

5 STEPS to



Comprehensive Lab Test
Know your numbers

Total Cholesterol	APOB
LDL	APOA1
HDL	sdLDL
Trigs	Lp(a)

1

Make Lifestyle Changes
Eat better, Move better, Think better

To improve your heart health but be 100% committed to it doing everyday. Do all but focus on the most important. Ex: HDL=Exercise
LDL=Diet Lp(a)=You can never stop any of them.

2

3 Months
Commit to a specific time frame

Making a time frame commitment will help you focus and train your brain to make these new habits stick. Willpower is a habit performed over and over again so they become automatic.

3

Retest
What gets measured gets managed

In 3 months re-test your labs and compare. How did you do? What are your wins & what do you need to work on? What are your genetic tendencies? Make a new plan & recommit!

4

Get a Coach
Help is right around the corner!

Need help predicting, preventing and even reversing heart disease? I would be delighted to help you. Call my office to set up a virtual tele-medicine consult. 847-234-2346

5

