

Heart to Heart with Dr. Radha Gopalan: 8 Rules to Successful Health

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Moderated by

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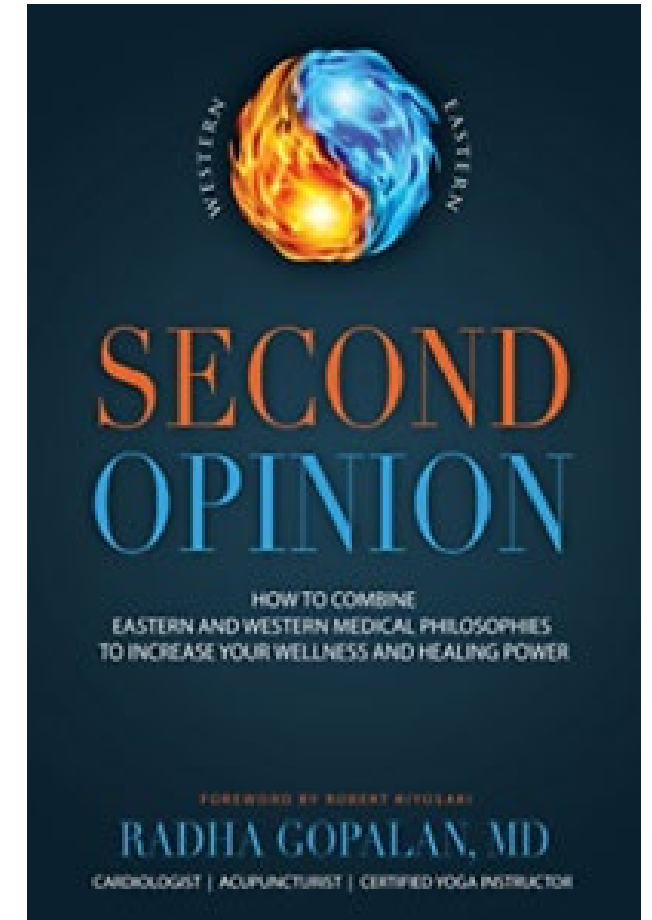
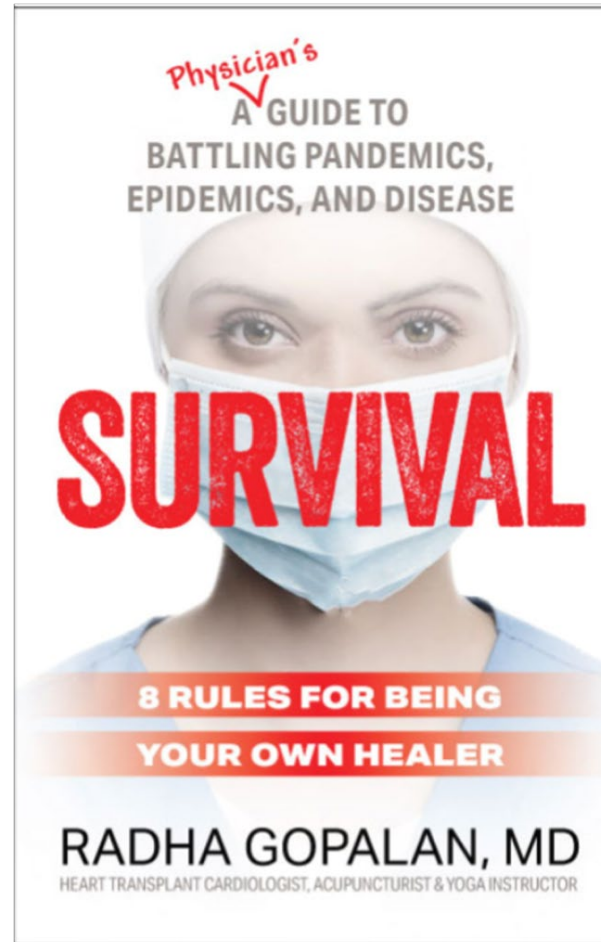
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Medicine

Banner Health Foundation

8 Rules to Successful Health

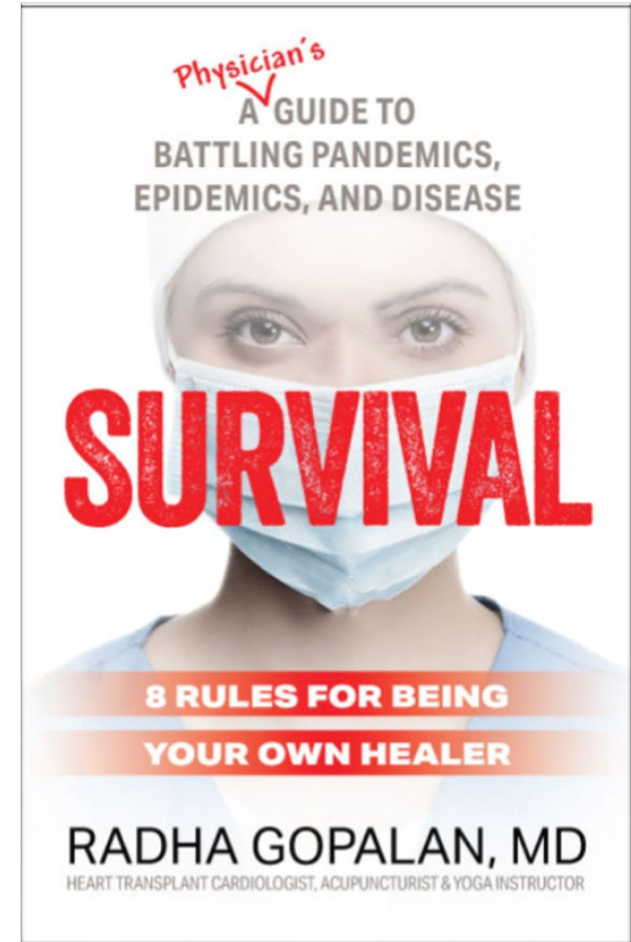
Health vs. Disease

- 6 Views
- 7 Concepts
- 8 Rules

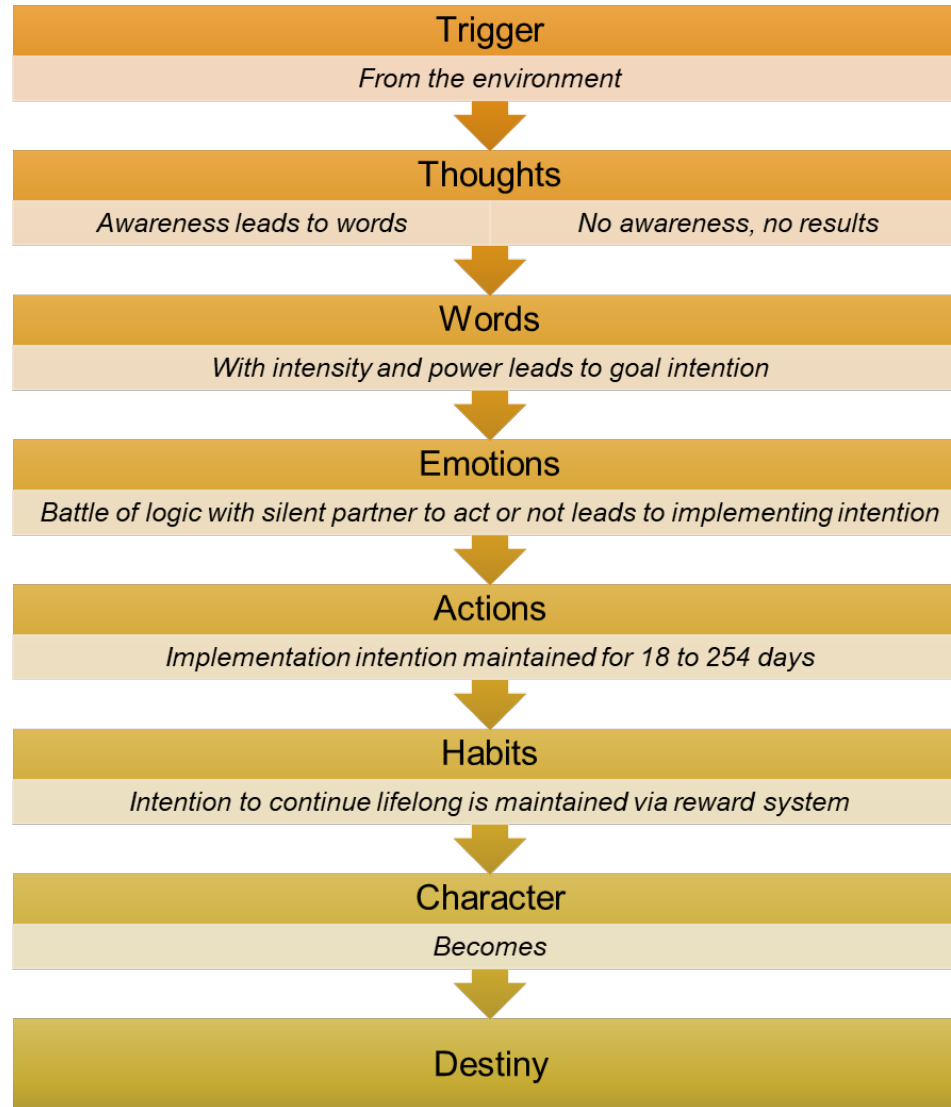


8 Rules to Successful Health

1. Commitment
2. Create Your Team
3. Get Healthy from the Inside Out
4. Engage the Spirit
5. Recognize Change Early
6. Renew Health Early
7. Maintain Lifelong Health
8. Recruit an Expert Advocate



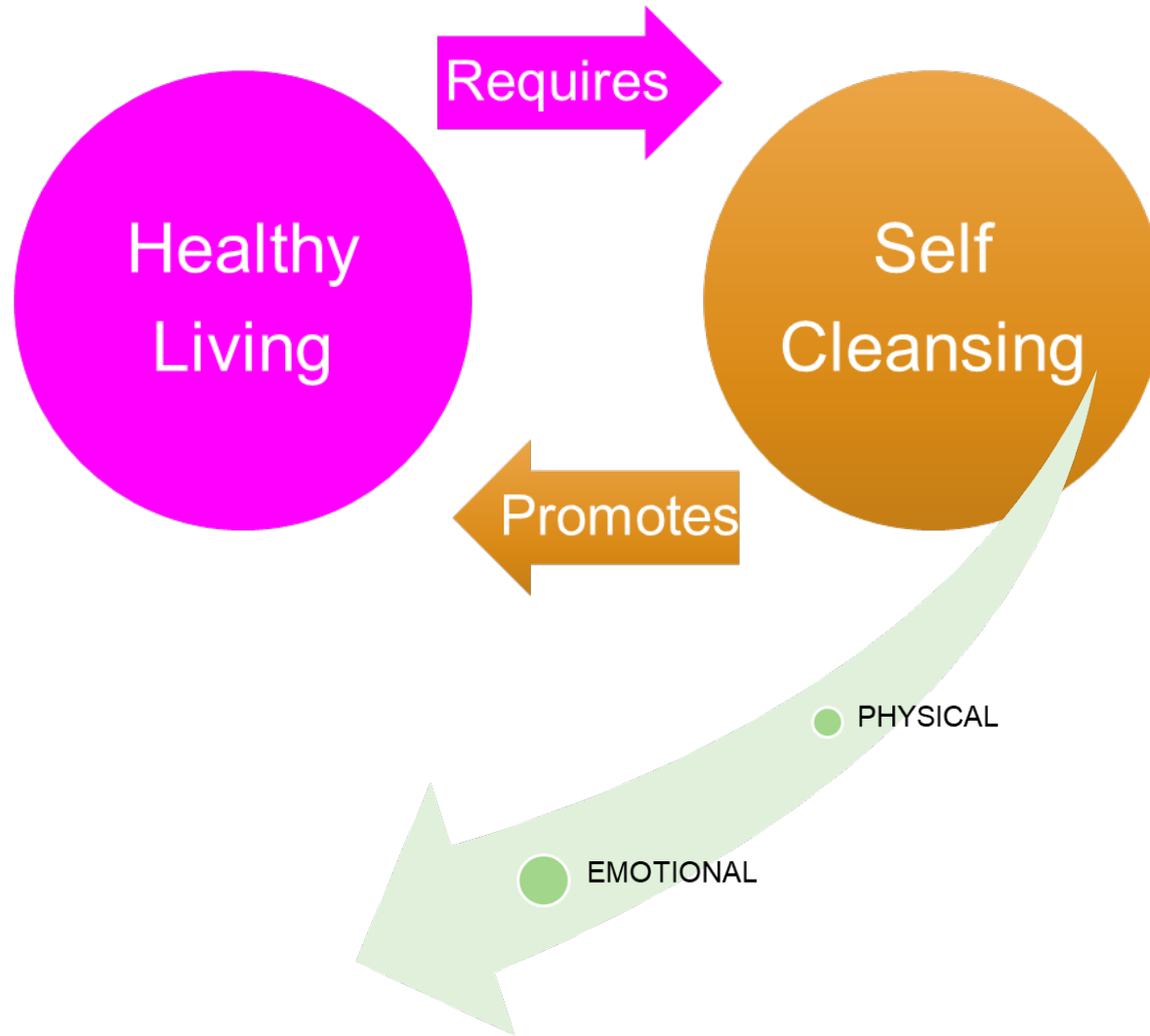
#1 - COMMITMENT



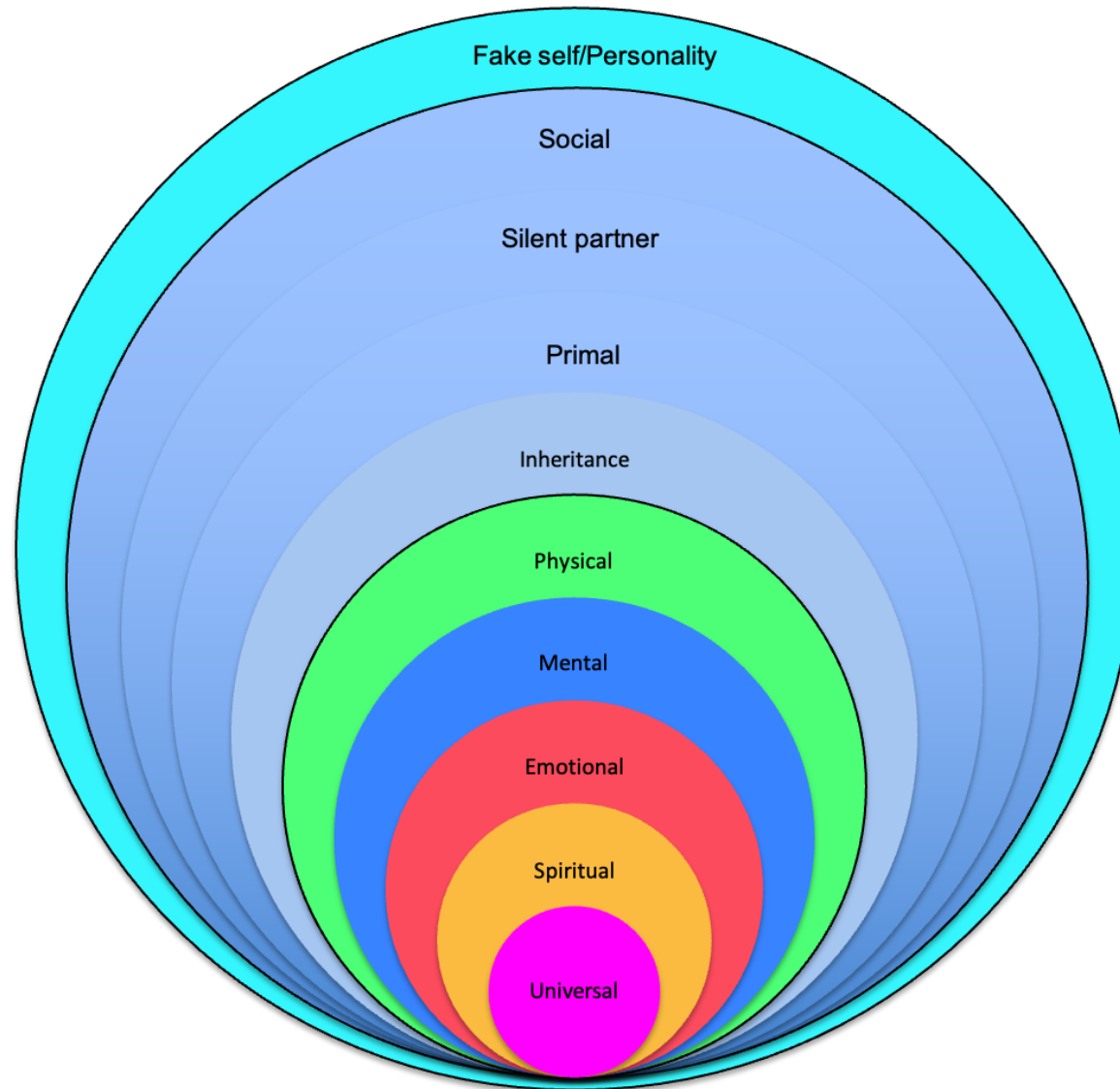
#2 - CREATE YOUR TEAM



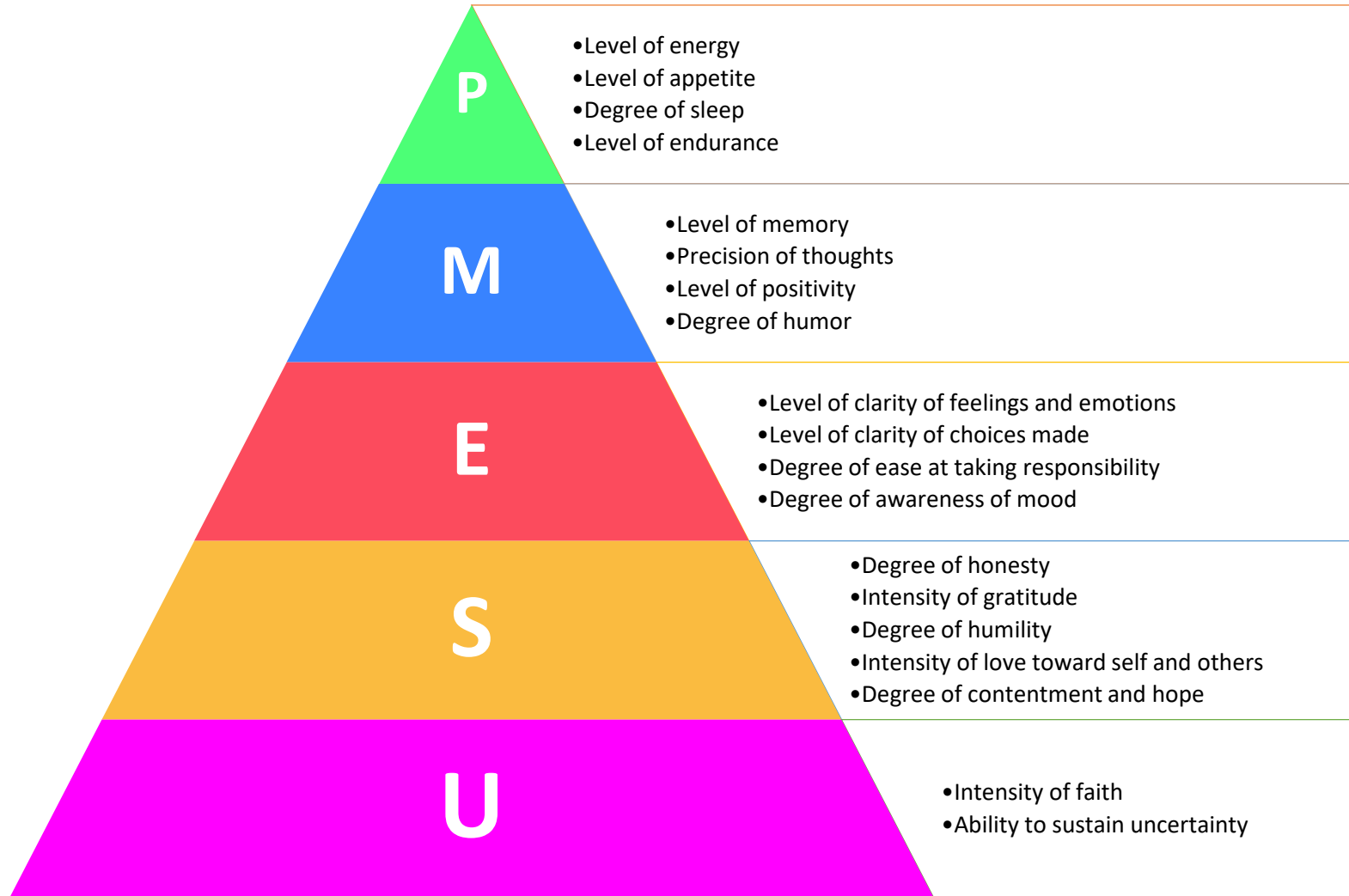
#3 - GET HEALTHY FROM THE INSIDE OUT



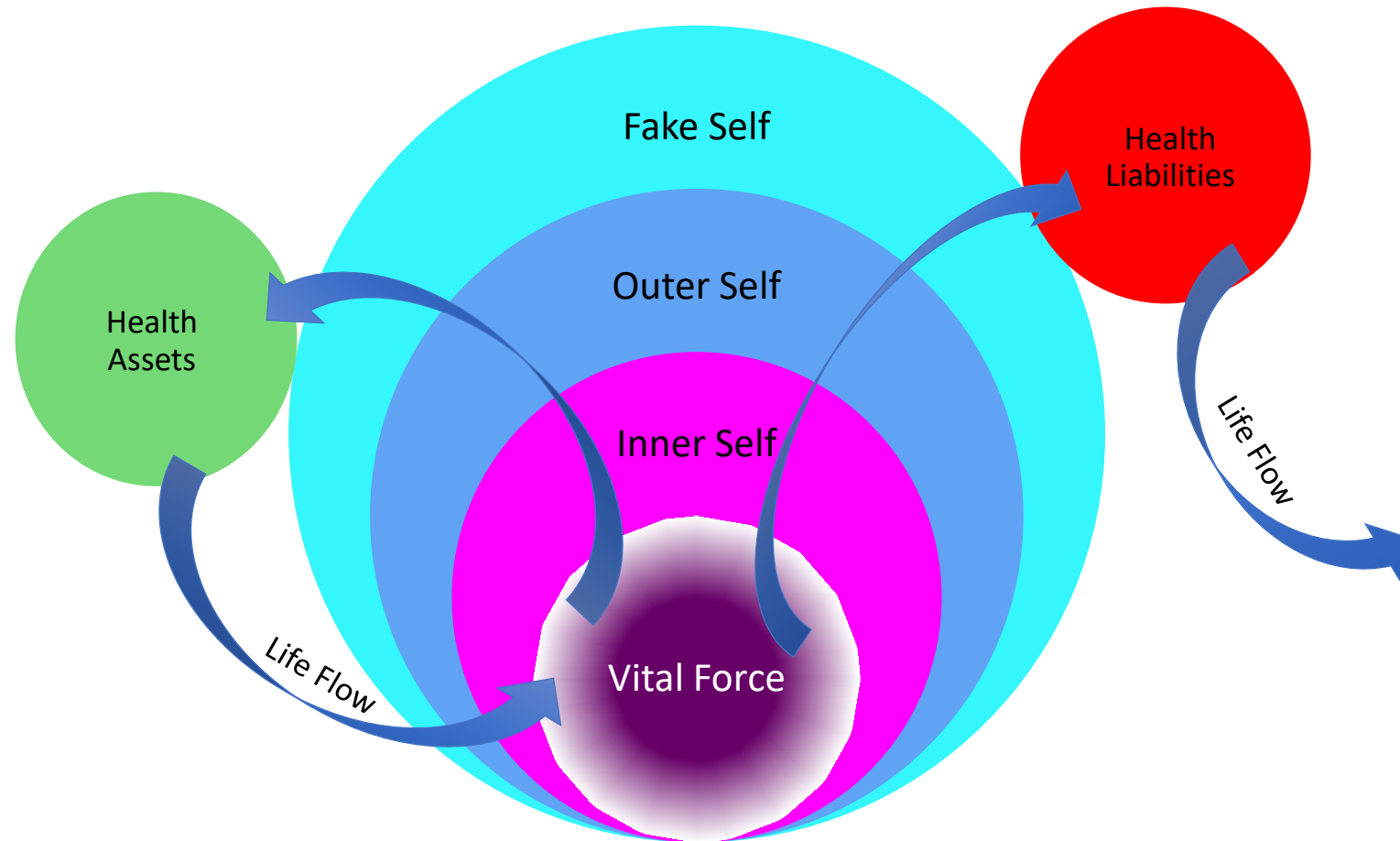
#4 - ENGAGE THE SPIRIT



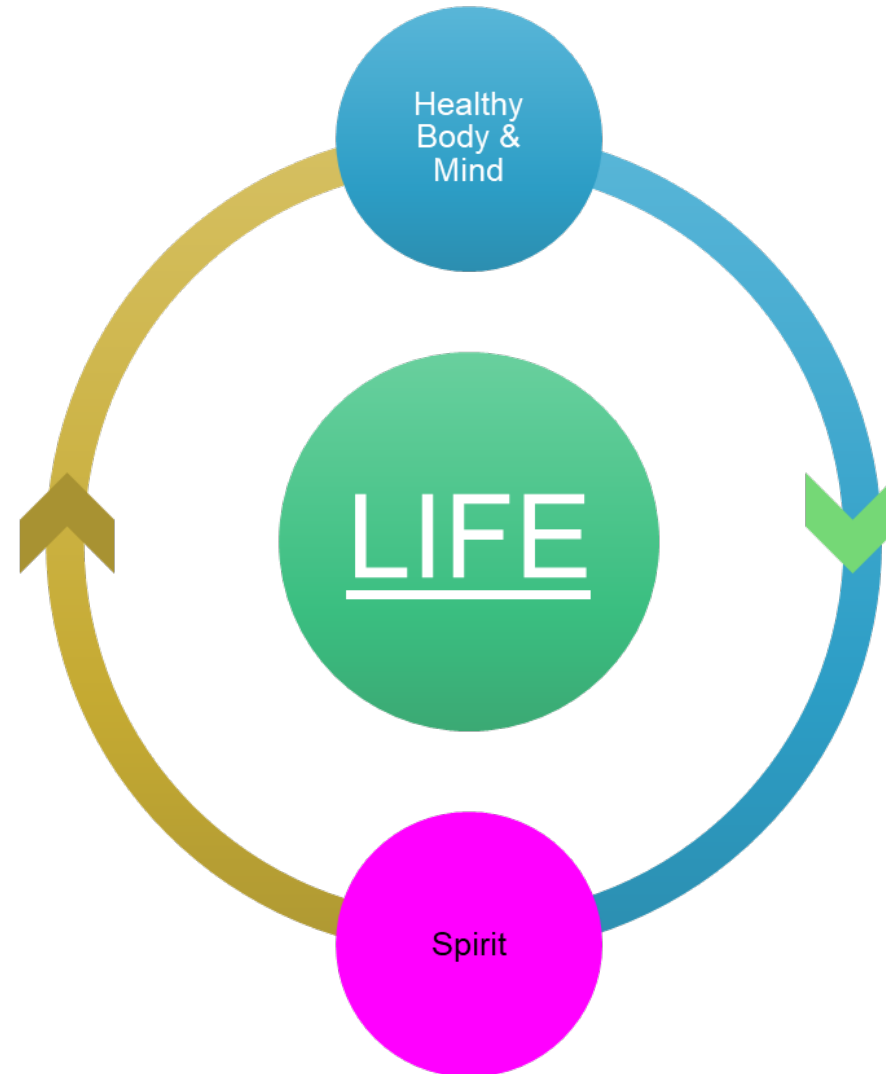
#5 - RECOGNIZE CHANGE EARLY



#6 - RENEW HEALTH EARLY



#7 - MAINTAIN LIFELONG HEALTH



#7 - MAINTAIN LIFELONG HEALTH

Life-Flow Maintenance What is Required:	Life-Flow Maintenance Team Member Involved:	Life-Flow Maintenance Tools Used:
<ul style="list-style-type: none"> Regular disease screening/ Annual 	<ul style="list-style-type: none"> Modern medical practitioner Anti-aging/Metabolic medical practitioner Naturopath 	<ul style="list-style-type: none"> Physical exam Blood tests Imaging tests
<ul style="list-style-type: none"> Regular health screening/Every 3 months 	<ul style="list-style-type: none"> Complementary/Eastern medical practitioner Chiropractor Acupuncturist Iridologist Naturopath 	<ul style="list-style-type: none"> Homeopathic assessment Chiropractic assessment Iris analysis Traditional Chinese medicine
<ul style="list-style-type: none"> Optimize biological aging/ Every 3 months 	<ul style="list-style-type: none"> Anti-aging/Metabolic medical practitioner 	<ul style="list-style-type: none"> Anti-aging therapy Hormone balance Stem cell Botanicals Vitamins
<ul style="list-style-type: none"> Physical cleanse/Every 6 months 	<ul style="list-style-type: none"> Complementary/Eastern medical practitioner Anti-aging/Metabolic medical practitioner 	<ul style="list-style-type: none"> Dietary detox
<ul style="list-style-type: none"> Emotional cleanse/Every 6 months 	<ul style="list-style-type: none"> Psychological counselors Psychiatrists 	<ul style="list-style-type: none"> Psychological counseling Biofeedback Hypnosis
<ul style="list-style-type: none"> Energy balance/Every month 	<ul style="list-style-type: none"> Complementary/Eastern medical practitioner Acupuncturist Massage therapist Herbalist Reflexologist Spiritual therapist 	<ul style="list-style-type: none"> Acupuncture; Aromatherapy Botanicals/Herbs; Color therapy Massage therapy; Music therapy Pet therapy Reflexology Spiritual therapy

#8 - RECRUIT AN EXPERT ADVOCATE

Training

- Modern medicine
- Naturopathic medicine
- Complimentary/Alternative medicine

Attitude

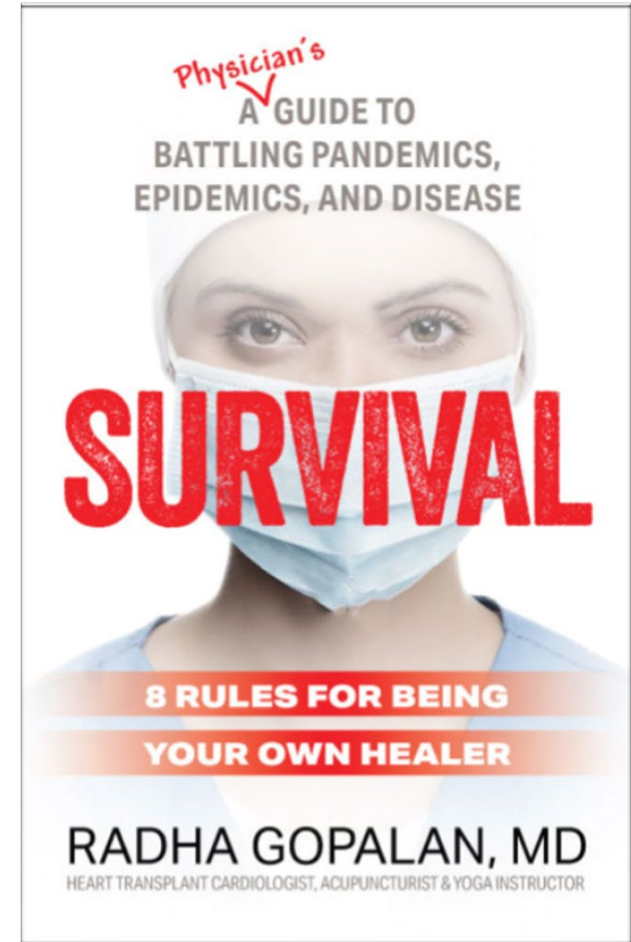
- Advocates for you
- Understands one's own limitations
- Respects other disciplines
- Keep your best interest in the forefront

Collaboration

- Communicates with other specialists
- Partners closely with other specialists

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Thank You