

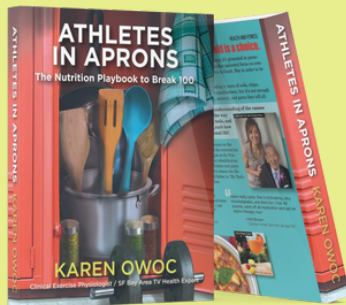


## KAREN OWOC

HEALTH & LONGEVITY EXPERT

Your age is a given. Growing old is a choice.™

By 2030, it's estimated that adults aged 80 years and older could grow to 19.5 million — a 109% increase from 2000. Today, 6 in 10 Americans have a chronic disease associated with the way they live.



### Athlete in Aprons: The Nutrition Playbook to Break 100

"Karen Owoc is one of the many great humans — docs, nurses, surgeons, and Karen — that I credit for keeping me alive. I just shot the best round in years today!" - Bob Schmidt | Open-Heart Surgery Survivor (triple bypass at age 58)

"Karen really cares. She is motivating, very knowledgeable, and she's fun. I lost 40 pounds...went off all medication and just on aspirin therapy now." - Kirk Brown | Cardiac Arrest Survivor (at age 59)

### EBOOKS

- Why-Can't-I-Lose-Weight Troubleshooting Guide
- The Happy Brain Blueprint for Weight Loss
- How to Stop a Heart Attack

### CONTACT DETAILS

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# Live Longer Without Growing Older

karenowoc™

A veteran with over 190 appearances on KRON 4 News as the weekly health expert, Karen has shared her tips and strategies to living a longer, stronger, and happier life.

Karen Owoc is a clinical exercise physiologist specializing in cardiopulmonary rehabilitation. She works at the Palo Alto VA Medical Center, where her patients are primarily Vietnam combat veterans. She is in demand as a private online medical fitness trainer, plant-based cooking consultant, and lifestyle medicine speaker.

## STORY IDEAS

**The Truth About Aging** - 6 insanely simple ways to offset 4 common aging conditions, inc. dementia.

**How to Stop a Heart Attack** - 3 lifesaving tips to know before the paramedics arrive.

**Why You May Be Carrying a 40-lb Head** - 7 tips to alleviate the most common pain generator.

**The Surprising Link to Cognitive Decline** - 4 things everyone should know, but most people ignore.

**The Need-to-Know Myths and Facts About Gluten** - Who's going gluten-free and is there a downside?

**How to Prevent Sounding "Old"** - 10 tips to age-proof your voice.

**How Your Pulse Pressure Can Predict Your Longevity** - What doctors may not be telling you.

**The Secret to a Healthy Heart and Brain** - Here's one place you may not be looking.

**Why More Women Die From Heart Attacks Than Men** - The symptoms every woman can't ignore.

### AS SEEN ON:

