



## WEIGHT LOSS AND ITS RELATION TO CARDIOVASCULAR DISEASES AND DIABETES

Regardless of one's age, it is always beneficial to monitor one's weight to for a healthy lifestyle and longevity. For the most part, as long as we're able to carry out our daily routine and activities, we tend to ignore the matter of weight; we feel healthy, why bother, right? Wrong! It is without question that a high body mass index (**BMI**) is related and consequential in the development of various conditions, including cardiovascular disease (**CVD**) and type 2 diabetes (**T2D**); being the more common form (type 1 diabetes – **T1D**, also known as juvenile diabetes exists). There is a biblical verse that is worth noting: Hosea 4:6 states in part that "My people are destroyed for lack of knowledge:" CVD and T2D are destructive to our bodies; being unaware or ignorant of their existence, effects, and how to manage/reverse their course is crucial for the quality and duration of life. At **Natural Medical Solutions Wellness Center, Dr. Gail Ravello**, a *functional medicine* practitioner, focuses on identifying the root cause for each

client's condition; this way, treatments are geared towards either eliminating or managing the condition, such that quality of life is improved and further health complications eliminated.

CVD is an encompassing term for conditions such as **heart and blood vessel disease** (plaque builds up in the walls of the arteries), **heart attacks** (the blood flow to a part of the heart is blocked by a blood clot), **strokes** (a blood vessel that feeds the brain gets blocked, typically from a blood clot or when a blood vessel within the brain bursts), **heart failure** (the heart doesn't pump enough blood as it should, reducing needed oxygen levels), **arrhythmia** (an abnormal heart rhythm), **heart valve problems** (the valves become constrained and no longer allow blood to flow through as it should).

T2D essentially means the body isn't using **insulin** properly. Insulin helps our bodies turn food into energy. It is a hormone created by the pancreas, and regulates the amount of glucose in the bloodstream at any point in time. In a dynamic way, it further facilitates the process of storing glucose in the liver, fat and muscles. Intertwined in this process, is its function of regulating our body's metabolism of fats, proteins and carbohydrates.

Let's put it this way, if you were watching a movie, the parts or scenes described above are the ones you want to pay attention to. You can't afford to miss this! A conscious weight loss process, including dietary changes and regular exercising, significantly reduces mortality (the state of being subject to death) rates in obese people with risk factors, such as those described above. Dr. Gail Ravello prescribes treatment plans using a proven **Integrative Cardiology** approach to preventing, treating and managing CVD and T1D or T2D. This process starts with a required **initial consultation** with Dr. Ravello. Please call us today (**770-674-6311**) to schedule your initial consultation. We look forward to hearing from you!