



**Lindsay A. Williams, MS, RD, LD**, is a registered and licensed dietitian for the Charleston Area Medical Center Memorial in Charleston, WV. She currently works in a dual role position, one of which is with the *Dr. Ornish Program for Reversing Heart Disease*. The other is as an inpatient clinical dietitian at CAMC. She has been trained in California by Dr. Ornish and his staff to deliver the Ornish Program, which has been shown to reverse the effects of heart disease. She has since been delivering the nutrition element of the program to West Virginians in the Charleston area. She works closely with patients suffering from heart disease daily, whether with the Ornish Program or seeing patients in the hospital.

Lindsay is a strong advocate for public health and has spoken at events such as the monthly Women Heart group meetings at CAMC and has presented the Ornish Program to local physician practice groups. Her dream is for the Dean Ornish program to someday be not only affordable to all but completely covered by all insurance companies. With a recent Gallop Poll ranking of Charleston, WV as the least heart healthy in the United States, she has been more passionate than ever to get the message out that heart disease can be prevented and even reversed.

Questions about nutrition and heart health? You can contact Lindsay at [Lindsay.Williams@camc.org](mailto:Lindsay.Williams@camc.org)