

Draft video remarks on 10th anniversary Preventive Medicine Research Institute

I want to congratulate Dean Ornish and the patients, staff and supporters of the Preventive Medicine Research Institute on your Tenth Anniversary. Your work and promotion of a healthy life style for coronary patients has reverberated to the general public and for the common good.

Perhaps the most hopeful message to come out of your study is that no matter how old we are, it is never too late to enjoy the benefits of life style changes like stress reduction, a low-fat low-cholesterol diet, exercise, smoking cessation and psychosocial support. I am heartened to know that your oldest patient ^{at 82,} benefited the most from your program. With these results, there is surely hope for us all.

Please accept my very best wishes for continued success as you show us all the way ~~for better health and better living.~~

to disease prevention and better living.

Congratulations again on this milestone!