7 Ways to Stay out of the Hospital Transcript

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Introduction and goal of staying out of the hospital

Dr. Jack Wolfson, cardiologist here with another episode of Going Live on Wednesdays. And on wednesdays, we talk about the best in heart health and wellness.

Again, I'm cardiologists, Dr Jack Wolfen, founder of Natural Heart Doctor, the worldwide leader in cardio. Cardiovascular health Mayo Clinic Cleveland Clinic are the worldwide leaders in cardiovascular sickness.

We're the health people. So welcome. What we're gonna talk about today are seven things that you need to do to stay out of the hospital. Seven things you do need you to to out the hospitals and you NEED to STAY OUT OF THE HOSPITAL.

I used to work in the Hospitals for many many years. It is not a place where you want to be. If you are in a traumatic accident, if you're in some kind of emergency, that's a great place to But when you focus on the root cause of avoiding chronic illness, cancer, heart disease, brain disease.

Now you can avoid the hospital and that is always a good move.

1. Spend more time outside

So I'm going to tell you live from Costa Rica, what are the seven things you could do immediately to avoid being in the house? Number one, spend more time outside.

I am inside right now because it's more quiet in here. I live in Costa Rica, we've got construction people, kids, dogs, birds, goats, and even the occasional howler monkey, so I'm inside recording this, but I spend 16 hours a day outside.

We only come inside to sleep. What about you? And we do this year round, and that's why we moved here. So, if you want to avoid the hospital, spend more time outside.

Now, what does that do from a medical standpoint? Well, of course, it increases vitamin D levels when you're in the natural light. When your skin is exposed to the sun, you convert cholesterol into vitamin B.

Vitamin D goes up, cholesterol levels go down. People with the highest levels of vitamin d naturally have the lowest risk of everything including of course going into the hospital for chronic disease or infections or whatever it may be.

Now also when you're outside you increase nitric oxide. That means less heart attacks. You also create melanin which is more than just a suntan. It is the way that your body converts solar energy into usable chemical energy in your Also, you do things like make serotonin, which eventually leads to melatonin.

So those are great things from being outside. Spend more time outside and you'll avoid being in the hospital. Number two, avoid taking pharmaceuticals.

Pharmaceutical side effects are probably the most common reason for hospital admission overall.

2. Avoid pharmaceuticals

whether it is drugs that lead to ulcers, lead, to infections, leads to attacks and strokes, you want to avoid taking pharmaceuticals. That is a strategy which will keep you out of the hospital.

Number three, when you get high quality sleep, your hormones are balanced your pineal gland release of

melatonin that controls all the other hormones and all of the functions in the body like this master clock satellite in sky.

This is the masterclock controlling mechanism in brain and that is focus of Melatonins which you get when you have the high quality sleep. So down here in Costa Rica We go to bed shortly after the sun goes down.

3. Prioritize high-quality sleep

I wake up around 430 a.m. every day and start my day. In addition to that, not part of my top seven, I get into the grass barefoot and I ground. So that's number three.

Number four ways to stay out of the hospital is going to be eat seafood. Seafood is the healthiest food available to us. People with the highest levels of omega-3 measured in the blood, which we measure through various forms of testing, have the lowest risk of heart attack, stroke, and dying.

So you want to make sure that you're eating plenty of seafood and that will keep you out of the hospital from heart attacks, strokes, from cancer, brain disorders, and by keeping your immune system strong, you don't wind up in the hospitals with pneumonia, etc.

Number five way to stay out the the Hospital. Move more. That's right.

4. Eat more seafood

Physical activity, movement, things that are aerobic. So you are hiking and biking and stand up paddle boarding, but you're also doing things. That build muscle as we get older, it doesn't get easier to build.

Muscle becomes more difficult. Now, what does this do in particular right here with a board in the hospital? This is how we're going to prevent fractures.

This. Is how. We're. Going to. Prevent vertebral fact fracturers. Were going. To keep our bodies supple, mobile, flexible and strong. So we avoid the injuries where people you see they get injured getting in and out of a car, getting out a bed, doing everyday tasks maybe that wind up where they injure their back and next thing you know they're having spinal surgery.

So the more active we are, the muscle that we build, doing this outdoors, that's how we avoid being hospitalized for orth procedures. So let's definitely work on improving our movement.

And we have lots of different training videos on that. There's lots a great health authorities on movement, but the key is just move, commit to going for a walk after every meal before Dinner, for example, maybe after dinner.

5. Move more and build strength

Build muscle, get on a plan, hire a trainer, but do it outside. This is not go to the gym with putting on your earbuds and getting in all the electromagnetic fields and all of the chemicals in there.

You want to be outside and the beautiful part of that is that it's free. So natural light is free, sleep is, free movement is. Free the best quality seafood, you're going to pay for that, But I guarantee you it is worth it.

Number six on the list of how you avoid going to the hospital is keeping your toxin levels low. So for example, if you're exposed to a lot of air pollution, that increases the risk of lung disease, heart disease brain disease cancers.

That one some decreasing pollution toxins is going make a difference. Now toxins like indoor mold and bacteria from water damage, big problem. Plastics, phthalates, parabens, pesticides.

There's a lot of different toxins. And for most people that don't live in big cities, the outdoor air is going to be better than the indoor air. So just focus on that air quality.

But the air also includes the things that we're breathing, all the other chemicals. And then along with toxins, we got this big category called EMF, electromagnetic fields.

So make sure you turn off the Wi-Fi at night and never put your cell phone up to your face. Keep that as far away as possible and Never use those earbuds.

All the different technology to try and mitigate that transfer. Cell phone cases or pendants and stuff like that. I don't know.

6. Reduce toxin and EMF exposure

how beneficial, I'm not aware of any downside outside of how it would lead to complacency. So again, number six way to stay out of the hospital, keep your toxin burden down as low as possible.

And number seven way, to decrease your risk of going to the Stay away from medical doctors which plays into number two, which is the medical. Doctors give you pharmaceuticals and therefore you wind up in the hospital.

So when you stay away, from the traditional mainstream medical, doctors you will have a less load of going to the. Hospital when, you see holistic practitioners like myself, like the naturopathic doctors, holistic MDs, and certainly the doctors of chiropractic.

That's how you avoid the Hospital. I am sure. If we look at people who are under chiropractic care versus those who aren't, the people under Chiropractic care definitely go to the hospital less all around it and for individual things, heart attack, stroke, orthopedic issues.

So make sure you're seeing your doctor of chiropractic and stop seeing traditional mainstream medical doctors. get away from them, fire them. You don't need them now.

7. Avoid mainstream medical doctors

Now you may need a local emergency doctor or a trauma doctor in that situation and we are very grateful that those people exist in the jobs that they do and the nurses and staff that provide those services.

But if we're looking to prevent going to the hospital, we aren't seeing a mainstream doctor. We're not. we're going to see a holistic practitioner who's going help us with the root cause of health.

And when you focus on the route cause, that is how you're gonna prevent going the hospital. So number seven is do not see additional mainstream doctors.

I hope you enjoy those seven ways to stay out of the hospitals and we hope that you continue to follow us here at Natural Heart Doctors.