

# Is Heart Disease Reversible?



At Midland Health, we believe true health includes the mind, body and spirit. Because of this, we created the Lifestyle Medicine Center—a resource to provide physical, mental, and spiritual wellness so that people can experience the best life possible. However, our care goes beyond just that of managing sickness, but also preventative care through a holistic approach to outpatient rehab with programs like The Ornish Program.

**The Ornish Program is a noninvasive program proven to reverse heart disease** through diet and lifestyle modification. Not only is this groundbreaking program unique to this area, we're one of only four medical facilities in Texas to offer it. It's one more example of how we are lighting the way for cardiovascular health in Midland. In addition to The Ornish Program, the Lifestyle Medicine Center also offers traditional cardiac rehab, diabetes and nutrition education, plant-based nutrition counseling, CHIP (Complete Health Improvement Program), a physician-supervised lifestyle medicine clinic and much more.

For more information, or to schedule an appointment, call **432.221.LIFE** (5433).

You can also visit us at [midlandlifestylemedicine.org](http://midlandlifestylemedicine.org).



lifestyle medicine center



MIDLAND HEALTH