



## Reversing Cancer with Diet

By Forks Over Knives  
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It's been over 20 years since [Dr. Dean Ornish's](#) groundbreaking research showed that a plant-based diet could open up arteries and reverse atherosclerosis without drugs.

**What's Dr. Ornish up to?** He's still reversing heart disease, and nearly three quarters of his patients are angina-free without drugs or surgery. He's also continued on to try and reverse cancer with a plant-based diet. In this [NutritionFacts.org](#) video, Dr. Michael Greger looks at recent work by Dr. Ornish and other researchers to see how a plant-based diet plus exercise affects men with prostate cancer.

### More on This Topic:

- [Can We Eat to Starve Cancer?](#)
- [The Link Between Diet and Cancer](#)