

Dean Ornish Symington 2017

The Transformative Power of LifeStyle Medicine

Dean Ornish, MD, is president and founder of the Preventive Medicine Research Institute and clinical professor of medicine at the University of California San Francisco School of Medicine. Ornish has worked with heart disease, prostate cancer, diabetes and pre-diabetes, depression and other conditions with a program that includes nutrition, fitness, stress management, and love and support. For his extensive research studies, see the [Ornish Lifestyle Medicine](#) website.

00:27 Introduction

02:35 Lifestyle Medicine

08:30 Lifestyle research results

12:30 Programs in medical care and hospitals

17:05 Work with cancer physicians and patients

22:20 Enabling people to make sustainable changes in their lives

35:30 The epidemic of loneliness

47:01 Summary: Michael Lerner