

## **John W. Zamarra M.D. FACC**

John W. Zamarra M.D. FACC was one of the first American cardiologists to research the effects of meditation on coronary heart disease and to introduce it into clinical cardiology practice. His background bridges the traditional Western Medical Traditions and the wholistic natural Eastern Traditions giving him a unique insight on healthcare.

Dr. Zamarra completed his post-graduate internal medicine training and cardiology fellowship at the State University of New York-Buffalo Medical Center and is a Fellow of the American College of Physicians and the American College of Cardiology. He has served as Medical Director of the Cardiac Rehabilitation Department at Placentia Linda Community Hospital in Orange County, CA; Chief of Staff at Kindred Hospital in Brea, CA; and has been Assistant Clinical Professor of Medicine at the University of California at Irvine for over two decades.

Dr. Zamarra has lectured widely on the effects of meditation in the U.S. and Canada, including a presentation to the U.S. Department of Defense at the Pentagon, and numerous engagements with the Veteran's Administration and most recently providing accredited CME lectures for hospitals throughout Southern California.