

**Table 1. Key Lifestyle Improvements**

<b>Guideline</b>	<b>AHA/ACC Guidelines</b>	<b>Integrative Medicine</b>
Stop smoking	X	X
Reduce obesity	X	X
5 servings of fruits & veggies	X	X
Exercise 2.5 hrs/week	X	X
Limited alcohol	X	X
Low salt routinely	X	
10 year cholesterol risk	X	
Potassium supplements	X	option
Following DASH diet	X	option
Chelation of heavy metals		X
Allergy desensitization		X
Candida treatment		X
Fiber and flax seed oil		X
Stress reduction techniques		X
Pain relief		X
Nutritional supplements		X
Herbals, homeopathics		X