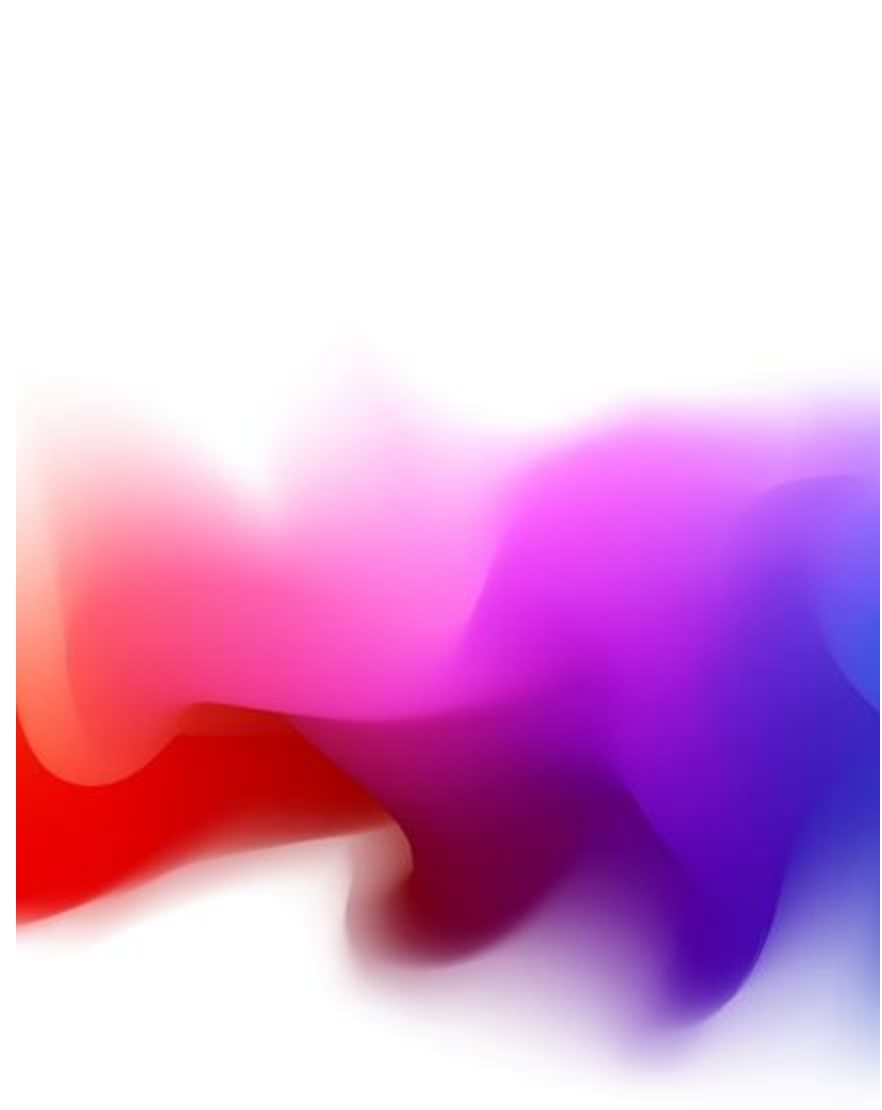


# Naturopathic approach to cardiovascular disease

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# What does CV disease include?

- Atherosclerosis
- High blood pressure
- Angina
- Heart attack
- Stroke
- Embolism
- Aneurysm
- Congestive heart failure

# Some major risk factors

- Smoking
- Poor diet
- Issues around blood coagulation and platelet aggregation
- Elevated blood cholesterol
- High blood pressure
- Diabetes
- Physical inactivity
- Stress

# Naturopathic approaches to reducing risk factors - Diet

- Decrease saturated fats (animal/dairy products, tropical oils)
- Cook with monounsaturated oils such as olive oil
- Increase omega 3 fatty acids found in ocean fish, and cold pressed flax.
- Keep salt intake to 2 grams daily
- Increase dietary magnesium and potassium
- Increase dietary fibre - whole grains, legumes, fruits and vegetables
- Decrease sugar, caffeine and alcohol
- Increase garlic and onion intake
- Eliminate cold cut meats and processed foods

# Naturopathic approaches to reducing risk factors - Supplements

- Omega 3 fatty acids
  - Coenzyme Q10
  - Garlic and phytosterols
  - Magnesium /potassium
  - Vitamin B3 - niacin
  - Chromium and vanadium
  - Hawthorne
- 
- **Disclaimer:** these are just *some* supplements that may be suggested. Please consult with your Naturopathic Doctor to determine which of the above might be most appropriate for you especially if you are already on certain pharmaceutical medications.

# Naturopathic approaches to reducing risk factors – Reducing stress

- Exercise: aerobic? Yoga? Tai chi? - choose something you enjoy doing!!
- Deep breathing
- Adequate sleep
- Massage
- Counseling
- Acupuncture

# In conclusion....

- Cardiovascular conditions can be avoided using natural and gentle modalities including lifestyle changes and appropriate supplement protocols. The naturopathic approach leaves room for collaboration with conventional treatment plans whenever this is required.