



Why is Cardiovascular Disease Occurring in my Body?

By Dr. Sara Korsunsky ND

Cardiovascular disease usually presents itself first with the symptom of high blood pressure or silently with a cardiovascular event such as a stroke or heart attack, both which actually damage the body! This is why prevention & education are key! Arteriosclerosis (artery blockage), high cholesterol and high blood pressure are three major risk factors of heart disease. Did you know that besides high cholesterol, causes of arteriosclerosis are inflammation & a poor response to stress?

Inflammation in the body can display as symptoms of joint and muscle pain, headaches, sinus congestion, inflammatory bowel disease, reflux and indigestion, or even chronic urinary tract infections. When inflammation occurs in the arteries, it compromises the integrity of the artery wall, causing “snags” that allow normal levels of cholesterol to build up, causing a blockage in the artery. High stress, inactivity, as well as negative frames of mind are all lifestyle habits that contribute to high blood pressure & heart disease. It is essential to address inflammation and cholesterol as well as unhelpful lifestyle habits in an effective plan to promote cardiovascular health.

Naturopathic medicine is the only primary medical care that addresses all of the causes of heart disease in YOUR body. ND's perform assessments of your health including physical exams, lab testing, thorough medical histories and a lifestyle assessments. Treatments will address the causes of cardiovascular disease using clinical nutrition (an individualized diet for your best health), Chinese Acupuncture, herbal medicine, supplements, and lifestyle advice. There are many other proven nutrients that help to decrease inflammation including fish oils, and an ND will help to prescribe high quality, worthwhile supplements that are best suited to your health.

To find out more on naturopathic medicine make an appointment with Dr. Sara Korsunsky BSc, N.D.