

# Café of life book signing and lecture: cholesterol and heart disease - myths and realities

Concerned about cholesterol, heart attack? Don't like the idea of cholesterol lowering drugs? Do you have a family history of heart disease?

Dr. Steve Parcell will present excerpts from his new book ***Dare to Live: A naturopathic doctor's comprehensive guide to the prevention and treatment of coronary artery disease.***

Included will be a discussion on what blood tests to ask your doctor for and ways to determine your own risk of a heart attack as well as strategies to reduce arterial plaque.

Each attendee will receive a voucher for **20% off** a plaque check and artery scan using the latest cardiovascular ultrasound imaging machine.

Bio:

Dr. Parcell earned his doctorate in naturopathic medicine in 2002 from Bastyr University. Prior to this he completed pre-med coursework at the University of Vermont. He also has a Bachelor of Arts degree in Business.

Dr. Parcell has done additional training at the American College for the Advancement of Medicine (ACAM), the Society for Integrated Oncology (SIO), the National Lipid Association (NLA), the Institute for Functional Medicine (IFM) the American Academy of Environmental Medicine (AAEM) and the American Academy for Anti-aging Medicine (A4M). He is the past Vice President of the Colorado Association of Naturopathic Doctors (COAND). He is board certification in anti-aging medicine. After completing a two-year internship at the Bastyr Center for Natural Health in Seattle, Dr. Parcell completed a two-year internship in advanced longevity medicine with an MD in Colorado.

Dr. Parcell has a strong background in medical research and is an expert in "evidence-based natural medicine." Dr. Parcell has worked at the American Institute for Biosocial and Medical Research and has co-authored National Institutes of Health (NIH) research grant proposals for Bastyr University.

He has published articles in *Alternative Medicine Review*, *The International Journal of*

Integrative Medicine, Integrated Medicine, a Clinician's Journal and Naturopathic News and Review. He also authored a chapter in the textbook entitled "Integrative Approaches to Pain" published by Humana Press in 2008.

He has just completed a book on reversing coronary artery disease called "Dare to Live: A Naturopathic Doctor's Complete Guide to the Prevention and Treatment of Coronary Artery Disease".