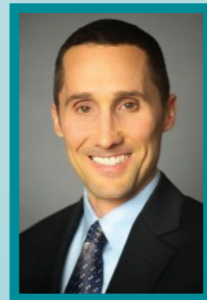


## Fundamental Health Solutions

As practitioners of Functional Medicine, our integrative approach to healthcare is based on science and clinical analysis and encompassing physical, as well as environmental, emotional and spiritual factors. We can identify health challenges by looking at your cellular health. We have provided healthy outcomes for not only acute, but chronic, persistent and difficult health issues via cell nutrition. Patients at Fundamental Health Solutions become our partners toward achieving optimum health.



**Dr Phil Sledz, DC**  
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# Have a healthy heart

- *What makes a heart healthy?*
- *Reverse cardiovascular problems*
- *Recognizing impending heart problems*
- *Improve your blood oxygen levels and feel stronger*

### Dr. Phil Sledz, DC

Contact us now for a free 15-minute consult on how our practice can help you. 512 299-1223.

## Why a healthy heart is essential

Maintaining a healthy heart is essential to our well-being. Heart issues can contribute to a number of decreased quality of life issues, including feeling as if you do not have as much energy as you did when you were younger, circulation issues such as cold hands and feet and swelling in the ankles, and poor endurance and stamina. We've had successful results providing measurable outcomes when it comes to addressing suboptimal heart concerns.



## How cardiovascular health declines

Free radicals not only perpetuate inflammation and damage our cells, but they also leave small tears on the inner surface of our blood vessels, which can result in scarring. The body's ability to repair these micro-tears diminishes with age, leaving spaces that allow the build-up of arterial plaque, which can eventually lead to clogged

circulation. Over time, your heart muscle has to work harder to pump the same amount of blood through congested, rigid, less flexible blood vessels. This can lead to high blood pressure and other cardiovascular problems. Important first steps to combat this and related effects begins with anti-oxidants, cardio tonic nutrients, and techniques for correcting chronic inflammation.

## What makes a healthy heart?

A healthy heart is a well-nourished and oxygenated heart. Because long standing nutritional deficiencies can lead to poor oxygenation, and cramping of the heart, we use a special set of nutrients that provide nourishment and help the heart receive and use oxygen. We've consistently seen people have non-drug improvements with common cardiovascular issues using bio-available supplementation.

We have a unique set of tests that we can use to detect a lack of antioxidants in the body, or can assess if your antioxidants are working properly. By working with blood tests and developing the right heart health protocol, inflammation and free radical damage can be reduced and tissues can begin to heal.

## Recognizing impending heart problems

To identify heart problems before they happen, we use the Myeloperoxidase enzyme test. This test, developed by leading cardiovascular doctors at Cleveland Heart Lab, is specific and very sensitive, with the ability to detect heart problems months prior to the actual event. The Myeloperoxidase (MPO) enzyme test is more accurate than any other lab test, including cholesterol, C-Reactive Protein, and homocysteine, used to detect impending heart problems.

The professional online journal, DentalEconomics.com, began their 2013 publication year with an article titled, "*State of the oral-systemic union: 2013.*" The author of this article, Dr. Richard H. Nagelberg, DDS, states: "Other parameters that indicate an increased risk of vascular disease include the level of myeloperoxidase (MPO). MPO impairs endothelial function and increases the vulnerability of arterial plaque to rupturing, which triggers CV events. MPO predicts the future risk of coronary artery disease in healthy people."

## Feel younger with improved blood oxygen levels

Low levels of blood oxygen have been shown to contribute to physical and mental fatigue, "fuzzy" thought, poor endurance, a sluggish metabolism leading to weight gain, lactic acid build up and a decreased ability to heal. To increase your blood's ability to carry oxygen, debris in the blood needs to be cleaned up. The cleaner the blood, the more effectively it can transport oxygen to essential body parts such as muscles and the brain. Debris includes high serum protein levels, and oxidized solids such as plaque, uric acid and fibrin, all which decrease the blood's ability to carry oxygen.

Blood tests to identify these conditions can be done in our office via live blood cell analysis, and out of office via our comprehensive functional blood chemistry analysis.

