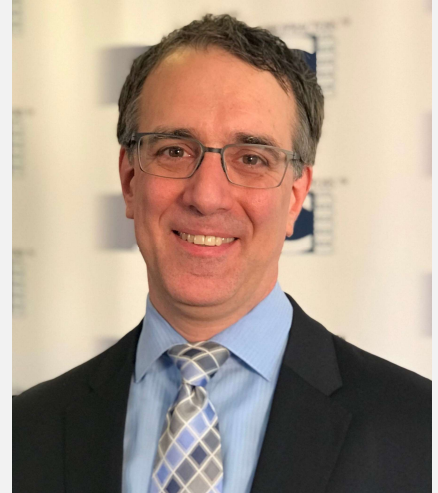


CARDIOVASCULAR HEALTH
TRAINING SERIES:

Part Two:

**The Seven Keys to
Cardiovascular Health**



PRESENTED BY

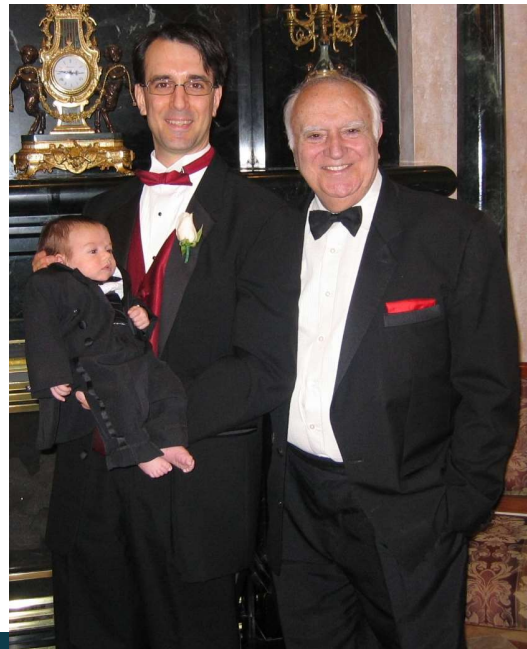


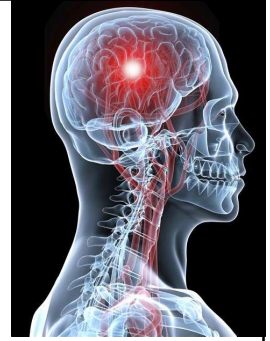
Michael C Gaeta, DAc, MS, CDN

Dad & Joseph & Me, 2004



I dedicate this presentation to my dad,
Francesco Guisepppe (Frank) Gaeta
1931-2006





Strokes in the United States

- 800,000 strokes per year
- 200,000 of those are in people who have had a previous stroke
- 1 in 5 strokes are fatal



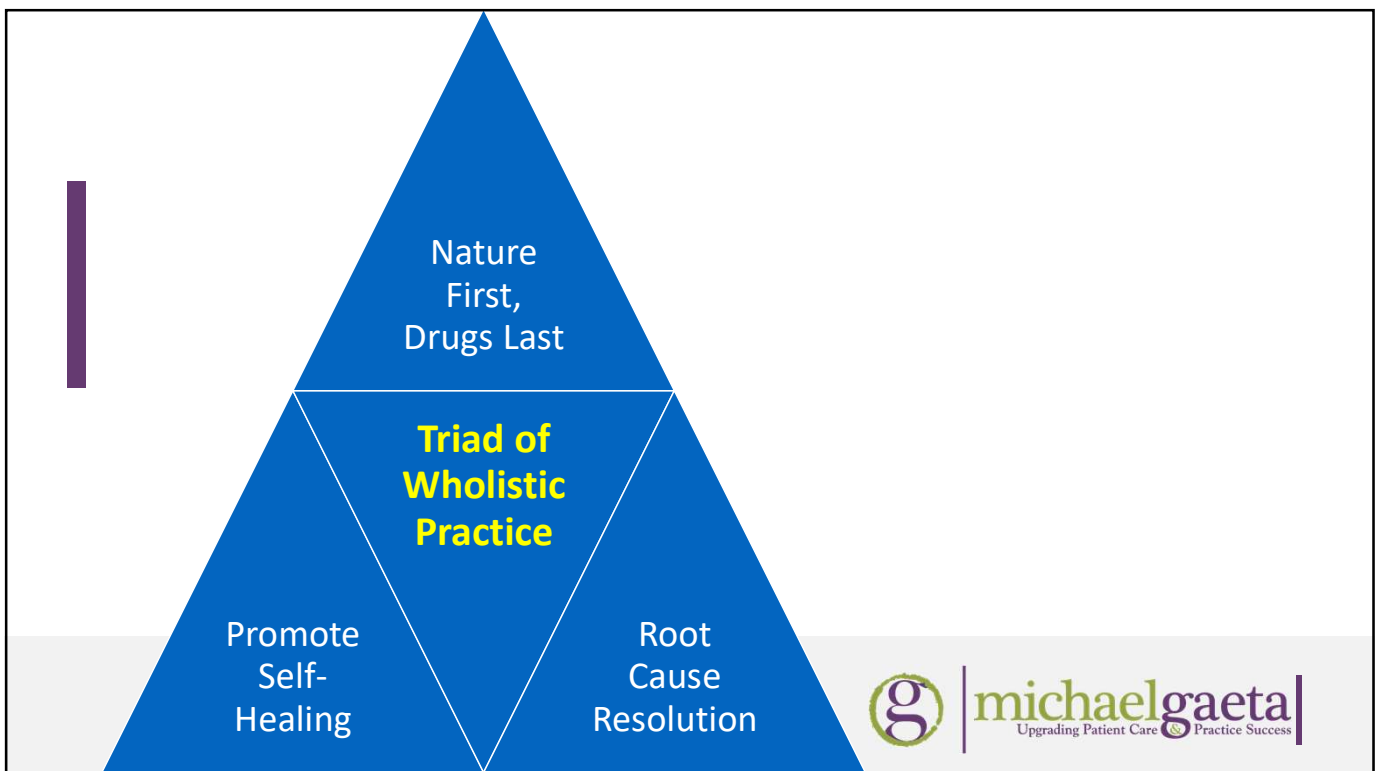
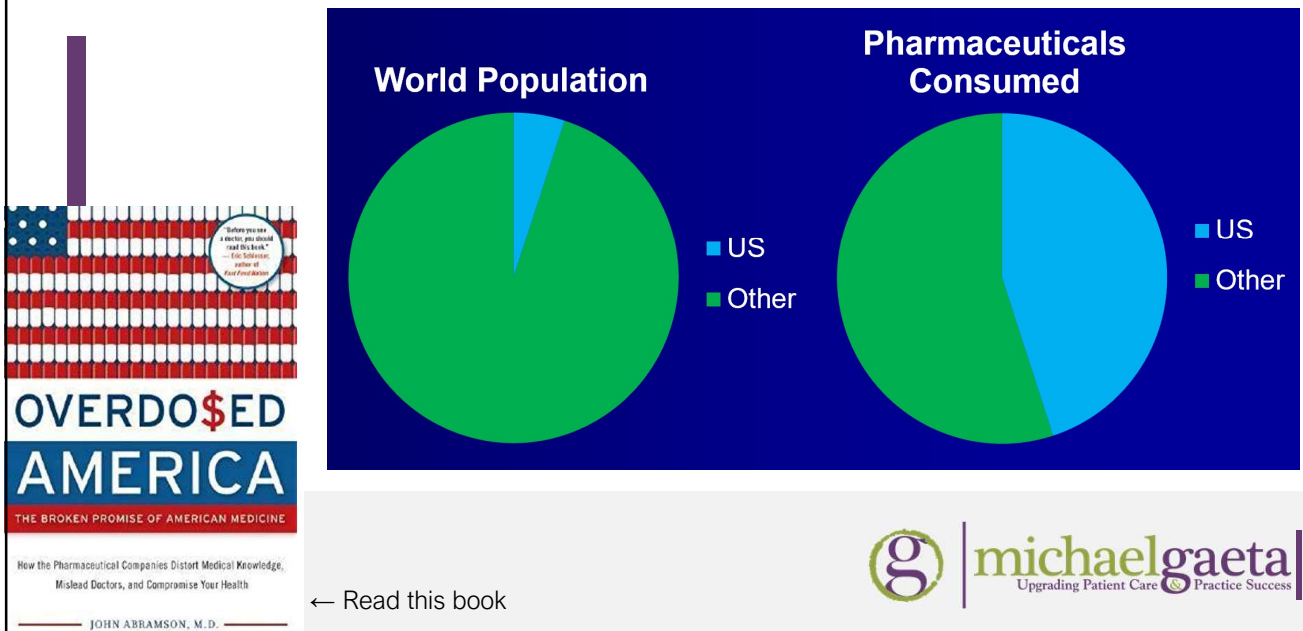
Have Statins Actually Helped?

“Between 1997 and 2007, no major changes were apparent in the age-adjusted percentage of coronary heart disease, stroke, or other heart conditions.”

- *Source:* Centers for Disease Control and Prevention (CDC), National Center for Health Statistics, Division of Health Interview Statistics, Data from the National Health Interview Survey.



Overdosed America

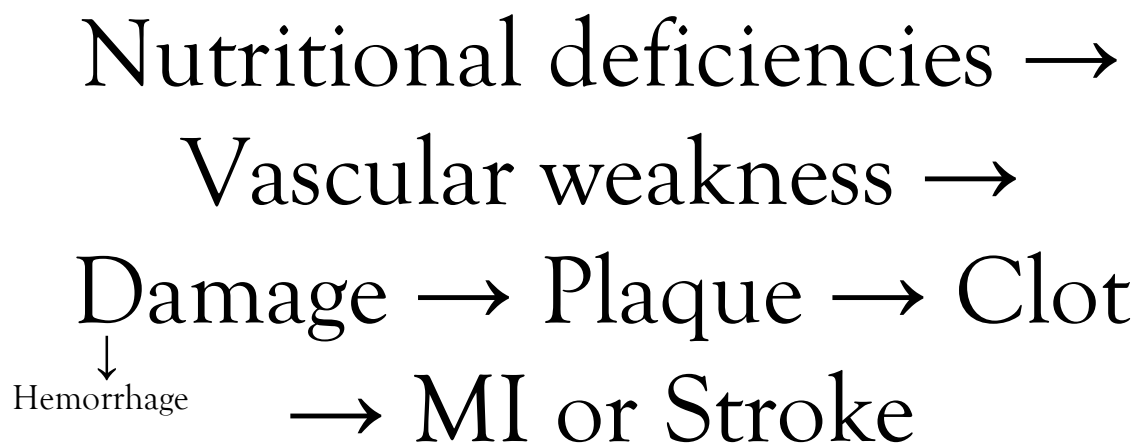


Cardiovascular Case Study

- Jane, 57-year old female
- Carotid ultrasound revealed moderate to severe blockage (40-79%)
- Diet and exercise already very good
- Treatment plan included acupuncture, Amma therapy, Asian bodywork therapy, fish oil, garlic, Cyruta, Soybean Lecithin, Betafood
- Repeat ultrasound six months later showed “minimal plaque, normal flow” (1-15%)



A Common Path of Endothelial Dysfunction





Buckwheat
(Fagopyrum esculentum)
Best, most beneficial,
natural source of Vitamin P

“The anti-hemorrhagic factor”

Albert Szent-Georgi, MD, PhD



 **michaelgaeta**
Upgrading Patient Care & Practice Success

Buckwheat grown on the farm



Ginkgo
(ginkgo biloba)

Improves: vascular health, blood flow, tissue nutrition and oxygenation, endothelial health, memory, mitochondrial and cognitive function

Reduces: blood clotting, oxidized LDL, plaque

 **michaelgaeta**
Upgrading Patient Care & Practice Success

The Seven Keys to Becoming a Cardiovascular-Proficient Practitioner

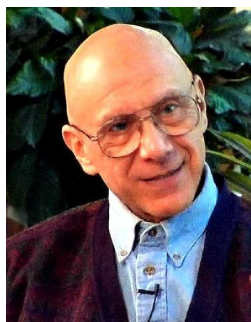
1. Symptoms, 10 causes of CVD
2. Truth about cholesterol and blood pressure
3. 10 best laboratory tests, heart sound recorder
4. Diet, exercise and lifestyle improvements
5. Cardiometabolic syndrome, glycemic balance
6. Two strategies for improving vascular health, preventing blood clots
7. How to correct the 12 key vitamin, mineral and lipid deficiencies



Cardiovascular Mastery Program Annual seven-week online course • September



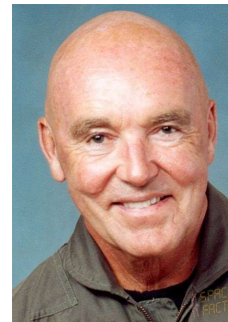
Royal Lee, DDS
The Inspiration for Much
Of the Course Material



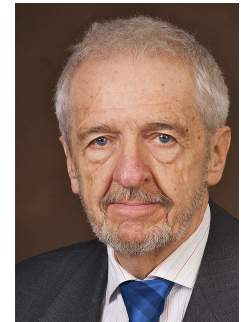
Bernie Siegel, MD



Mark Berger, MD



Duane Graveline,
MD, MPH



Uffe Ravnskov,
MD, PhD

Your Four Guest Faculty



Michael Gaeta, DAc, MS, CDN
Creator, Primary Instructor



Thank you!

michaelgaeta.com

