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Nutritional and Integrative Strategies in Cardiovascular Medicine

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Despite 40 years of aggressive pharmaceutical and surgical interventions, coronary artery disease (CAD) remains the number one killer of women and men in Western civilization. When it comes to CAD, prevention is easier than cure, and if CAD does present itself, a combination of conventional and alternative methodologies can truly make a difference in people's lives. **Nutritional and Integrative Strategies in Cardiovascular Medicine** provides scientific and clinical insight from leaders in the field of cardiovascular medicine who explore an integrative approach to treating and curing cardiovascular diseases through conventional and non-allopathic methodologies.

Nutritional interventions with both appropriate noninflammatory diets and targeted nutraceutical supports are simple and basic strategies to prevent as well as help manage CAD and congestive heart failure (CHF). This evidence-based book describes how to integrate nutrition, supplements, lifestyle changes, and medications for improved outcomes in hypertension, lipids, diabetes, coronary heart disease, congestive heart failure, and much more. Topics include:

- Nutrigenomics, proteomics, and metabolomics in heart disease
- The risks and side effects of statin drugs
- The value of omega-3s and other fats
- Naturopathic approaches
- Gender-specific medicine
- Nutrient-drug interactions in cardiovascular medicine

Nutritional medicine and understanding nutrigenomics for the prevention and treatment of cardiovascular disease will become the recommended practice of medicine in the very near future. This book is designed to help established health professionals as well as students preparing for degrees in healthcare.

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