

**DATE: 21/09/2023**

## **WORKSHOP 26**

**TIME: 11.00 AM**

# **Integrative Health and Medicine in the Prevention and Treatment of Cardiovascular and Non-Communicable Disease**

**Sponsored by:**

**MIRAGLO**  *foundation*

"Light, Love and Service Without Borders"

Miraglo Foundation is dedicated to the advancement of Integrative and Holistic Medicine education and researched, providing healthcare, services, and education to underserved communities locally and globally.

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105 minutes

*Integrative Cardiology treats the whole person: body, mind, emotions, and spirit and utilizes the wisdom of all global healing traditions. Developing programs that focus on preventing and reversing CVD utilizing Integrative Health and Medicine strategies is a focus of this workshop.*

Dr Guarneri will review treatment and prevention of cardiovascular disease from an Integrative Health and Medicine Perspective.

The workshop will focus on lifestyle including the pearls of health such as nutrition, sleep, physical activity, and mind-body therapies.

Participants will learn key physical exam finding, functional medicine testing and protocols to treat common risk factors such as dyslipidemia, hypertension diabetes from a holistic perspective.

## **Speakers**

**Mimi M Guarneri** DD FACC

Pres. Academy Integrative Health and Medicine