

Metabolic Management, LTD
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CHICAGO SEMINAR
November 9th, 2013

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The Role of
**Nutrition and Nutraceutical Supplements
In Integrative Cardiovascular Medicine**

Integrative Management Of Hypertension & Dyslipidemia



TAPES AVAILABLE
800-373-1373
CDs or DVDs Only - \$150
Additional \$75 for seminar binder

CHICAGO SEMINAR
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Hypertension Prevention & Treatment with Nutrition and Nutraceutical Supplements	Dyslipidemia Prevention & Treatment with Nutrition and Nutraceutical Supplements	Clinical Trials & Case Presentations The latest science and case studies
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The Role of
**Nutrition and Nutraceutical Supplements
In Integrative Cardiovascular Medicine**

**Presented by: Mark Houston, MD,
MS, FACP, FAHA, FASH, FACN**

Associate Clinical Professor of Medicine - Vanderbilt University School of Medicine
Director, Hypertension Institute and Vascular Biology - Saint Thomas Hospital, Nashville, TN
Editor-in-Chief for the Journal of the American Nutraceutical Association (JANA)

Integrative Management Of Hypertension & Dyslipidemia

Thru The Use Of Nutrition and Nutraceutical Supplements

This seminar will discuss the new pathophysiology, diagnosis, prevention and treatment of hypertension, dyslipidemia and cardiovascular disease.

You will learn the “why” of these disorders and how to approach them from the genesis of the cardiovascular disease and how to treat with nutrition, nutraceuticals, exercise, weight management and other scientifically based treatments, including drugs as needed.

The basic causes of vascular disease are inflammation, oxidative stress & immune dysfunction of the vascular system. There are an infinite number of insults to the vascular system that result in these three finite responses. Hypertension and dyslipidemia are the consequences of these three finite responses as well as the cause. This relationship based on totally new concepts will be presented.

You will learn the proper use and interpretation of advanced lipid testing, the role of HDL and LDL particle number and size, dysfunctional HDL, the role of infections, toxins and metabolic nutritional causes of dyslipidemia, 24 hour blood pressure monitoring interpretation, how to measure BP in the office correctly and use home BP monitoring, selection of proper nutrients for treatment for hypertension and dyslipidemia and discussion of key clinical trials.



Hypertension

Prevention & Treatment with Nutrition and Nutraceutical Supplements

Dyslipidemia

Prevention & Treatment with Nutrition and Nutraceutical Supplements

Clinical Trials & Case Presentations

The latest science and case studies

Date: November 9th **Time:** 8:30 - 5:30

Cost: \$195 Students \$125

After Oct 26th \$225 Students \$150

To Register: call Metabolic Management 800-373-1373

Seminar location

DoubleTree Hotel Chicago-Oak Brook
1909 Spring Road Oak Brook, IL 60523
630-472-6000

CE Credits Have Been Applied For



Mark Houston, MD, MS, FACP, FAHA, FASH, FACN

Dr. Houston graduated from Vanderbilt Medical School and completed his medical training at the University of California, San Francisco. He is board certified by the American Board of Internal Medicine, the American Society of Hypertension (ASH) and the American Board of Anti-Aging Medicine (ABAAM). He also completed a Master of Science degree in Human Nutrition from the University of Bridgeport, Connecticut. Dr. Houston is also Editor-in-Chief for the Journal of the American Nutraceutical Association (JANA), and has published over 120 articles and scientific abstracts. He is the author of four books on nutritional medicine and he is presently Associate Clinical Professor of Medicine, Vanderbilt University School of Medicine, and director of the Hypertension Institute, St. Thomas Hospital in Nashville, TN.

To Register 800-373-1373