



Without Surgery, This New Father Got Off the Transplant List and Reversed His Heart Disease

By Julia Helms
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David Foster was a new father and only 57 years old when his doctor told him he needed a heart transplant. He had 100 percent blockages in his heart. Without going under the knife, he was able to reverse his heart disease by participating in the [Ornish Reversal Program](#) at his local hospital. During this nine week intensive program, doctors help at-risk patients transition to a plant-based diet and a healthier lifestyle. No pills or surgery are required.

[Dr. Ornish's](#) Reversal Program includes:

- Nutrition education and instruction in shopping for and preparing low-fat, plant-based meals
- Monitored exercise and stress management tools
- Group support

This is the first integrative lifestyle program scientifically proven to reverse heart disease. The best part? Ninety percent of patients continue the lifestyle after one year.

Watch David Forster's remarkable story below.

<https://www.youtube.com/watch?v=3fBsb5PHsXA>