



# Natural Medicine

## Can Reduce Stress

### Contributing to Chronic Disease

The top 3 chronic diseases in the U.S are cardiovascular disease, cancer, and diabetes. **Find out more about these chronic illnesses and how naturopathy can reduce the risk.**

Contributing factors of chronic disease:



Stress



Inflammation



Tension

### In the U.S.

**92 million**

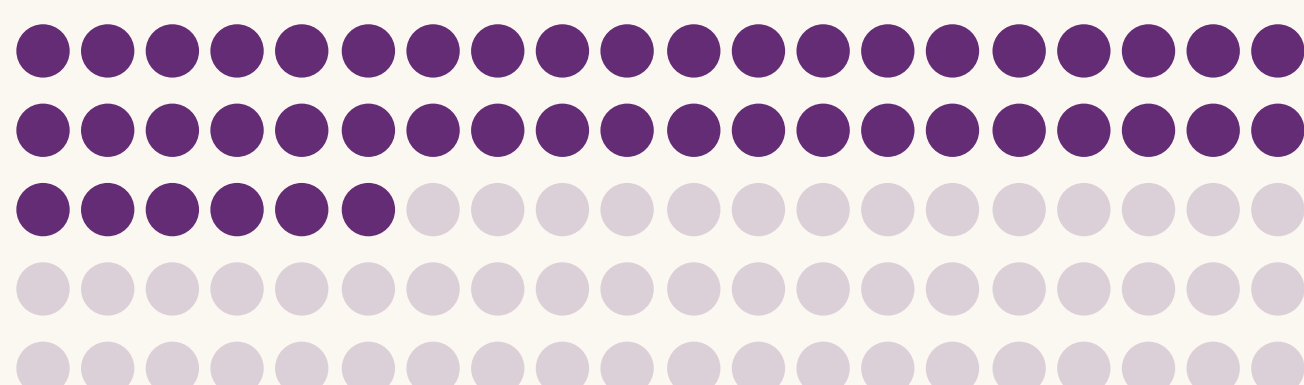


(more than  $\frac{1}{3}$ ) adults have cardiovascular disease

**50%**



of Americans are at risk for heart (cardiovascular) disease

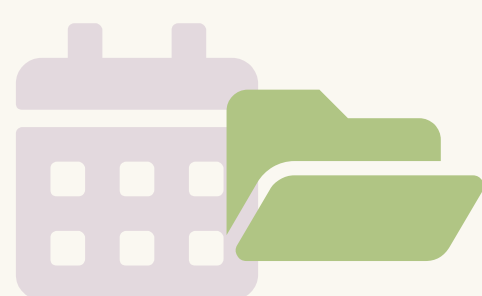


**46%**

of deaths are caused by cardiovascular disease & cancer

**1.7 million cases**

of cancer reported each year



**23 million**

people diagnosed with diabetes



Below are some of the ways natural medicine prevents the onset of chronic disease:

Lifestyle adjustments

Nutritional supplements

Botanical medicine



Craniosacral therapy

Bodywork and massage

Acupuncture

Natural medicine can support you by reducing your risk of chronic disease and by helping you address the following risk factors:



High blood pressure



Inflammation



Weight management



Sedentary lifestyle



Hormone imbalances

For more information on how naturopathic medicine can reduce stress contributing to chronic disease, contact us at Heart Spring Health today.

