

RICHARD E. COLLINS, M.D.

THE COOKING CARDIOLOGIST

“Controlling heart disease requires paying attention to one’s diet, activity levels and overall well-being. By mixing the right combination of laughter, fitness, and healthy food, we can enjoy a much longer and fulfilling life.”

Richard E. Collins, M.D., an accomplished cardiologist and author of *Cooking With Heart*, is currently an associate cardiologist with South Denver Cardiology Associates. He directs the Heart Healthy Culinary Gallery and Lifestyle Wellness Program at The South Denver Heart Center, Littleton, CO. He is a preventive cardiologist involved in heart disease risk reduction.

Dr. Collins received his medical degree from the University of Nebraska College of Medicine and obtained his cardiovascular training at The Mayo Clinic, Rochester, MN. He is a fellow in The American College of Cardiology. In addition, Dr. Collins served in the U.S. Navy and as a Physician to the U.S. Congress, Washington, D.C.

Throughout his various positions and research, Dr. Collins recognized the importance of healthy eating to lower cholesterol and prevent heart disease. His wholehearted belief of modifying one’s lifestyle as a means to reverse and/or prevent heart disease is apparent throughout all of his medical and personal outreach.

A leading authority and speaker on healthy lifestyles, his interest in integrated medicine focuses primarily on diet, exercise and stress management. He ensures that all of his health programs stress the importance of diet -- from the nutritional concepts and health consequences related to food -- to direct patient education through seminars and cooking classes. His program development, education and training has reached a vast array of audiences from pharmaceutical companies, the American Heart Association and even to The United States Capitol in Washington, DC. In addition, he is the Medical Director of The Wellness Council of America. A true cardiologist, Dr. Collins has literally taken “food to heart” by personally creating culinary dishes using only ingredients known to promote good health. These delicious, low-fat recipes have been shared through various projects of Dr. Collins such as his prior cookbook *The Cooking Cardiologist*, his instructive cooking video, “Soy Healthy Cooking”, and his nationally renowned cooking seminars.

Dr. Collins continues to practice health education and emphasize the importance of lowering your cholesterol to control heart disease by providing ongoing educational cooking seminars, producing live, radio and TV cooking shows. His video received The 1999 Freddie Award in International Health and Media Film Competition, Time Inc. Health on Nutrition. His cable TV Show received a Bronze Telly Award in 2005 for Cable TV production of “The Cooking Cardiologist” , DC8, Castle Rock, CO.

He resides in Denver, Colorado with his wife Donna. They have three daughters.