



Dean Ornish, MD: A World Changer

In my (Dr. McDougall's) opinion, Dr. Dean Ornish stands out as the most important physician/scientist* of the past quarter century for his contributions to medicine through proper human nutrition, and especially for his work on the epidemic diseases of obesity, heart disease, prostate cancer, and type-2 diabetes.

[Dean Ornish, MD](#) Interviewed by [Nancy Gibbs](#), Time Magazine Editor.

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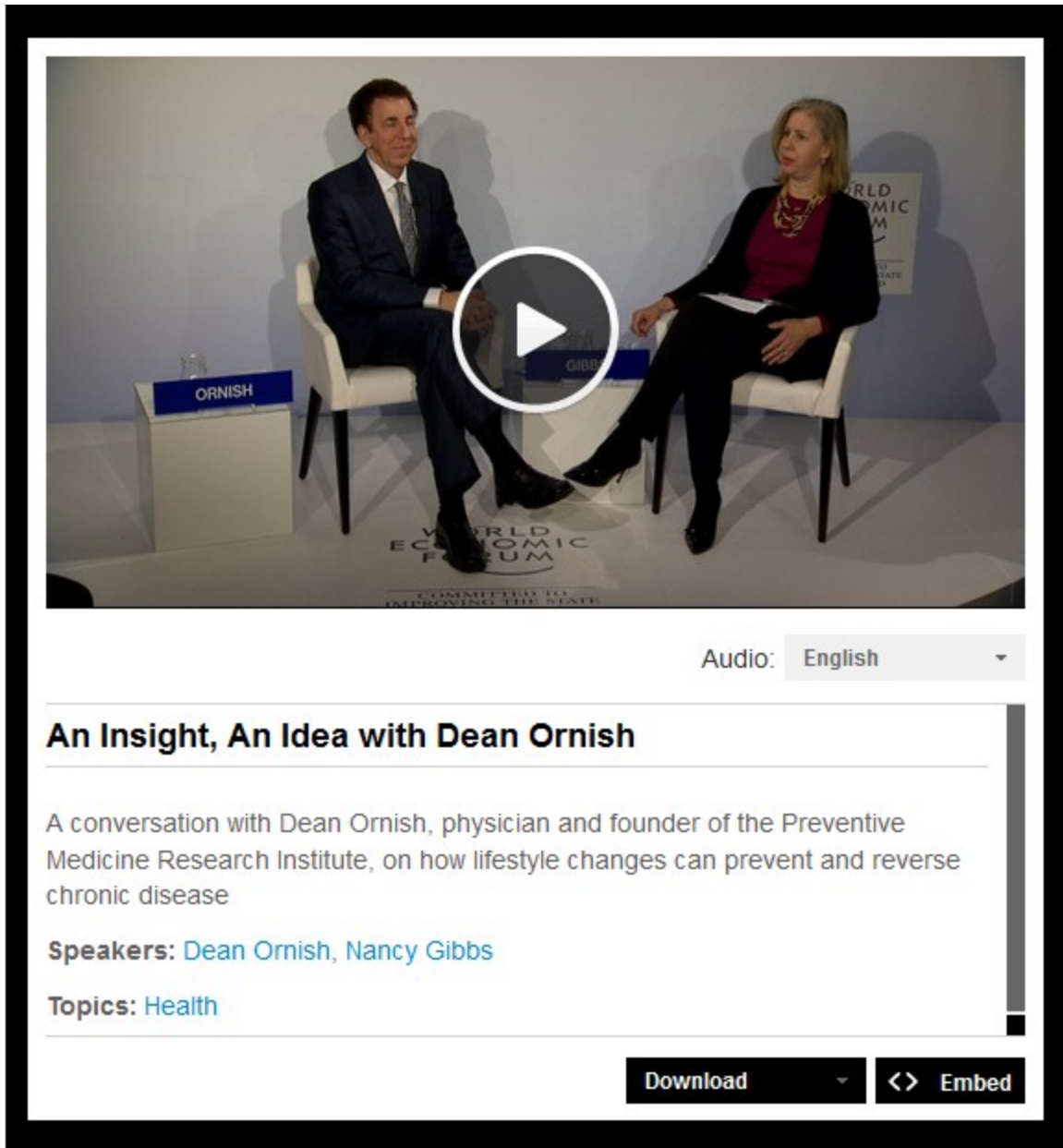
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Dr. Ornish was on the top of his game most recently at the [World Economic Forum's](#) Annual Meeting in Davos-Klosters, Switzerland, January 21-24, 2015, when interviewed by [Nancy Gibbs](#), editor of *Time* Magazine.



Audio: English

An Insight, An Idea with Dean Ornish


A conversation with Dean Ornish, physician and founder of the Preventive Medicine Research Institute, on how lifestyle changes can prevent and reverse chronic disease

Speakers: [Dean Ornish](#), [Nancy Gibbs](#)

Topics: [Health](#)

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I have known Dean for almost 30 years. Dr. Ornish is kind, loyal, and generous with his friends. His adversaries are treated with respect, as he skillfully dismantles their lies with his written and spoken words. He has been a steadfast opponent against the dangerous, low-carbohydrate, high-meat diets, such as those popularized by now deceased "diet doctor," Robert Atkins, MD.



Audio: English ▾

Let Food Be Thy Medicine

How can our daily diet and dietary habits become a cornerstone of health?

Dimensions to be addressed:

- Role of nutrition in tackling disease
- Impact of traditional culinary systems
- Need for global dietary guidelines

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*Progress does not occur in isolation. Deserving recognition for their work during the past 25 years are [T. Colin Campbell, PhD](#), [Neal Barnard, MD](#), [Caldwell Esselstyn, MD](#), [Hans Diehl, PhD](#), [and many others](#). Furthermore, our generation stands on the shoulders of these pioneers: [Denis Burkitt, MD](#), [Nathan Pritikin](#), [Walter Kempner, MD](#), and [Roy Swank, MD](#).

Featured Recipes—Delicious Dressings

We just returned from a McDougall Adventure in Hawaii and one of the most requested dressings, by both my boys and guests, was the Tofu Island Dressing. All of these are so easy to make, will stay fresh in your fridge for at least one week and are featured in our new app (available on both iTunes and Google Play). Our family has been making "Salads in a Jar" with grains, greens, assorted vegetables and one of the dressings below. These are delicious and make lunch-on-the-go so easy. Enjoy!



BERRY VINAIGRETTE

Prep Time: 5 minutes

Makes 1 1/2 cups

Ingredients:

2 cups fresh or frozen strawberries or raspberries

4 tablespoons red wine vinegar

2 teaspoons agave

freshly ground pepper to taste

Instructions:

Place all ingredients in a food processor or blender. Process until smooth

AGAVE MUSTARD DRESSING

Prep Time: 5 minutes

Makes 1 1/4 cups

Ingredients:

1/2 cup rice vinegar

1/2 cup balsamic vinegar

1/3 cup agave
3 tablespoons Dijon mustard
freshly ground pepper to taste

Instructions:

Place all ingredients in a blender and process until smooth

TOFU ISLAND DRESSING

Prep Time: 5 minutes

Chilling Time: 2 hours

Serves: variable

Ingredients:

1 12.3- ounce package firm silken tofu

1/3 cup water

1 tablespoon lemon juice

3 tablespoons ketchup

2 tablespoons sweet pickle relish

1 tablespoon minced parsley

1 tablespoon minced red onion

1 teaspoon soy sauce

several twists fresh ground pepper

Instructions:

Place the tofu, water and lemon juice in a blender or food processor and process until smooth. Place in a bowl and stir in remaining ingredients

Hint: This is a thicker salad dressing similar to Thousand Island dressing. Serve on salads of your choice.

ORIENTAL SALAD DRESSING

Prep Time: 3 minutes

Makes 1 cup

Ingredients:

1/3 cup water
1 cup rice vinegar
1 cup low sodium soy sauce
1 teaspoon crushed red pepper (optional)
1 teaspoon crushed garlic
1 teaspoon crushed gingerroot
1 teaspoon guar gum

Instructions:

Combine all ingredients in a small jar with a lid and shake until well mixed.

Hint: Guar gum is a thickening agent that does not require cooking. It gives oil free dressings a nice consistency for clinging to salad leaves.

BALSAMIC VINAIGRETTE

Prep Time: 5 minutes

Chilling Time: 1 hour

Makes 2 1/2 cups

Ingredients:

1 cup balsamic vinegar
1 cup cold water
1/2 cup Agave nectar or honey
1 teaspoon minced fresh ginger
1 teaspoon minced fresh garlic

Instructions:

Combine all ingredients in a blender jar and process until well blended. Chill before serving.

THAI CHILI DRESSING

Prep Time: 5 minutes

Makes 2 cups

Ingredients:

1 cup Mae Ploy Sweet Chili Sauce
1 cup water
1 tablespoon minced fresh ginger
Pinch of cilantro

1 teaspoon xanthan gum

Instructions:

Place all ingredients in a blender jar and process until blended. Store in a covered container in the refrigerator. This will keep for at least 2 weeks.