

## Herbal Medicines for Cardio Metabolic Syndrome

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### Abstract

With the increasing acceptance of alternative medicine in the mainstream community it is important to know which botanicals can be most useful for current issues. Cardio metabolic syndrome that presents with symptoms such as hypertension, cholesterol dysregulation, elevated blood sugar and obesity is of increasing concern in many parts of the world. Knowing which herbal medicines have been shown to be helpful for these conditions and how to use them alone or in conjunction with medications and other therapies are important tools for health practitioners.

### Biography

Dr. Sunshine Weeks Torres ND is a licensed naturopathic doctor from California, USA. She teaches herbal medicine making, Materia medica, ethnobotany and botanical first aid to the naturopathic medical students at Bastyr University California. She also has a private practice in Aguanga, California where she helps her patients reconnect with nature and native plants on her 25-acre olive farm.



### Publications

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[3rd International Conference on Natural Products, Medicinal Plants and Traditional Medicine | Amsterdam | Netherlands | July 08 - 09, 2020](#)

**Citation:** Sunshine, Herbal Medicines for Cardio metabolic Syndrome, 3rd International Conference on Natural Products, Medicinal Plants and Traditional Medicine, Amsterdam, The Netherlands, July 08-09, 2021