

# **Health Care is Self Care**

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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

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







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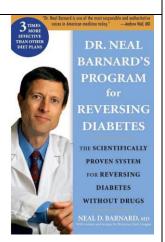
# Research

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



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# "... findings from the most companhensive large analy ever underraken of the relationship between their and the risk of developing disease are challenging much of American diseary dogma." "The MOST COMPREHENSIVE STUDY OF NUTRITION EVER CONDUCTED THE CHINA THE CHINA STUDDY STARTLING IMPLICATIONS FOR DIET, WEIGHT LOSS AND LONG-TERM HEALTH T. COLIN CAMPBELL, PHD AND THOMAS M. CAMPBELL II 11 TOREYOUR BY GERTON, CHINA GERTON, CHEW AUGUST.

### 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."



# Research on Heart Disease by Dr. C.B. Esselstyn Jr. MD

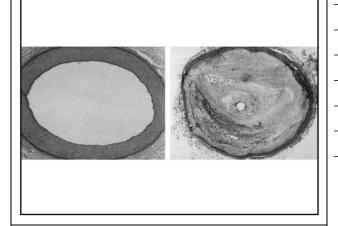


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**Treating the Cause to Prevent and Reverse Heart Disease** 

Caldwell B. Esselstyn Jr., M.D.

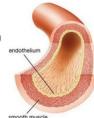
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# **Endothelium Properties**

- · 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



# **Closer Look at Heart Disease**

Is Heart Disease reversible?

- High Fat Diet/SAD Diet endothelium becomes sticky
- · Cholesterol: LDL, HDL
- . LDL molecule- oxidizes and becomes small, hard, and dense
- Foam Cell caused by LDL in sub-endothelial space
- Cap Rupture blood clot -heart attack
- . This is where YOU fit in

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"It is unconscionable not to offer patients the plant-based approach as an option"

Dr. C.B. Esselstyn, Jr.

"I will use those dietary regimens which will benefit my patients according to my greatest ability and adjustment, and I will do no harm or injustice to them."

-Hippocratic Oath

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THE JOURNAL OF PEDIATRICS . www.jpeds.com ORIGINAL

Plant-Based, No-Added-Fat or American Heart Association Diets: Impact on Cardiovascular Risk in Obese Children with Hypercholesterolemia and Their Parents

Michael Macknin, MD<sup>1</sup>, Tammie Kong, MS, RD<sup>2</sup>, Adam Weier, MS, RD<sup>2</sup>, Sarah Worley, MS<sup>2</sup>, Anne S. Tang, MS<sup>3</sup>, Naim Alkhouri, MD<sup>1</sup>, and Miaden Golubic, MD, PhD<sup>2</sup>

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# AHA Diet vs. Plant-based Diet after one month

American Heart Association Diet	Plant-based Diet
MPO Mid-Arm Circumference Waist Circumference Body Weight	MPO CrP Blood Pressure LDL Total Cholesterol Insulin Level Body Weight BMI Mid-Arm Circumference

STUMBER	No.

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Get Things Moving and Grooving Below the Belt

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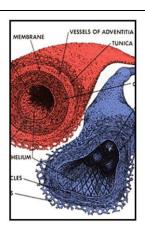
Constipation?

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Erectile Dysfunction?



- 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