

**RE:** Letter of Recognition for Dr. Anne-Marie Feyrer-Melk for dedication and proficiency in the Bale/Doneen Method for the Prevention of Heart Attacks, Strokes and Type 2 Diabetes.

The Bale/Doneen Method is an evidence-based model care that has been proven to stabilize and regress atherosclerosis. Bradley Bale MD and Amy Doneen DNP have spent the last decade educating physicians and practitioners on the science surrounding cardiovascular disease prevention. Dr. Anne-Marie Feyrer-Melk is a key thought-leader in the Bale/Doneen Method and remains engaged in the educational courses and is a gifted speaker, teacher and clinician.

Our book, *Beat the Heart Attack Gene*, aims to empower the public by alerting the reader to current science surrounding cardiovascular disease prevention and provides the necessary steps to live healthy, active lives without the fear of heart attacks, strokes or diabetes. Our book discusses the importance of finding a medical provider who can provide the most up-to-date preventative care. We believe Dr. Anne-Marie Feyrer-Melk is one of these special physicians. She has dedicated her practice to prevention and participates in our monthly update sessions, attends our annual educational offerings and remains current in her Bale/Doneen participation.

Dr. Feyrer-Melk is providing patients with the clinical work-up discussed in the book, *Beat the Heart Attack Gene* and the Bale/Doneen Method. She has established her medical/cardiovascular practice to exemplify Optimal Wellness and Health. In addition to providing exceptional cardiovascular preventative medical care, she also provides cooking demonstrations and exercise science classes within her center. She understands the oral/systemic connection and is an expert in insulin resistance diagnosis, sleep apnea screening and understands the importance of identifying all of the root causes of vascular inflammation.

Dr. Anne-Marie Feyrer-Melk is sought after speaker, giving lectures to medical groups and the public on topics that involve CV disease prevention. These lectures and topics include the teachings of the Bale/Doneen Method including the oral/systemic connection, vascular inflammation, psychosocial health, lifestyle management of vascular health and many other topics revolving around health and wellness. It is an honor to support our friend and colleague, Dr. Anne-Marie Feyrer-Melk as she propels her cardiology practice into an example of truly optimal health and wellness. She is a scientific leader in this country and her innovative and thoughtful approach to wellness and health make her a unique and optimal cardiologist.

The Bale Doneen Method celebrates her collaboration and support. We are honored to have her on our team.

With tremendous respect,



Amy Doneen DNP and Bradley Bale MD

*Co-Authors of Beat the Heart Attack Gene*

*Co-Owners of the Bale/Doneen Method for the prevention of heart attacks, strokes and diabetes.*

