

Six years ago I had a heart attack. It was one of the best things that ever happened to me. While recuperating in the ICU, I saw an interview on CNN with President Bill Clinton that changed my life. He spoke of how a plant-based diet had caused him to lose 30 pounds in 3 months, and may have reversed his heart disease. He cited the book, “Prevent and Reverse Heart Disease” by Caldwell Esselstyn, M.D. of the Cleveland Clinic. It had remarkable cardiac images showing dramatic reversal of cardiovascular disease symptoms solely through diet.

My wife and I read the book that night while I was in the ICU, and we immediately converted to a plant-based lifestyle. In 60 days, I lost 20 pounds, my total cholesterol fell from 215 to 147, my LDL fell from 140 to 74, my CRP fell from 3.4 to 0.5, my triglycerides fell from 155 to 73, and my blood pressure fell significantly. Subsequent angiograms, PET scans, and other cardiac image scans I’ve had done years later showed definite reversal of atherosclerosis, in some cases complete reversal. I had not been this healthy since my teenage years.

There’s a beautiful saying, “When you are saved, the only thing left is to help save others.” This has been my mission since my heart attack and subsequent reversal of cardiovascular disease. I have devoted considerable time, energy and money to promote nutrition as the preferred treatment for chronic diseases of all kinds.¹

¹ Purjes. D. (2018). *Letter from Co-Founder*, p. 4–5. International Journal of Disease Reversal and Prevention.