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Health Care is Self Care
Jane Esselstyn RN
hcissc.com

Jane Esselstyn, RN, reports no relationship with industry to disclose relative to this CME activity.

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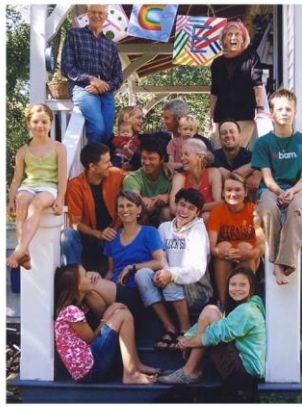
My Gene Pool



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- Type 2 Diabetes
- Prostate Cancer
- Heart Disease
- Heart Attacks
- Breast Cancer
- Stroke
- Colon Cancer
- Lung Cancer
- Prostate Cancer
- Pancreatic Cancer
- Brain Cancer
- Ovarian Cancer

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↑
Our Plant- Based
Super Heroes
(on no medications)

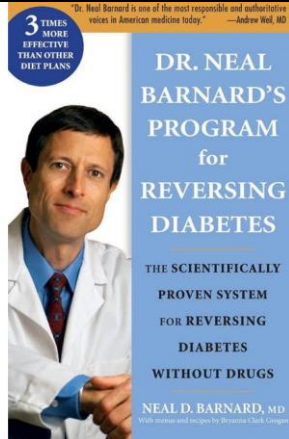
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Research
of Medical Pioneers
who want to show you
that the **POWER** is in your
hands

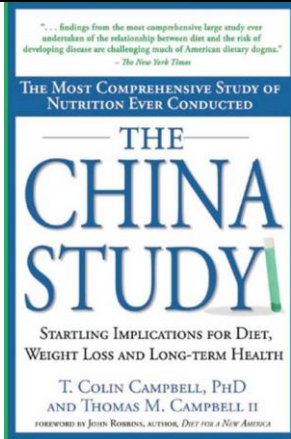
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Research
on Type 2 Diabetes

- What is happening inside?
- Is this a reversible condition?
- This is where **YOU** fit in



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Research
on Cancer and
Heart Disease

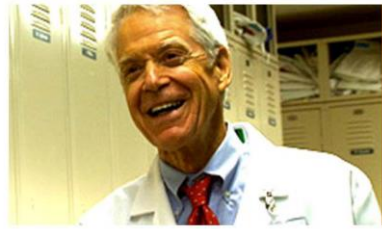
- "Cancer promotion is reversible, depending on whether the early cancer growth is given the right conditions in which to grow."
- "More than 250,000 successive deaths certificates were recorded on one rural county in China, not one of which was due to heart disease."

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Research on Heart Disease

by Dr. C.B. Esselstyn Jr. MD

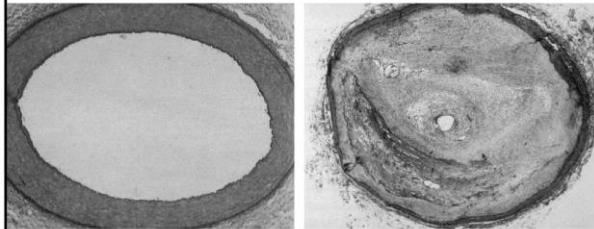


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Treating the Cause to Prevent and Reverse Heart Disease

Caldwell B. Esselstyn Jr., M.D.

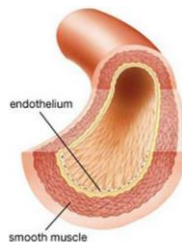
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Endothelium Properties

- Releases the gas Nitric Oxide (NO)
- NO is a strong vasodilator
- NO prevents inflammation from occurring in the artery
- NO keeps blood cellular elements from getting sticky
- NO prevents formation of plaque or blockages



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Get Things Moving and Grooving **Below** the Belt

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Constipation?

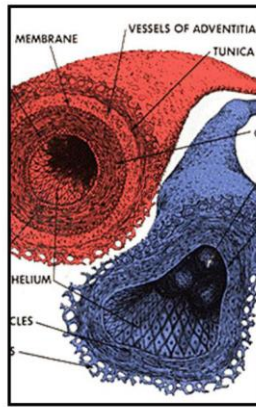
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Erectile Dysfunction?

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- Vascular Issue
- Nitric Oxide



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Women Are a Bit More Complicated

- CUVA
- Blood Flow
- Lubrication
- Body Image



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Testament from a plant-based woman

"Sorry to make this R rated. But I have to tell you I have been on plant based eating for about 11 months now. I am 100 pounds lighter. I am 69 years old and I have not had sex for years with my husband. The last month I just can't get enough of him. I am convinced the blood flow has reached new and exciting places, thanks for your (work)... it's like getting married all over again."

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Eating Plant –Strong:

- Keeps you Pant-Strong
- Keeps things moving and grooving below the belt- in many ways
- Helps create a positive, healthy...
 - Active life
 - Medication-free life
 - Sex life
