

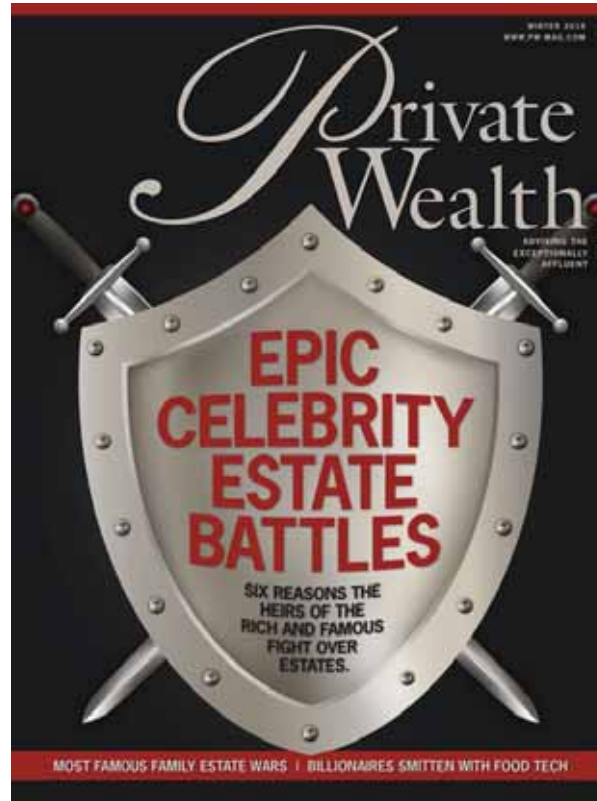
The Wealthy Heart: How Optimal Cardiac Health Builds Your Legacy (and Your Clients' Too)

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Presented By



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**1 in 4 people will die from heart
disease.**

Why does this matter?

Why do I care about this connection?

Two Recent Cases:

Tom

First Heart Attack at 62

Jerry

First Heart Attack at 91

Tom:

Early retirement



Wealth erosion



Constant medical stress

Jerry:

Continued working



More wealth building

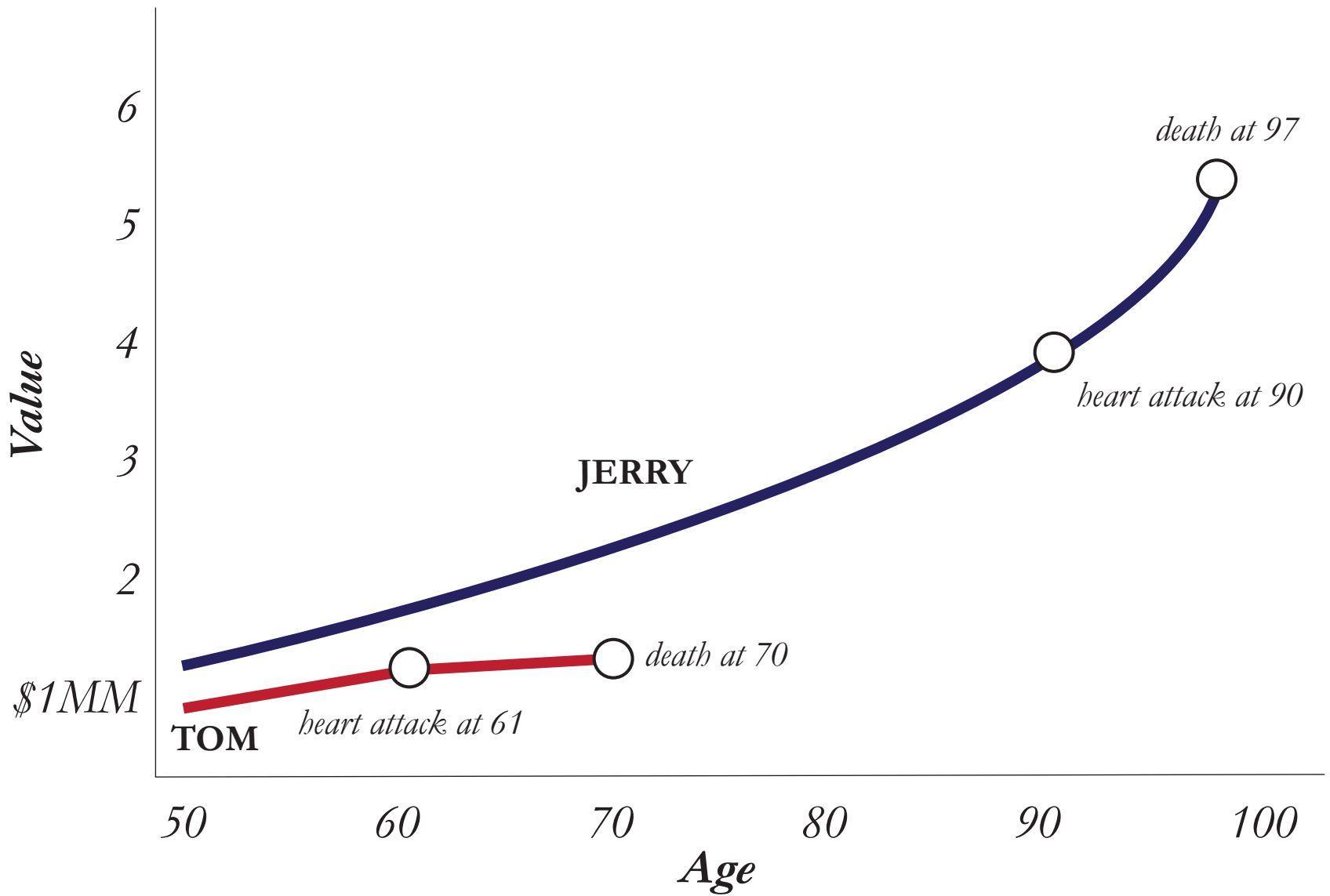


Fewer retirement savings eroded, quality of life



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What can you do?

Simple things: *Holistic plan to minimize cellular aging*

- Sleep
- Cardiovascular and strengthening exercise
- No simple carbohydrates, healthy fats (limit alcohol)
- Supplements (there is no magic bullet)
- Stay socially integrated

Know your family history. Bob Harper, a trainer on the Biggest Loser, had a heart attack last year at 52.

Cholesterol is 1 word for many different things.

A stent + statins isn't a cure.

Set aside money for cutting edge treatment.

Get the right doctors on your side.

Be proactive in tracking your heart health.

Have an action plan

All of these pieces fit into a larger plan:

- Get the simple stuff right
- Set aside money
- Get the right doctor
- Know your family history
- Consider having your genome assessed
- Track to intervene early



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