



# Cleveland Clinic

## Wellness

### Dr. Esselstyn's Program

If you have heart disease, a nutrition-based therapy program developed by Caldwell Esselstyn Jr., MD, can be a life-saver. This plant-based, oil-free diet has been scientifically proven to reverse heart disease.

Dr. Esselstyn's program has many benefits:

- If you have severe heart disease and surgery is too risky for you, this nutrition-based program may be your only effective treatment option.
- If you have moderate heart disease, this diet may allow you to forgo medications, stents and bypass surgery. Except in cardiac emergencies, it can be less dangerous and more effective than drugs and invasive therapy.



Traditional medicine focuses on controlling heart disease symptoms such as angina. But this program addresses the actual causes of heart disease.

Dr. Esselstyn began researching the diet with a group of patients who had severe angina and had failed conventional treatments for heart disease. Within months, their angina became less bothersome, their cholesterol levels dropped, and blood flow to their hearts improved. Twenty years later, most of them still follow the diet and remain heart attack-free.

You don't have to have heart disease to enjoy the protective effects of Dr. Esselstyn's diet. Explore the basics of this approach in one five-hour session that includes lunch.

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#### **Price**

\$975

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#### **Schedule**

Sessions offered once a month throughout 2012; spouses attend free

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#### **Location**

Cleveland Clinic Lyndhurst Campus  
1950 Richmond Road  
Lyndhurst, Ohio 44124

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Learn how to prevent or reverse heart disease through diet. Register for the next session by calling 877.331.9355 or emailing [Lifestylemed@ccf.org](mailto:Lifestylemed@ccf.org).

For information about all Center for Lifestyle Medicine programs, visit [clevelandclinic.org/clm](http://clevelandclinic.org/clm).