

## Nutrition, cardiovascular disease and genetics: Making a difference

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**Introduction:** More providers today are seeing and treating patients with obesity, morbid obesity, glucose intolerance, insulin resistance, diabetes, dementia and cardiovascular disease. Out of obesity epidemic came a diabetes epidemic, out of a diabetes epidemic, we are seeing a very serious dementia epidemic. A dietary plan or nutrition therapy for these patients could prove to be a less expensive and more effective approach that addresses all of this disease we are seeing on the frontlines of medicine. The epidemic of cardiac and chronic inflammatory diseases is rampant. Traditional allopathic approaches are confusing, serve to band-aid the problem, and are insufficient to address the complex nature of these diseases, many of which are related to a poor match between nutrition, lifestyle choices and genetics. An understanding of the relationship between the Apo lipoprotein E (APO E) gene, (which transports fat and cholesterol) and nutrition may provide greater insight into how a gene-supportive environment can promote optimal cell health. Utilizing an individual integrative medicine approach which uses and an APO E gene specific anti-inflammatory nutrition plan to create a gene supportive environment for optimal health can be a critical and effective tool. The

methods used for this study include lecture, questions and answer and power point presentation. After attending this presentation, the participant will be able to: Describe the role diet has as a therapeutic tool for heart disease, glucose intolerance, insulin resistance, diabetes, hypertension and obesity. Be aware of a practical nutritional protocol to effectively address the management of patients presenting with: genetic heart disease risk, obesity, diabetes, insulin resistance, glucose intolerance, dementia and hypertension. Understand a one practical effective process of how genetic heart disease, obesity, diabetes, insulin resistance, glucose intolerance, hypertension, dementia may be created and reversed. Recognize key genetic and behavioral components contributing to genetic heart disease, obesity, diabetes, insulin resistance, glucose intolerance, dementia and hypertension. Describe individual dietary differences based on genetic factors and present a practical process to help prevent or regress this "Metabolic Syndrome" types disease states.

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