

Global Cardio Care® CEO Sara Soulati® Donates 383,400 Units Of Complimentary Services to Prevent Cardiovascular Disease

Since 2002 in Los Angeles, churches and community have received free EECP, health coaching, transportation to prevent, reverse and fight cardiovascular disease.

LOS ANGELES, CA, USA, September 26, 2016 /EINPresswire.com/ -- [Global Cardio Care CEO Sara Soulati](#) announced today she has donated approximately 383,400 hours of complimentary health services to Los Angeles churches and the community since 2002.

The donation of health services includes EECP treatment to address the high rates of cardiovascular disease in the African-American community and lifestyle health coaching to teach the importance of leading an [anti-inflammatory lifestyle](#). Soulati has also provided complimentary round-trip transportation with a fleet of four passenger vans to bring people who can't drive to their appointments.

"My work since 2002 in Los Angeles has uncovered a depth of need for the under served who have little access to healthcare services," said Sara Soulati, CEO of Global Cardio Care, Inc. "When someone is turned away by traditional medicine or is being encouraged to undergo

invasive heart surgery, I want the opportunity to help heal those hearts with my lifestyle modification and disease-prevention program. I give to the community because too many people are ill and in need of the services we offer."

The patent-pending Sara Soulati Health for Life Program is a lifestyle modification and reversal of disease and prevention program offered exclusively at the physician practices of Global Cardio Care Centers and Global Cardio Care—West Los Angeles. It is combined with Enhanced External Counterpulsation (EECP®), a non-surgical, FDA-cleared therapy to address cardiovascular disease and related illness.

"My program empowers and educates people about leading an anti-inflammatory lifestyle in part by eliminating animal products, refined sugars and non organic genetically modified foods from the daily diet," adds Soulati. "We teach about reducing and eliminating fried and processed foods found in boxes and cans and understanding the importance, overall, of whole food plant-based nutrition, hydration, stress reduction and moderate exercise to assume and maintain a healthy lifestyle to prevent cardiovascular disease and diabetes that are both illnesses due to lifestyle."



Complimentary Health Services



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Sara Soulati, CEO, Global Cardio Care, Inc.

- Transportation. Soulati operates three-to-four drivers and a fleet of passenger vans daily to assist church families and the community with dependable transportation to and from appointments in Inglewood and West Los Angeles. Global Cardio Care, Inc. has documented 78,700 rides in 13 years.
- Health Screenings. Church families are invited to get free health screenings at special events by Global Cardio Care, and over 13 years, the team has delivered 28, 700 complimentary health screenings for blood pressure, cholesterol and blood glucose.
- EECF Therapy. For people without ability to pay for EECF therapy, Soulati donates complimentary EECF treatment.

EECP therapy is considered for cardiovascular disease, end-stage of life, complications from stroke, congestive heart failure, diabetes, peripheral vascular disease, and other related illness. Since 2002, more than 25,600 free hours of EECF have been donated to the community.

• Sara Soulati Health for Life Program. During EECF therapy, each guest regardless of his or her ability to pay receives one-to-one lifestyle health coaching with instant feedback at bedside for one hour daily in addition to a full educational program about plant-based nutrition and exercise. Since the program's inception, Soulati has donated 250,400 hours to help screen, educate, and treat people to understand cardiovascular disease.

Church Families That Benefit

Since 2002, Soulati has engaged with churches to gain early support for her business as well as to help screen, educate and treat church families to get educated about cardiovascular disease, get screened for disease risk factors, and to consider treatment with the Sara Soulati Health for Life Program and EECF therapy.

Soulati has cultivated in-depth relationships with a variety of church pastors and churches in Los Angeles including:

- First A.M.E. Church and Pastor Boyd
- Bishop Noel Jones, Bishop Noel Jones Ministries
- City of Refuge Church
- Crenshaw Christian Church
- Reverend Dr. Michael Bernard Beckwith
- Faithful Central Bible Church
- Agape International Spiritual Center
- St. Anselm Catholic Church with Father Lawrence
- St. John's Catholic Church
- St. Basil Catholic Church
- St. Brigid Catholic Church
- Figueroa Church of Christ

About Global Cardio Care, Inc.

Global Cardio Care, Inc. is a physician practice management firm founded in 2002 and directed by CEO and President Sara Soulati. Its mission is to prevent and reverse cardiovascular disease with education and lifestyle health coaching that provide instant feedback about plant-based nutrition and risk factors for disease. Sara Soulati invented the Sara Soulati Health for Life Program, a whole foods,

anti-inflammatory lifestyle modification and disease prevention program. She filed a patent in 2014 for the fully complete program and daily health assessment component. Global Cardio Care manages Global Cardio Care Centers in Inglewood and Global Cardio Care—West Los Angeles with Ronald S. Weaver, MD, Inc.

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