bad fats; high in good carbs and with enough good fats; the right amount of plant-based protein and very low in animal protein, if any.
- “Whole foods” also called “real foods” means to eat foods as close to their natural form as possible, avoiding processed foods.

Eat Well

- Below is way of eating that is proven to reverse the progression of so many different chronic illnesses:
 - Consume mostly plants (“good carbs” and “good protein”): vegetables, fruits, whole grains, legumes, soy products, and small amounts of nuts and seeds in forms as close as possible to their natural, unprocessed state.
 - What you include in your diet is as important as what you exclude. There are many thousands of protective factors in plant-based foods that have anti-cancer, anti-heart disease, and anti-aging properties as well as being very low in disease-promoting substances.
 - Minimize or, even better, eliminate animal protein and replace it with plant-based protein.
 - Avoid sugar, white flour, white rice, and other “bad carbs.”
 - Consume 3 grams per day of “good fats” (omega-3 fatty acids).
 - Reduce intake of total fat, and especially “bad fats” such as trans fats, saturated fats, and partially hydrogenated fats.
 - Organic is optimal – foods taste much better, and they are much lower in pesticide residues, which can disrupt your hormones.
- That’s it – To undo most chronic diseases: Eat real food. Just plants. Not too much sugar or fat.



Love More

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Love More

- Love and intimacy are healing, loneliness and isolation are deadly.
 - The need for authentic connection and community is primal, as fundamental to our health and well-being as the need for air, water, and food.
 - Researchers have documented that loneliness causes chronic emotional stress, over activation of the sympathetic nervous system, turns on (upregulates) gene expression in over a thousand genes associated with chronic illnesses.
 - Whereas, love and intimacy exert their healing influences via these same mechanisms, but in positive ways. For example, social support buffers the stress response by changing gene expression in the brain, especially the amygdala, the part of the brain that regulates stress.

Love More

- Intimacy is healing, joyful, erotic and pleasurable
 - The more committed we are, the more we trust
 - The more we trust, the safer we feel
 - The safer we feel, the more emotionally vulnerable we are able to be with each other.
 - The more vulnerable we feel, the more we can open our hearts, wider and wider.
 - The more open our hearts become, the more intimacy we experience.
 - The more intimate we are, the more healing, joyful, erotic, and pleasurable it becomes.
 - The more healing, joyful, erotic, and pleasurable it becomes, the more meaningful and liberating it is. In this way, we make our relationships, and our lives, sacred – that is, the most special, the most ecstatic.

Love More

- Group support programs can enable you to deeply connect with others, which is a transformative experience and profoundly healing.
 - Create relationships and environments that allow you to talk intimately about what is really going on in your life – to express your authentic feelings – without fear of being judged, abandoned, or criticized.
 - People want to talk about their families, their marriages, their kids, their work, their school, and so on. That’s what people need and want the most.
 - Our feelings connect us in powerful ways. Whether in a group or one-on-one:
 - Identify what you are feeling.
 - Express what you are feeling.
 - Listen empathetically to what others are feeling.
 - If you want to overcome a sense of isolation and self-paralysis, join forces with others and/or participate in a support group!

Love More

- Loving Communication Strategies. Below are a few strategies to provide a supportive structure for intimate bonds to form and healing to occur:
 - Our feelings connect us, whereas our thoughts often are perceived as judgements that isolate us. Feelings include joy, anger, peacefulness, anxiety, worry, love, and so on. Therefore differentiate your thoughts from your feelings.
 - Pay attention to your feelings.
 - Express your authentic feelings.
 - Listen with empathy and compassion.
 - Avoid judging, criticizing, or offering advice.
 - Respond with your feelings.
 - Keep it confidential.

Love More

- Do you love and accept yourself?
 - Learning how to accept and love yourself – especially the private, “if only the really knew me” parts – is an integral practice and component of living a wholehearted life.
 - When you are embarking on a new lifestyle, self-acceptance is vital; without it you could easily become overwhelmed and discouraged, and withdraw.
 - Learning to care for yourself with kindness, patience, and perseverance when things don’t go as you planned or when you fall off the wagon of your healthy lifestyle practice will ensure that you don’t lose your way because you lost compassion for yourself.
- Ask yourself, “Why do I want to live better? Longer?”

Love More

- Five practices that connect and heal us:
 - Smile and laugh freely.
 - Smiling and laughing are simple yet powerful ways to lead your life with a friendly tone, to boost your mood while enhancing the mood of others.
 - Express gratitude freely.
 - The ability and willingness to feel and express your gratitude on a regular basis sparks joy while significantly enhancing your relationships.
 - Let forgiveness free you.
 - When you forgive someone else, it doesn't mean you have to forget, condone, or excuse what they've done. The far more significant opportunity is to free yourself from carrying that blame and misery any further, and from spreading your suffering out to others.
 - Support and serve others.
 - Lending your support and serving others boosts your mood and increases your overall well-being – because you feel like what you're doing really matters.
 - Participate in a support group.
 - Participating in a support group is a relatively inexpensive yet highly effective way to develop meaningful, supportive relationships while pursuing common goals.



Stress Less

“If you feel stressed, you are stressed; if stress management techniques help you feel less stressed, then they are beneficial to you.”

Stress Less

- Chronic stress is one of the most important mechanisms underlying so many chronic diseases. It has a direct effect on our health mediated through the sympathetic nervous system, and it plays an important role via affecting each of the other mechanisms.
- When it's chronic, stress can increase inflammation in your brain, which in turn can lead to or exacerbate depression.
 - And when you're depressed, your immune system is depressed – for example, people who are HIV positive and depressed have more than double the likelihood of dying from AIDS than those who are not depressed.
- Chronic stress negatively affects your health via these mechanisms in other ways as well. It shortens telomeres, adversely affects how your genes are expressed, and can have a harmful impact on the balance of the trillions of cells in your microbiome.
- Chronic emotional stress increases oxidative stress as well, and has negative effects on cellular metabolism and apoptosis, angiogenesis, and stasis. It causes blockages to build up faster in your arteries independent of diet.

Stress Less

- Five different stress reduction techniques, followed by step-by-step instructions. Do what works for you and your lifestyle.
 - Gentle stretching – As your body relaxes so does your mind.
 - Breathing techniques – The way we think and feel affects the way we breathe, and the way we breathe affects the way we think and feel.
 - Meditation – Meditation allows us to stay centered while we observe the natural ups and downs of the mind.
 - Guided Imagery – Using your imagination to invoke positive imagery can help support healing outcomes.
 - Deep relaxation – When you are able to deeply relax – a learned, conscious, and progressive letting go of tension and stress – you allow and support the body's natural healing process.

Stress Less

- Additional stress-busting techniques that can be effective, fun, and meaningful ways to reduce stress.
 - Sharing feelings
 - Sharing our authentic feelings in a safe and intimate environment – among trusted friends, in a support group, with a minister or therapist – can be a powerful tool for reducing stress.
 - When we're able to openly share our true feelings within a secure setting, it can help us to unburden ourselves and allow us to feel supported by others.
 - Our ability to connect to ourselves and others is at the root of what makes us sick and what makes us well.
 - Taking care of a pet
 - Owning and caring for pets is also associated with reducing stress.
 - The exercise you get from walking a dog is certainly a healing factor; the unconditional love that your pet gives you at the end of your long day is also healing.
 - Digital detoxing
 - Media overload is the 6th leading cause of stress in the United States.
 - Unplugging can have a powerful effect on the nervous system. Try it for an hour a day, even one day per week – you might not only like it but also come to crave and protect unplugged sanctuaries in your life.

Recap

- Medications, procedures, and surgeries are not the answer – this is simply “mopping up the floor.”
- In order “turn off the faucet” and enjoy a healthy life and undo chronic diseases we must:
 - Move more
 - Eat well
 - Love more
 - Stress less



<https://youtu.be/QYmInK5xo6g>

Wrap up

- What is one thing you can do today to strengthen your faith?
- What is one thing you can do today to UnDo it?
- Questions?

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead