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7 Simple Ways To Reverse Clogged Arteries Naturally

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These 10 simple modifications can go a long way to preventing or reversing heart disease. 1. Eat a healthy diet. Increase healthy, whole foods rich in nutrients and phytonutrients (plant molecules).

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Start getting better today with Dr. Ornish's 4-step plan to reverse your heart disease in 28 days. Click here to read an excerpt from Dr. Ornish's book, The Spectrum, A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health, with recipes by chef Art Smith, Oprah Winfrey's one-time personal chef.

Reverse Your Heart Disease in 28 Days | The Dr. Oz Show

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REVERSE | meaning in the Cambridge English Dictionary

Part of "undo it," The Ornish diet is a type of vegetarian diet that can reverse the symptoms of heart disease. The diet has gained popularity in the last 30 years because participants averaged losing 24 pounds and most kept the weight off—something uncommon for other major diets, and helping get rid of a major risk factor for heart disease.

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