

WHAT'S UP DOC PETE?

Last article we were discussing the underlying cause of clogging of the arteries to the heart, or atherosclerotic vascular disease. For those who missed the



Peter J. Muran, MD

Quantum Health radio show with integrated cardiologist, Dr. Stephen Sinatra, MD, FACC, he discussed how to reverse the underlying factors that lead to vascular disease of the heart and brain.

Dr. Sinatra's "**Four Pillars of Healing**" basically sums up the foundation for any treatment plan. They are: **Pillar One**- an anti-inflammatory diet, good weight management and proper oral hygiene; **Pillar Two**- targeted nutritional supplements and individualized medication therapy; **Pillar Three**- exercise; and **Pillar Four**- mind/body techniques for stress management. Heart disease can be reversed by utilizing these four pillars of healing.

The bottom line message is that there is hope in managing heart disease and one does not have to suffer from a disease process when there are programs to restore health. A person just needs guidance and the desire to commit to the changes required to make it happen.

On Saturday, February 10, on the *Quantum Health* radio show we interviewed local therapist, Debi Briesacher, LMFT, on Romancing the Healthy Heart. Heart health and longevity are directly influenced by our relationship health. As a relationship specialist, Debi offered insight on how we choose our partner and how to have a fulfilling relationship.

On Saturday February 17 we will interview David Drake, exercise physiologist and Denise Gibbon, RN from the Cardiac Rehab Center at French Hospital. Both David and Denise will talk about the positive outcomes of exercise recovery from a cardiac event.

Lastly, on February 24, Sandy and I will have a wrap up of the first two months of *Quantum Health* on KVEC.

Join Dr Pete and Sandy Muran, Clinical Nutritionist, for "*Quantum Health*" talk radio airing on KVEC every Saturday at 1:00. To catch previous shows, visit our website at longevithealthcare.com and click on Radio Library.



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