



Dear Friends,

I am pleased to share with you some of the significant progress that Dr. Dean Ornish and our colleagues at the non-profit Preventive Medicine Research Institute have made in the past few months.

On February 26, Dr. Ornish presented a keynote address reviewing the science of integrative medicine at the Institute of Medicine's "[Summit on Integrative Medicine](#)" at the National Academy of Sciences. For a link to a video of his lecture: [click here](#); for a link to the slides of his lecture, [click here](#).

Later that day, Dr. Ornish was invited to testify before [Senator Harkin's Senate Committee](#) hearing, along with Drs. Mehmet Oz, Andrew Weil, and Mark Hyman. President Obama has asked Senator Harkin to be in charge of health reform on this committee as it relates to wellness, prevention and public health.

Dr. Ornish interviewed Senator Harkin about health reform several months ago for his [Newsweek](#) column. As Senator Harkin said, "To date, prevention and public health have been the missing pieces in the national conversation about health care reform. It's time to make them the centerpiece of that conversation. Not an asterisk. Not a footnote. But the centerpiece of health care reform."

Also, Dr. Ornish spoke at the White House Regional Health Reform conference co-hosted by Gov. Schwarzenegger and Gov. Gregoire in Los Angeles on April 6th.

As you know, this is a critical juncture in our nation's history. In order to make health care available to the 48 million Americans who currently don't have health insurance, President Obama recognizes that we need to address the more fundamental causes of health and illness, as we do in our work. As he said, "Our time is now."

On Monday, March 16, Dr. Ornish was a featured speaker, along with futurist Ray Kurzweil and Senator Tom Harkin, at the [Race and Reconciliation Gathering on Health and Wellness](#) at the National Press Club in Washington, DC. He gave a keynote address at the "[Art & Science of Health Promotion](#)" national conference at Moscone Center in San Francisco the following day.

Our research at the Preventive Medicine Research Institute for the past 32 years has shown that these approaches are both medically effective and cost effective, and we are grateful to be of service in this way. We believe the time is now for transforming our disease care system into a true health care system that can benefit everyone.

We hope you share in our sense of hope and accomplishment in advancing health reform at a time when it has never been more important. Together, we can create a new model of medicine that is more caring and compassionate and also more cost effective and competent.

If it would be meaningful for you to help support our work, please [click here](#) to make a secure online contribution. We are grateful for your consideration and good wishes.

For those of you who are interested, there is a new week long "Immersion Retreat" coupled with a year long extensive remote follow up program now being offered based on the "[The Spectrum Lifestyle Program](#)."

Participants stay in the beautiful [Oregon Gardens Resort](#). Most of the program itself is run at Wellspring, a state of the art wellness facility that is located nearby. I invite you to visit the [Wellspring Heart website](#) to learn more about their retreat program. The contact person in Oregon to reserve a place in an upcoming program or find out more about the program is Kristi Lachenmeier at klachenmeier@silvhosp.org or (503) 502-1305 or (971) 983-5212.

Please visit our web site, www.pMRI.org, for the latest information about our work.

With many thanks and warm regards,

Jennifer

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Please note that replies to this email are not directed to our staff.

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