



**2016 The Plantrician Project Luminary Award Winner
Dean Ornish, MD
Biographical Sketch**

Dean Ornish, M.D., is the founder and president of the non-profit Preventive Medicine Research Institute and Clinical Professor of Medicine at the University of California, San Francisco. Dr. Ornish received his M.D. from the Baylor College of Medicine, was a clinical fellow in medicine at Harvard Medical School, and completed an internship and residency in internal medicine at the Massachusetts General Hospital. He earned a B.A. in Humanities *summa cum laude* from the University of Texas in Austin, where he gave the baccalaureate address.

For almost 40 years, Dr. Ornish has directed clinical research demonstrating, for the first time, that comprehensive lifestyle changes may begin to reverse even severe coronary heart disease, without drugs or surgery. Medicare agreed to provide coverage for this program, the first time that Medicare has covered a program of comprehensive lifestyle changes. He directed the first randomized controlled trial demonstrating that comprehensive lifestyle changes may slow, stop or reverse the progression of early-stage prostate cancer. His research showed that comprehensive lifestyle changes affect gene expression, “turning on” disease-preventing genes and “turning off” genes that promote cancer and heart disease, as well as the first study showing that these lifestyle changes may begin to reverse aging by lengthening telomeres, the ends of our chromosomes which control aging (in collaboration with Dr. Elizabeth Blackburn, awarded the Nobel Prize in Medicine).

He is the author of 6 books, all national bestsellers. His TED.com talks have been viewed by over 4 million people.

The research that he and his colleagues conducted has been published in the *Journal of the American Medical Association*, *The Lancet*, *Proceedings of the National Academy of Sciences*, *Circulation*, *The New England Journal of Medicine*, the *American Journal of Cardiology*, *The Lancet Oncology*, and elsewhere. A one-hour documentary of their work was broadcast on *NOVA*, the PBS science series, and was featured on Bill Moyers' PBS series, *Healing & The Mind*. Their work has been featured in all major media, including cover stories in *Newsweek*, *TIME*, and *U.S. News & World Report*. He has written a monthly column for *Newsweek* and *Reader's Digest* magazines, is currently Medical Editor of *The Huffington Post* and writes a regular column for *TIME* magazine.

Dr. Ornish was appointed by President Clinton to the White House Commission on Complementary and Alternative Medicine Policy and by President Obama to the White House Advisory Group on Prevention, Health Promotion, and Integrative and Public Health. He has been a member of the boards of directors of the San Francisco Food Bank, the J. Craig Venter Institute, and the St. Vincent de Paul Homeless Shelter in SF where he and colleagues established an integrative medicine clinic at which 30,000 homeless people have been treated. He was elected to the California Academy of Medicine and chaired the Google Health Advisory Council with Marissa Mayer 2007-9.

The “Ornish diet” was rated “#1 for heart health” by *U.S. News & World Report* in 2011, 2012, 2013, 2014, 2015, 2016.

In addition to receiving the 2016 Plantrician Project Luminary Award, he has received several awards, including the 1994 Outstanding Young Alumnus Award from the University of Texas, Austin; the University of California, Berkeley, “National Public Health Hero” award; the Jan J. Kellermann Memorial Award for distinguished contribution in the field of cardiovascular disease prevention from the International Academy of Cardiology; a Presidential Citation from the American Psychological Association; the inaugural “Lifetime Achievement

Award” from the American College of Lifestyle Medicine; the Beckmann Medal from the German Society for Prevention and Rehabilitation of Cardiovascular Diseases; the “Pioneer in Integrative Medicine” award from California Pacific Medical Center; the Stanley Wallach Lectureship Award from the American College of Nutrition; the Golden Plate Award from the American Academy of Achievement; the Linus Pauling Award from the Institute for Functional Medicine; the Glenn Foundation Award for Research; the Bravewell Collaborative Pioneer of Integrative Medicine award; and the Sheila Kar Health Foundation Humanitarian Award from Cedars-Sinai Medical Center (Los Angeles). Dr. Ornish has been a physician consultant to President Clinton since 1993 and to several bipartisan members of the U.S. Congress, and he consulted with the chefs at The White House, Camp David, and Air Force One to cook more healthfully (1993-2000). He gave a keynote speech reviewing the science of integrative medicine at the Institute of Medicine’s first *Summit on Integrative Medicine* at the National Academy of Sciences. For more information: www.ornish.com.

Dr. Ornish was honored as “one of the 125 most extraordinary University of Texas alumni in the past 125 years;” chosen by *LIFE* magazine as “one of the fifty most influential members of his generation;” recognized as “one of the most interesting people of 1996” by *People* magazine; and by *Forbes* magazine as “one of the world’s seven most powerful teachers.”



ABOUT THE PLANTRICIAN PROJECT AND THE INTERNATIONAL PLANT-BASED NUTRITION HEALTHCARE CONFERENCE:

Leading experts in preventive, nutritional medicine are presenting the week at the 4rd annual International Plant-based Nutrition Healthcare Conference (www.pbnhc.com), September 21-24, 2016 at the Anaheim Marriott in Anaheim, CA. This CME accredited medical conference will educate gatekeepers of dietary-related recommendations—our nation’s physicians and allied health professionals—about the nutritional science and efficacy of whole food, plant-based nutrition and its proven ability to prevent, suspend and even reverse disease. The review of current and progressive scientific research will be presented with a commitment to intellectual integrity, without bias or influence. The conference is produced by the 501c3 non-profit The Plantrician Project, established with the mission of producing educational events, tools and resources for physicians, allied health professionals and those they serve, focused on food as medicine. For more information, visit www.plantricianproject.org.

Dr. Ornish, as the 2016 [Plantrician Project Luminary Award](#) winner, follows the inaugural 2014 recipient, T. Colin Campbell, PhD, and last year’s 2015 recipient, Caldwell Esselstyn, Jr., MD. Each year, the award presented is an original oil painting by Austin, Texas artist Kerry Schroeder.

