**Heart Matters: Cleaning & Enhancing The Body's Plumbing**

**Brief Description:**

Discover the transformative shift from pharmacological solutions to holistic cardiac care. Explore how integrative approaches, and innovative non-pharmacological therapies, revolutionize cardiovascular health.

Through real-world case studies, analogies, and cutting-edge evidence, learn practical strategies to address cardiac conditions, prevent risks, and enhance patient outcomes.

This course empowers Drs to redefine heart health with actionable, sustainable interventions tailored to individual needs.

**Learning Objectives:**

* Trace the shift from pharmacological to holistic cardiac care.
* Examine the impact of diet, exercise, stress management, and alternative therapies on heart health.
* Apply insights from case studies and scientific evidence to practical strategies.
* Identify non-pharmacological approaches for managing specific cardiac conditions.
* Debunk common misconceptions about cholesterol, statins, and heart disease.
* Explore the use of IV drips, peptides, and regenerative medicine in cardiology.
* Develop personalised, integrative cardiac care plans.
* Learn strategies for cardiac prevention, including weight management and sleep optimisation.
* Understand emerging trends like digital health and personalised medicine in cardiac care.