

Botanical Cardiovascular Medicine

Presented by

Patrick M. Fratellone, MD, RH (AHG), FACC, FIM

Lecture Series

Herbs to discussed in the series:

Hibiscus	<i>Hibiscus ssp</i>
Hawthorn	<i>Crataegus ssp</i>
Garlic	<i>Allium sativum</i>
Snake Root	<i>Rauwolfia serpentina</i>
Ginseng	<i>Panax Ginseng</i>
Red Rice Yeast	<i>Monecus purpureus</i>
Foxglove	<i>Digitalis purpurea</i>
Motherwort	<i>Leonurus cardiaca</i>
Scotch Broom	<i>Sarothamnus scoparis</i>
Night Blooming Cactus	<i>Cactus grandiflorus</i>
Lily of the Valley	<i>Convalleria majalis</i>

Integrative Approaches

Supplements

Minerals

Foods

Cases

<https://www.genemedrx2.com>

Number One Killer in the United States,
Surpassing Cancer and HIV

Includes:

Atherosclerosis

Myocardial Infarction

Stroke

Renal Failure

CARDIOVASCULAR DISEASES INCLUDE:

Coronary Artery Disease
Angina pectoris
Myocardial Infarction
Myocardial Ischemia
Hypertension
Valvular Heart Disease/Congestive Heart Failure
Cardiac Arrhythmias

HYPERTENSION FACTS

1. One of the most common conditions seen in any medical practice
2. 90% of all cases are primary hypertension
3. 10 % are secondary

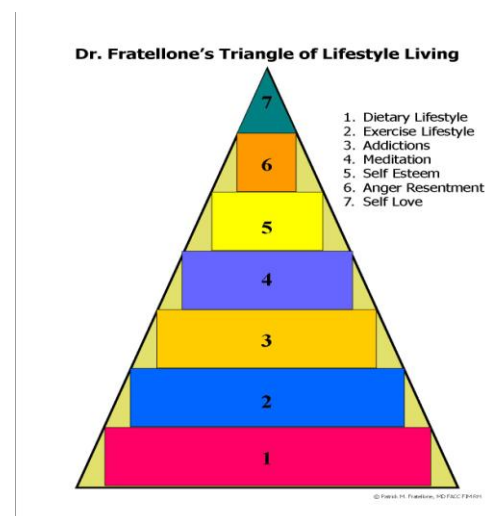
Adrenal Hypertension
Pheochromocytoma

4. Joint National Committee (JNC) Classification

JNC VII

Normal	Systolic < 120	Diastolic <89
Pre Hypertension	Systolic 120-129	Diastolic 80-89
1 (mild)	140-159	Diastolic 90-99
2(moderate)	>159	Diastolic >99

New Classification will be revised once again



LIFESTYLE CHANGES

Dietary Lifestyle Changes

Abuses of:

- Excessive Salt
- Micronutrient Intake
- Refined carbohydrates
- Processed Foods
- Type of Fat
- Calorie Intake

Exercise Lifestyle Changes

Type of Exercise

Amount per Day

30 minutes three times/day decreases CV mortality by 38%

LIFESTYLE CHANGES

Dietary Lifestyle Changes

ADDICTIONS:

My Definition – Energy Thief

Caffeine

Alcohol

Drugs

Sugar

Work

Family Drama

Relationship Drama

Internet “Terrorism”

Technology

Meditation/Yoga

Self Esteem

Anger/Resentment

Self Love

LIFESTYLE CHANGES

Treatment

CONVENTIONAL MEDICINE

VITA-NUTRIENTS

Vitamins

Minerals

Other Supplements

BOTANICAL MEDICINE



HIBICUS



HAWTHORNE



GARLIC