

This TedTalk participant, Dean Ornish is a clinical professor at UCSF and founder of the Preventive Medicine Research Institute. He's a leading expert on fighting illness — particularly heart disease with dietary and lifestyle changes (Ornish, 2008).

After scraping through approximately 100 comments six themes have emerged from greatest to least. Twenty-three *praise* Professor Ornish for his life changing insight on the human body and healing. Tied for seventeen, many people used the comment section as a blog to share *advice* on health and equally express their *disagreement* with his findings. Some don't support his views around meat consumption. It is probably important to note the publication of this study and when these types of comments were made because views on organic and raw food diets have trended far more in the past ten years.

Thirteen commenters felt that Professor Ornish's views are *questionable*. One viewer states, "In my understanding, health is being compromised when both fats and carbohydrates are consumed together on a daily basis. According to our metabolic states that use ketones or glucose for energy it must be understood that the body can choose one at a time. So if one eats a low fat high carb diet chooses the glucose side and if one chooses a high fat low carb diet chooses the ketone side. One should not mix these two metabolic states or he will get sick. Am I wrong?"

Whereas nine commenters posted that the presenter *talks too fast* and nine others have *strong beliefs in his findings*. One viewer said, he has huge respect and gratitude for this man.

Based on this scraping activity the majority of viewer comments analyzed, my initial findings are that most people believe in the research and publication of Professor Ornish's work.

Reference:

Ornish, D. (2008). *Dean Ornish: Healing through diet*. TED. Retrieved July 28, 2022, from

https://www.ted.com/talks/dean_ornish_healing_through_diet