

CARDIACNEXUS

*DRIVEN BY SCIENCE.
INSPIRED BY PATIENTS.*

ORDER YOUR
CARDIACNEXUS
TEST TODAY!

www.ibalancewellness.com



HAVE YOU EXPERIENCED ANY OF THE FOLLOWING?

- ☐ Pressure or Tightness in your Chest
- ☐ Can't Catch your Breath
- ☐ Unusually Tired
- ☐ Previous Cardiovascular Conditions
- ☐ Compromised Immune System
- ☐ Past Challenges with Fertility
- ☐ Risk of Blood Clots
- ☐ Family History of Early Heart Disease

CONTACT

info@ibalancewellness.com
972.835.5216

CARDIACNEXUS

ADVANCING PERSONALIZED
DISEASE PREVENTION



WHY IS CARDIACNEXUS NECESSARY?

A healthy heart is central to overall well-being, preventing life-threatening conditions like heart attacks and strokes. Beyond physical health, it boosts energy and enhances quality of life. Prioritizing cardiac health through exercise, a balanced diet, and regular check-ups is key to a vibrant and fulfilling life.

Coronary Heart Disease (CHD) is a leading cause of morbidity and mortality in the United States and internationally.

CHD is characterized by plaque accumulation in the coronary arteries, leading to reduced blood flow to the heart muscle.

Risk factors for CHD include:

- high blood pressure
- high cholesterol levels
- diabetes
- obesity
- smoking
- sedentary lifestyle

Based on an abundance of evidence, the **National Cholesterol Education Program (NCEP)** current guidelines show that low-density lipoprotein cholesterol (LDL-C) level is the primary lipid target to lower the risk of CHD, resulting in significant reductions in non-fatal and fatal CHD events.

The initial step in enhancing your heart health is to identify genetic mutations and any emerging risk factors above standard cholesterol testing.

DID YOU KNOW...?

50% of the people who have a heart attack have a "normal" cholesterol level?

CARDIAC NEXUS SUPERIORITY

Our unique test combination utilizes SpectraCell's patented LPP™ Plus with MTHFR genetic test.

Our advanced technology addresses two key issues in heart health missed by other tests:

- (1) who is at higher cardiovascular risk?
- (2) what to do about it?

Not only do we measure actual risk based on what is in the blood, but we also measure potential risk based on genetics.

Since our genetics do not change throughout our lifetime, follow-up testing should only include the LPP™ Plus, which is offered as a standalone test and should be done as often as every three months to monitor metabolic changes; Deeper insights into genetic risk of cardiovascular disease.

This material is for informational and educational purposes only, and is not intended to constitute or substitute for the advice of a physician or other healthcare professional. Patients should always seek the advice of a physician or other healthcare professional regarding health conditions. SpectraCell Laboratories reserves the right to make changes to this flyer without notice.



HOW TO PREVENT CORONARY HEART DISEASE (CHD)?

Maintain a Healthy Diet

Emphasize a diet rich in fruits, vegetables, whole grains, and lean proteins, while limiting saturated/trans fats, cholesterol, salt, and added sugars.

Regular Exercise

Strive for 3 days of moderate-intensity exercise weekly, coupled with strength training exercises or yoga.

Quit Smoking

If applicable, quitting smoking is highly impactful, and seeking professional support or joining cessation programs is recommended.

Test, Don't Guess

Monitor vital health metrics, follow healthcare provider recommendations, stay informed to make proactive choices, and leverage LPP Plus for enhanced insights.