



# **Dr. Alex Jimenez Presents:**


**Reversing Dyslipidemia & Atherosclerosis**

**Dr. Alex Jimenez D.C.**



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01

# Coming Up With A Treatment Plan

Dr. Jimenez, D.C., presents how to reverse dyslipidemia and atherosclerosis through various therapies that can help the body function. By understanding the risk factors causing these issues, many specialists associated with these cardiovascular risk factors can develop a solution to reduce these and other pre-existing symptoms that correlate with the vital organs and muscles. We acknowledge patients to certified providers that provide treatment options for cardiovascular disorders that can restore body functionality and improve a person's health. We assess each individual and their symptoms by entrusting them to our associated medical providers based on their diagnosis results for a better understanding. We recognize that education is a tremendous way to ask our providers questions that apply to the patient's knowledge and symptoms. Dr. Jimenez, D.C., implements this information as an educational service. [Disclaimer](#)

Dr. Alex Jimenez, D.C., presents: Today, we will look at how to reverse dyslipidemia and atherosclerosis functionally. In the previous article, we observed the risk factors of dyslipidemia and how it is associated with metabolic syndrome. Today's objective looks at the emerging biomarkers that could lead to dyslipidemia and atherosclerosis. Looking at the fundamental guidelines from lifestyle, nutrition, physical activity, stress response, and incorporating supplements and nutraceuticals can help many individuals transform their health from a personal perspective. To that point, everyone is different, and their treatment plans are unique as they cater to each individual regarding health and wellness.

When it comes to functional medicine, tools like the Living Matrix and the IFM allow doctors to look at results that are being presented to the patient allowing them to see their cholesterol and the history that could lead to these cardiovascular disorders. Some of the earlier studies would enable doctors to prescribe their patients to go through nutrient depletion from statin therapy to reduce the effects of cardiovascular diseases. Supplements like CoQ10, vitamin K2, omega-3 fatty acids, vitamin D, zinc, and copper are all heart-healthy supplements that can give an insight into what the individual is missing to prevent dyslipidemia and atherosclerosis. Another thing is that statin therapies could also note how the hormone levels are also being affected in the body as these cardiovascular risk factors can cause hormone levels to be lower than they are and can affect both men and women.



**0**

**Cardiovascular  
2 Risk Factors  
&  
Treatments**

Dr. Alex Jimenez, D.C., presents:  
Now, this can be a double edge sword because we know that erectile dysfunction is a vascular issue, and it allows blood flow to the reproductive system. So say, for example, if someone has poor endothelial function reduction in nitric oxide vascular disease, they will have erectile dysfunction. So when this happens, statin therapy can help the individual and improve endothelial function. Utilizing these therapies is important when dysfunction in the body can cause overlapping risk profiles to the cardiovascular system and disrupt hormone reproduction. Without these various treatments, it can lead to pain associated with these symptoms that make the body have an imbalance of hormones, high cholesterol, and other issues that affect the body. As stated earlier, everybody is different, and the treatment plans are unique as they cater to each individual.

How can we tell when a person is dealing with dyslipidemia and atherosclerosis? After the examination and listening to how the patient is doing, many doctors would combine the AAPIER and SBAR protocol to come up with a diagnosis and look at the risk factors that correlate with these disorders. When the body is dealing with various environmental factors like poor sleep quality, being under constant stress, eating food high in saturated fats, and not getting enough exercise, it can cause the body to develop high cholesterol that can lead to building up plaque in the artery walls, causing chest pain associated with the heart. This is known as somato-visceral referred pain, where the affected muscle is causing issues to the corresponding organs related to pain. Another thing is that these environmental risk factors could overlap with inflammation and cause muscle and joint pain, which can cause complaints of limited mobility and stiffness that can cause a person to feel tight and miserable.

A blurred background image showing a hand holding a lit matchstick, with a bright flame and smoke. The image is out of focus, creating a soft, ethereal glow.

**03**

# **Inflammation Is A Key Factor**





Dr. Alex Jimenez, D.C., presents: Factoring inflammation as a key player affecting the body is the first step in functional medicine. When it comes to the body being in constant pain due to inflammation, chronic stress, dyslipidemia, or atherosclerosis, it can cause the brain to transmit signals through the spinal cord and cause the surrounding muscles to be sensitive. The inflammatory markers can cause many individuals to be easily confused as they think they are dealing with back pain instead of somato-visceral pain. This is because inflammation can be good or bad, depending on the severity. When the immune system begins to release inflammatory cytokines, despite no infections, bacteria, or viruses, into the cardiovascular, gut, and musculoskeletal systems, it can cause symptoms of swelling, pain, redness, and heat that can affect the corresponding organs. So inflammation affects the heart; it can cause overlapping symptoms of shortness of breath, fluid buildup, and mimic chest pains. At the same time, inflammation in the gut can lead to unwanted factors that can cause harmful changes that can impair the homeostatic mechanism and activate multiple pathways that can trigger cardiovascular disease risk factors like atherosclerosis and dyslipidemia.



Now how would atherosclerosis be correlated with the heart? When the body deals with factors that can correlate with inflammation, many factors like high blood pressure or plaque buildup cause a blockage in the arteries, which can cause blood flow reduction to the heart for circulation. When this happens, it can lead to cardiovascular disease associated with chest pains. In functional medicine, figuring out where the inflammatory effects are coming from, which is most likely in the gut, can help many individuals to reduce and reverse dyslipidemia and atherosclerosis.

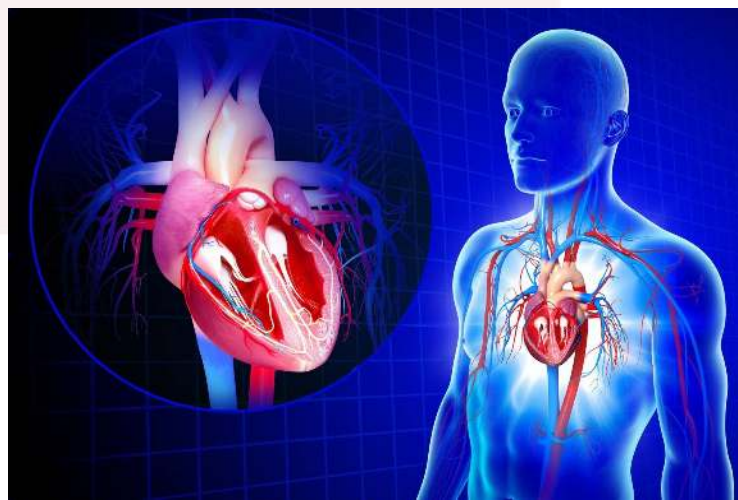
**04**

**Reducing  
Cardiovascular  
Risk Factors**

Dr. Alex Jimenez, D.C., presents:  
When it comes to reducing the development of dyslipidemia and atherosclerosis, various ways can help protect vital organs and reduce the inflammatory effects in the musculoskeletal system. One of the treatments that functional medicine corresponds with is chiropractic treatment. When it comes to the organs and spinal nerves in the body, there is a connection, as all internal organs are connected through the spinal cord that sends signals to the brain. When the transmitted signals are blocked or interrupted by risk factors that have entered the body, the vital organs can not function properly. So how would chiropractic treatment help with this? A chiropractor would use manual and mechanized manipulation to realign the spine from subluxation. This will allow the blockage to interrupt the transmitted signals to function properly and restore joint function while preventing degeneration, slowing the disease's progress in the bones, muscles, and organs.



Another way to reduce inflammatory effects in the body is by incorporating heart and gut-healthy foods that can lower inflammation and improve gut microbiome health. Eating nutritious foods that are rich in prebiotics, have anti-inflammatory properties, and have soluble fibers can help the body turn them into SCFAs (short-chain fatty acids) that allow the large intestines to create more energy for the body. Incorporating these various ways as part of the treatment plan for individuals dealing with dyslipidemia or atherosclerosis can help reverse the effects slowly.



Combining heart-healthy foods, exercising regularly, and changing lifestyle habits can provide amazing results when these small changes are gradually incorporated. This will allow the person to see what works and what doesn't while constantly communicating with their medical providers to ensure they get the amazing benefits that will improve their health and wellness.

# Disclaimer

**Blog Information & Scope Discussions:** Our information scope is limited to Chiropractic, musculoskeletal, physical medicines, wellness, contributing etiological viscerosomatic disturbances within clinical presentations, associated somato-visceral reflex clinical dynamics, subluxation complexes, sensitive health issues, and/or functional medicine articles, topics, and discussions. We provide and present clinical collaboration with specialists from a wide array of disciplines. Each specialist is governed by their professional scope of practice and their jurisdiction of licensure. We use functional health & wellness protocols to treat and support care for the injuries or disorders of the musculoskeletal system. Our videos, posts, topics, subjects, and insights cover clinical matters, issues, and topics that relate to and support, directly or indirectly, our clinical scope of practice.\* Our office has made a reasonable attempt to provide supportive citations and has identified the relevant research study or studies supporting our posts. We provide copies of supporting research studies available to regulatory boards and the public upon request.



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email: [coach@elpasofunctionalmedicine.com](mailto:coach@elpasofunctionalmedicine.com)  
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