

Combating the Chronic Disease Epidemic



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IMA's Four Pillars

Combating Chronic Disease

Patient Empowerment

Transparency in Medicine

Building a Healthy Culture

Combating Chronic Disease

“Six in ten Americans have at least one chronic disease. Four in ten have two or more. These aren’t rare cases anymore—this is the modern health landscape.”



Defining Chronic Disease

Chronic Disease = Long-term, progressive dysfunction in the body's systems, often driven by lifestyle and environmental factors.

- Persists for months or years, not days or weeks
- Often involves inflammation, immune dysregulation, or metabolic imbalance
- Can include conditions like diabetes, heart disease, autoimmune illness, dementia, chronic fatigue, long COVID
- Typically requires ongoing management, but can often be improved or reversed through root-cause and lifestyle-based care



Chronic Disease: Top Ten

1. Heart & Vascular Disease
2. Cancer
3. Chronic Lower Respiratory Diseases
4. Obesity
5. Insulin Resistance and T2DM/T3DM
6. Alzheimer's & Neurodegenerative Disease
7. Substance Use Disorder
8. Chronic Kidney Disease
9. Anxiety, Depression - Psychiatric Illness
10. Chronic Infections & Sequella





Cardiovascular Health

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Top 3 for Providers

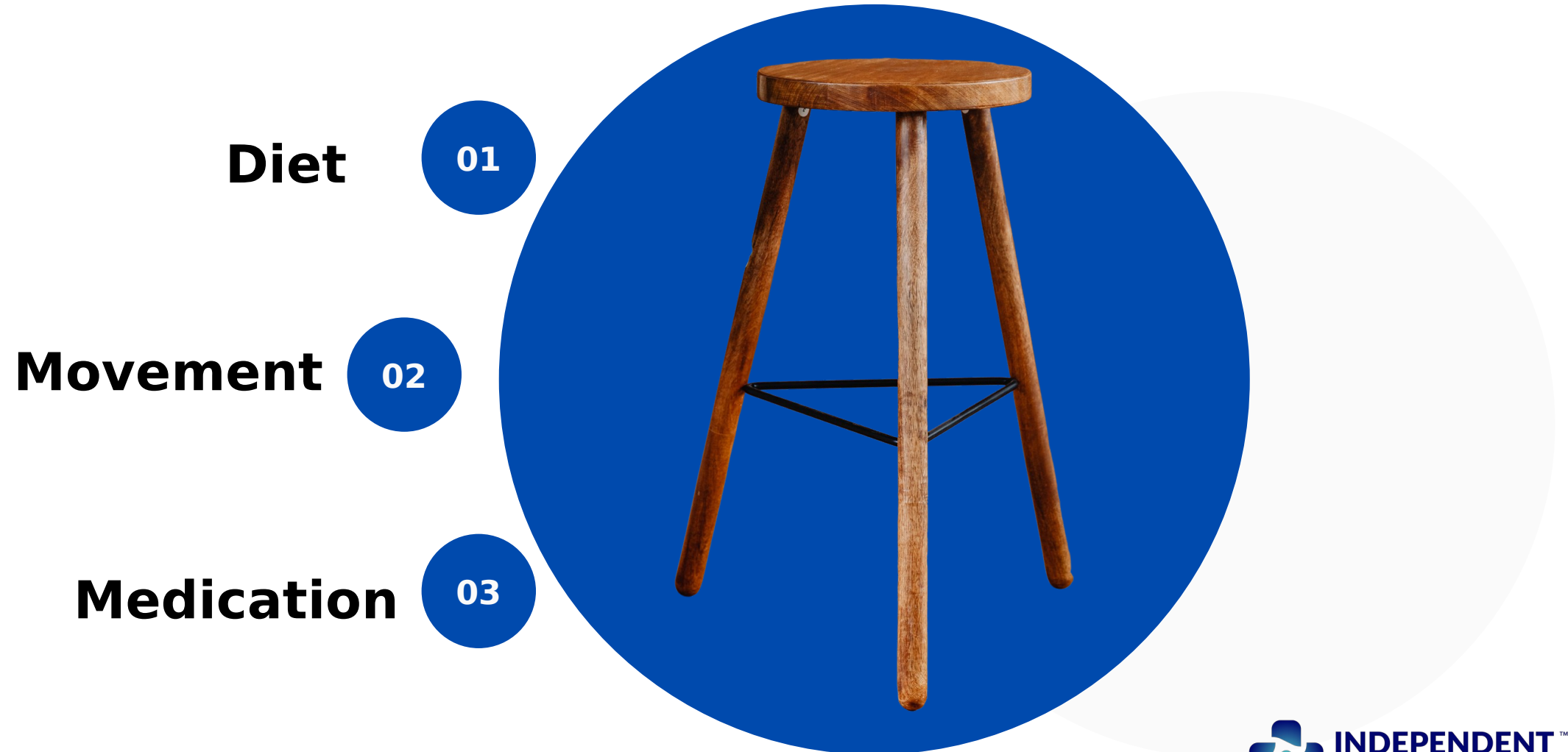
- a) Check advanced cardiac risk factors (NMR lipo profile, LP(a), hs-crp, homocysteine, fasting insulin, Omega 3/6 ratio)
- b) Consider coronary artery CT scan with calcium scoring
- c) Strongly consider Nattokinase 8,000 fu a day

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Top 3 for patients

- a) Break and sustain a sweat every day for 20 minutes (exercise or sauna).
- b) Know your risk factors (blood sugar, blood pressure, small LDL)
- c) Reduce stress through mind/body techniques that engage the parasympathetic system (e.g. vagus nerve activation)

Diabetes & Insulin Resistance



Key Takeaways

