**INTEGRATIVE MEDICINE APPROACHES TO PREVENTING HEART DISEASE**

**S. Malik**

University of California, Irvine, Orange, CA, USA

Integrative Medicine approaches to preventing heart disease include an emphasis on lifestyle management, genetic polymorphisms and micronutrient repletion, as well as mind-body therapies. Functional medicine emphasizes personalized therapies based on genetic polymorphisms and biomarker assessment. These therapies can include specific nutritional strategies as well as supplementing certain micronutrients above the dietary reference intake. Finally, holistic mind-body therapies such as yoga, meditation, and tai chi have increasing evidence for improved outcomes. These approaches can be combined with conventional therapies to achieve optimal risk factor levels and lower cardiovascular events.