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Best-selling Author, Lifestyle Interventionist
Clinical Professor of Preventive Medicine
Dynamic Speaker

Peer Review

"It is very gratifying to see first-hand the results of what actually is accomplished in the CHIP program: patients with angina lose their anginal pain; type II diabetics have their blood sugars return to normal with either reduced medication use, or discontinued altogether; hypertensive patients have their blood pressures return to normal while their medication requirements are significantly reduced or totally eliminated; and overweight people lose weight while eating more and extend their clinical gains over time. These concepts, when internalized, will do more to improve the level of national health and longevity than all the technological wonders of modern medicine."

—Caldwell Esselstyn, Jr., MD, Cleveland Clinic, Ohio

"I would like to take this opportunity to recommend Dr. Hans Diehl, who throughout his life has been a keen worker on the health maintenance side of medicine. Through his writings and seminars Dr. Diehl has brought a very powerful message to all who would listen in how to use diet and exercise, and reflection on the more important things in life, to prevent the number one killers in our society, the atherosclerotic diseases such as heart attacks, strokes, peripheral vascular diseases, and cancer."

—William Castelli, MD, National Institutes of Health;
former Director, Framingham Heart Study

"You deserve the highest possible commendation for the wonderfully successful way you and your co-workers carried out the Cornwall CHIP program. You have shown in a magnificent way how people can dramatically improve their health by altering their lifestyle instead of resorting to drugs, high technology and surgery. I have nothing but boundless admiration for what you have accomplished. I know of no one who has accomplished more in the field of disease prevention and health promotion than you."

—the late Denis Burkitt, MD,
discoverer of Burkitt's Lymphoma and the promoter of dietary fiber