

CEO Sara Soulati Recommends Vegan Thanksgiving for Cardiovascular Health

Creator of Patent-Pending Sara Soulati Health For Life Program Urges Elimination of Flesh in Diet to Help Prevent and Reverse Disease

LOS ANGELES, CA, USA, November 24, 2015 /EINPresswire.com/ -- CEO [Sara Soulati](#)® of [Global Cardio Care](#)®, Inc. today released an 8-part vegan menu to



replace Thanksgiving feasts that are oriented to flesh and encouraged everyone to consider nutrition that improves heart health versus binging on too many carbohydrates and animal products that clog arteries and contribute to heart attack and stroke.

My program is intended to reverse and prevent cardiovascular disease, and the first way to help is with better vegan food choices as a way to modify lifestyle for healthier longevity.

Sara Soulati, CEO, Global Cardio Care, Inc.

“Thanksgiving marks the start of the worst time of the year for food choices that contribute to cardiovascular disease, diabetes, obesity, and more,” said Sara Soulati, CEO of Global Cardio Care, Inc. and creator of the [Sara Soulati Health For Life Program](#) in Los Angeles. “To improve heart health, I encourage the elimination of flesh and animal products every

day, not just during holidays. We are seeing more obesity and thus more life-threatening disease. Vegan nutrition is a first step in solving this dilemma.”

Soulati developed the patent-pending Sara Soulati Health For Life Program in 2010 to address the high incidence of cardiovascular disease in the inner city of Los Angeles. Her proven program, available exclusively at Global Cardio Care Centers, is a lifestyle modification and disease prevention program combined with a powerful circulation therapy and plant-based, anti-inflammatory nutrition with moderate exercise.

The program combines a session in EECP® with instant feedback from one-to-one health coaching. When people experience the Sara Soulati Method of EECP, they receive personal love with support coaching and nurturing alongside EECP for ultimate prevention and reversal of disease.

8-Part Vegan Thanksgiving Menu

Soulati recommends the following vegan menu for Thanksgiving:

- Carrot Apple Ginger Soup
- Vegan Caesar Salad
- Roasted Root Vegetables tossed with extra virgin olive oil and sea salt
- Cranberry Orange relish
- Mashed Sweet Potato with Cinnamon
- Ground Walnut, Lentil, Mushroom & Kale Balls
- Vegan Pumpkin Pie Bars with Gluten-Free Graham Crackers

“My program is intended to prevent and reverse cardiovascular disease, and to make that happen all

of us need continued diligence about food choices when people come together over a meal,” said Soulati. “Every day we share together is about giving thanks, and let’s make Thanksgiving what it is intended to be – a gathering of family and friends with gratitude, happiness and health.”

About Global Cardio Care, Inc.

Sara Soulati, CEO and Founder, established Global Cardio Care, Inc. in 2002 in the Los Angeles inner city of Inglewood, Calif. As a physician practice management firm for alternative cardiovascular health services, the company aligns with the physician practice of Ronald. S. Weaver, MD, Inc. to deliver the Sara Soulati Health For Life Program and EECF therapy to prevent and reverse disease and modify lifestyle.

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