## Heart Energy and Electromagnetic Field

And the heart really has this toroidal field around it, right? So what you're describing is the HeartMath Institute actually measured the electromagnetic field on the hear, and that is six foot wide, whereas around our brain is only two foot, which is funny because when we think, we're always strategizing, thinking, calculating, it's all that brain function going on as opposed to what's really happening and the emotions, the energy in motion around that heart.

It's not just this pump in our chest. It's actually generating a huge electromagnetic field. To your point, that's why we can feel other people, we with real proven strategies, protocols and tools you can use in your practice today.

Hello everyone and welcome back to your favorite podcast for health, wellness and fitness, the holistic truth. I'm your host today, Jamie Dorley with the co-host, my partner in crime, our chief growth officer at Nutritional Frontiers, where we are on a mission, Christine Genovese.

How are we doing Christine? Oh, Jamie, I'm doing great today. I am excited for us to be able to share more of our quarterly focus with everybody.

## Podcast Introduction and Cardiovascular Focus

Today, we're going to focus on cardiovascular solutions, which is something, as you know, that's near and dear to my heart, pun intended. Pun intended, huh?

I like that one. Near and near to the heart. You like it? Yeah, well, what we've been through allergies, metabolic solutions and now cardiovascular, in the US and the world.

And it used to really apply to more males, but now they're seeing a rise in females with cardiovascular issues. So it really touches everybody, right?

Because there's nobody that you could talk to that hasn't had someone in their family or friends or neighbors, somebody that they know has had cardiovascular events, hypertension, heart failure, hard attacks, all these different things that are associated with it.

So I'm excited. Yeah, obviously I've mentioned on here before that I manage my blood pressure using nutraceuticals. Now, when I first came to Nutritional Frontiers, I had a traditional way of managing it by being on blood-pressure medication.

And then I found that there are other ways to be able to manage it naturally, which was really exciting to me. So, you know, when we think about matters of the heart, right, just from an energetic perspective, the reason why I think it's still the number one killer is when you think how much of our lives center around our heart and love and emotions and feeling.

It's probably one of the reasons why people, if you feel a lack of love or you don't feel loved, right? Love is really our reason for being. And so from an energetic standpoint, it's not a big surprise to me that unfortunately it still remains one the biggest causes of death in our country.

Now, I'm going to share. our PowerPoint. So I'm bringing that up right now. Yeah, something interesting I learned during COVID that you've taught us too about is, you know, the energy level from the heart is six feet.

And hence the six foot social distance point that people were doing during the COVID years. But you have a lot of energy from your heart and you can feel good energy or bad energy, isn't that right?

Absolutely. And the heart really has this toroidal field around it, right? So what you're describing is the HeartMath Institute actually measured the electromagnetic field on the hear, and that is six foot wide, whereas around our brain is only two foot-wide, which is funny because when we think, we're always strategizing, thinking, calculating.

It's all that brain function going on as opposed to what's really happening and the emotions the energy in motion around that heart. It's not just this pump in our chest, it's actually generating a huge electromagnetic field.

## Heart Disease Risks and Types

To your point, that's why we can feel other people, we feel energy. And, you know, the challenges, I think, in our country is that it's still the leading cause of death, right?

I didn't realize that every 34 seconds somebody dies of cardiovascular disease of some kind and heart attacks. That's been quite a few during this one episode.

I mean, seriously, a lot. Yeah, it's crazy when you think about it. And that so many people have heart attacks, right? It affects about 105,000 people annually for a heart attack.

Yeah. It affected some people very close to me and Mikey G, you know, one of our top educators in Pittsburgh, close friend of mine from college, at 48, stood up and he fell down and was dead, the daughter's godmother, our neighbor.

know, she was in the driveway about to take her daughter to school. Her daughter was a teenager and she fell in a driveway and, you know she passed away instantly.

So we've seen that happen with, younger people in their late 40s where they have a heart attack and they're gone. And then we see other examples of people you know, where they've struggled for years with it, right?

A close personal friend of mine last summer passed away from it. So it affects a lot more people than sometimes we, you don't have that sexy name like Alzheimer's, or some of these other things going on, but it's still very concerning.

Every 34 seconds is very concerned. Let's talk about the types of heart disease, because they kind of get all lumped together, You know, you have a lot of different things going on.

Ingestive heart failure, right? That's where people, it's more debilitating slowly over time. Myocardial infarction, where they're having that issue where, they actually have the heart attack.

Some of the things that we see more commonly are going to be the arrhythmias, Right? Where it is more like that irregular heartbeat. Now there's a lotta research shows that electrolytes and minerals would be the first line of defense against something like this.

Usually magnesium deficiencies where a mag complete would come in, the power fuel with the electrolyte balancing, You know, I tell people to get off of stimulants, heavy caffeine, energy drinks, red bulls, those type of things.

You've got to be really, really careful. And then you have some structural issues, right? Where you've have valve dysfunction and valve disease, you know that affect things like Arnold Schwarzenegger had to open heart surgery to replace a valve.

So there's a lot of different areas and types of diseases that pop up that, um, they each have a different strategy. They can't get all just lumped together.

Yeah. And, you know, when we talk about how do you traditionally treat cardiovascular disease, right? We've mentioned some of the things like medications or procedures or surgeries.

You know one of ones that gets prescribed a lot are statins. I know statin depletes CoQ10, and that's something that we have to be really cautious about.

Now, let's talk about this for a minute, because I'm all in favor of anything that helps somebody, right? If your blood pressure is dangerously high, you probably need seven flowers, magnesium, and some medications for awhile, but let us look at cholesterol.

There has been an overwhelming abundance of cholesterol medications, statins in particular, that have been prescribed in the last, what, 10 to 20 years.

You would think with over a $20 billion industry, these statin medications, that there'd be a decline in, not only cholesterol, but a declining in cardiovascular disease.

Does that happen? Not to my knowledge, no. We just talked about that. It's still the number one killer, right? Actually, it's been inversed because these cholesterol medications that play not on cholesterol.

They work on an enzyme in the liver called HMG-CoA reductase. which produces cholesterol, but the CoA in there, it also produces CoQ10, right? So when you deplete cholesterol production, you also are depleting Coq10 production.

## Statins, Cholesterol, and Nutrient Depletion

And then what are some of the side effects of that? Well, short-term is going to be fatigue, muscle ache, and muscle pain, Right? And some other more long- term effects, when we depletes Co Q10 in the brain could be dementia, Alzheimer's, Parkinson's and things like that.

Some medications are very helpful. However, not all medications aren't. You need to have a strategy if you are taking some of these that you actually are compensating for the nutrient depletion that occurs.

And the statin is a big one. You know, aspirins, beta blockers, generally calcium channel blocker is generally used for, you know helping blood vessel relaxation.

So we'll take a hypertension, the aspirin is going to thin the blood. There are some benefits of some of these. Nitroglycerin, if you're really having some type of an event.

That's really good. But there's also a natural ingredient that is recommended if you're having any type of dangerously elevated blood pressure or an event, that's called cayenne pepper.

That can give you the same effect where it's actually working on the arteries to actually calm them down so that you don't have that part where the pressure is so high.

There's a lot of different things you can use. I don' call it traditional medicine, I call really modern medicine. where, you know, the traditional medicine has been more the supplementation, and nutraceuticals, herbs over not only the last decade, but the Understood.

Well, one of the first solutions we talk about when we think about our cardiovascular solutions is our PowerFuel. And Powerfuel is one my go-tos. I'm a very active individual.

This formula in particular helps give me energy. If I use it on the tennis court, I used it as a three o'clock in the afternoon pick-me-up. It's got CoQ10 in it and D-ribose and L-carnitine as well as DMG and an electrolyte blend in particular that I really, really love.

Yeah, Powerfield is great overall for cardiovascular support, brain, skeletal muscle, athletic performance. One of the first case studies we did on it was with the patient.

who had congestive heart failure, he couldn't even really walk a flight of stairs. And after using this in external counter pulsation, in eight weeks he was able to build up his stamina to where he can walk about two miles.

Wow. Yeah. Fantastic results. Well, this also comes in a couple of different flavors. We've got it in berry and orange, and I'm always mixing it with our proteins to come up with fun flavors and different shake combinations because it's so good.

I will often add PowerFuel to my regular shake just to give me a little extra zhuzh, especially in the morning. a little zhuzh, but it's great, right?

Nitric dioxide production, and it also helps with mitochondrial repair. And as we're learning more and more about how important mitochondria are, you know, in the energy and the electrical system in our whole body.

Circucor is a go-to of mine. I use this every day to help with circulation. It's part of my cardiovascular protocol to keep myself off of blood pressure medicine.

in the morning and also at night. And I also use our Enter CoQ10, again, because it has DMG and Coq10 in it. But CircuCore is an amazing formula. I have recently learned to like beets, but prior to liking beats, I was really happy to hear that we have beet root powder in here.

## PowerFuel for Heart and Energy Support

So Jamie, you want to talk a little bit about why this formula is so potent? Those nutrients you mentioned, they're really going to help with nitric oxide production, right?

We're trying to get better circulation, better blood flow. So there's not any restrictions. There's no any retention occurring. Not any blockages going on, but really getting the bloodflow and the viscosity of blood to improve.

This is more of a comprehensive formula. The nice thing is it's in a capsule, so you don't have to eat the beets if you want to, and there is no drink or anything.

But the beet powder, the Activen, which is a trademark grape seed extract, and the Hawthorne have always been used by nutritional frontiers in combination to really improve circulation and then really get a much better balance for blood pressure and hypertension.

Well, when we talked a little bit in the beginning about heart conditions in particular, You know, having a heart attack or heart blockage, you know I mentioned, heart attacks are usually extreme stubbornness, like a lot of stress, inflexibility, people being really focused maybe too much on achievement and winning, and maybe neglecting your health.

and this constant need to be right and kind of inflexible. And so the heart just, you know, has a heart attack. It says, okay, enough. But it gives you kind a timeout.

Whereas a hard blockage blocks love, right? You feel rejected, maybe ill-treated or inadequate, betrayed. You know, sometimes when we talk about a heart event, they can't really attribute it to a hard attack, but it's maybe the heart was blocked, right, because you were protecting yourself.

Maybe you had difficulty accepting love or affection, or maybe a loss of hope. So any heart-related issues, just keep in mind, it has to do with giving or receiving love, and typically not receiving enough of it.

So let's talk about Dr. Richard Silva's favorite formula, cholesterol red. Why does he love this formula so much, James? Well, there are people that do have, you know, elevated cholesterol levels.

Now, I graduated college over 30 years, but I look back at some of my old books and high cholesterol was actually over 240. Right? And now it's gone down to 200. And it is not just the cholesterol.

It's the ATL, LDL ratio. We talked to Nikki Fitt on one of our recent podcasts about muscles medicine, and she talked about the conversion of carbohydrates into triglycerides, right?

I always said triglicerides is probably the most important marker of all the blood lipids, but you got to look at them all. They all paint a picture of what's going on with the patient.

## CircuCore and Cholesterol Red

Again, you're not treating blood work you're treating the patient. So we want to address that and put together more of a comprehensive formula because red yeast rice is actually a natural statin, so it works on that same enzyme as HMG-CoA reductase.

It just doesn't shut it down. So we put that in there to work on the production of cholesterol. We add in the CoQ10 in case that red yeast rice is depleting a little Coq10 production.

See what we do is we cover potential issues you may have. So that's one for cholesterol production, Also, polycosanol, which comes from sugar cane, there's a tremendous amount of research on this in the early 2000s, on that ingredient alone, at 30 milligrams, working on production of cholesterol.

So, going after with the red yeast rice, the polycasanil. We're adding in a protective measure with CoQ10. Now, this is also some other ingredients that we know really important, you know, glucolipids, right?

Those are going to help with thyroid function, cholesterol function and are really as an Ayurvedic herb, known really for its properties on more of the triglycerides.

So it's a very comprehensive formula that's addressing a lot of the different underlying processes for somebody having elevated cholesterol levels or imbalances with the ratios of LDL and HDL.

I don't call it healthy cholesterol versus unhealthy. You need them both, right? But the challenge is when the ratio's are out of balance. And the triglycerides is one you gotta make sure those are under You know, some people say 150, under 100 would be really good, and lower is better on those.

In fact, we've seen some patients with elevated triglycerides of over 500, where the blood actually, you can see it. It's a different color, right? It is a lighter color.

And it looks more like that yellowish-red type of color because the triglicerides are so high. Wow, I just heard something new from you. I never realized that red yeast rice was a natural statin.

That's probably why we have 600 milligrams of it. Yeah, versus sometimes people use 1200. And I feel like, you know, 600 is a good dose. Sometimes you go too high, it may have some detriment to the patient.

So I like 600 mg. All right. Well, do you what cholesterol, having cholesterol in your body is all about? No, I'm not sure you're going to tell me. Well, it's one that I hadn't really, you know, thought about before, but it is when you are feeling vulnerable and like in need of protection, right?

Maybe feeling under threat and ready to fight like on guard all the time expecting something bad to happen. So carrying too much of that elevated, nervous energy.

And so I thought, wow, that's fascinating because I never really thought about the cholesterol buildup, but it makes sense because sometimes people put on weight in their stomach to feel protected.

So this is putting on, you know, protection, where the Cholesterol is stored in the body. Great point. All right, CardioStack. This is another solution that we have for cardiovascular support.

How does Cardiostack differ from a circuit cord, Jay. Well, circuit core is focused more on the circulation, right?

Now cardiac sac will give you a benefit of that, but the mechanism of action a little bit differently.

The main ingredient in this when we bring it out was L-carnitine, which gives you all a variety of different types of benefits for the heart and cardiovascular system.

But I feel the reason it works so well is its function, because you see L carnitinine with a lot of weight loss products, with people that work out. It's like, oh, what's the connection between L-carnitine and working out versus weight loss versus cardiovascular?

## CardioStack and Natakin Plus

And the reason it has multiple functions and so much promotion across different areas is that the L carnitin is really effective at taking blood lipids, right?

taking out of the blood, transporting them to the cell and converting them into ATP production, your preferred energy source by all your skeletal muscles and organs.

The mitochondria's fuel is ATP. So L-carnitine has the ability to do that. And we figured, well, what else can we put in there to make it a more comprehensive formula that works in concert together?

So DMG, a tremendous amount of research on cardiovascular health, 300 milligrams and of course our favorite CoQ10 at 100. So you get a nice complimentary formulation that's going to pull the lipids out, convert them to energy, improve the circulation and give you that extra Coq10 for overall heart function.

Would you ever pair CardioStack with Circucor? Oh absolutely, all the time people do that, yeah. It's a Read my mind, because I was about to say the other one I would put in there with, that would be the Natakin Plus.

Awesome. So this is a update of one of our original formulations, Natakine. And the natakinase is an enzyme from Japanese knotwood that will actually really have the ability to go into the circulatory system and break down anything congesting it.

It could be plaque. It can be damaged tissue. digest debris that's either damaged tissues or some kind of clogging or congesting going on. We add in some other enzymes in there too, the bromelain and ceratopepsidase.

Those actually work in concert together with them. Bromelaine, there's a lot of research on that by itself for being really effective, because enzymes break things down.

They change the structure, right? So these enzymes all work together to break down anything that's congesting the blood flow. And for a lay person I was talking to, I would say, look, You know, depending on where you live in the North, I said, you know in springtime these streams are all congested, these little streams with sticks and branches and leaves from the winter.

I says, think about your arteries like that. And what the Natikin will actually do, NatiKin Plus will be to clear those things out and then the water flows through.

That's really what we're trying to do is clear out any debris that's blocking those arteries from working so well in circulation. And then magnesium, natural muscle relaxer.

So that helps things to relax and calm while you're clearing out that circulatory system. Fantastic. Oh, I'm sorry. I was going to ask, would you take this like with or without food?

Does it make a difference? Preferably without. Because if not, it's gonna focus a lot of its energy on digesting your food. So it'd be a little more of a, I call it overpriced digestive enzyme, where you get something like the Cybezyme or the Betazym or ProbeZyme.

But this I want to recommend without food Got it. We actually had a patient, um, she's a nurse, but her husband, cause he's coming into wellness center all the time.

And he has a heavy smoker, like a guy, you can smell it like he gets when he walks through the door. He still wears the t-shirt with the pocket. Like my dad did growing up with a pack of smokes in there.

Yeah. But he is a really smart guy and he came in, he says, I have carotid artery blockage, whatever it was, 40%. And so what are you going to do? He said, well, And they're going to give me options.

He came back, he says, well, you know, I did the logic here and the benefit to risk ratio is not that great. It's like 10%. Right. And he said, i'd like to try the natikin plus.

I said okay, but you got a lot of walk-ins. What was the recommendation from the doctor? The doctor was a surgery. Oh, okay. So rather than a surgical procedure, he went for Natikin Plus first.

Yeah. And he came back, you know, over the course of the next six months. He says, I got it down to like cut by 40%, which was out of that dangerous range.

I looked at his wife and I said, man, must have been taking a lot. Oh no, only two per day. Wow. Real cool. She goes, and he still smokes as you can tell.

Oh my goodness. Even I was surprised at the results. So everyone responds differently, but this is one of the best testimonials I've ever got, Fanatikin Plus.

No fooling. Well, how about Mega K2 Plus? This is something I have started taking. I thought this would really help me because of vitamin D3 and K-2 and the levels, and I know vitamin B is a lot of people, or most people if not everyone, is deficient in.

Well, it was not long ago in our field that vitamin D recommendation was 400 IUs a day, right? And it's a fat soluble vitamin A, D, E, and K, those are your fat ones.

And, you know, the concern from people that maybe are not as sophisticated is that you'll get vitamin B or, fat-soluble-vitamin toxicity.

## Mega K2 Plus, Omega-3D, and Easy Iron

How many people have you met that had vitamin-D-3 toxicity? Toxicity? No one. Zero. If you talk about fatty liver disease or high cholesterol, probably hundreds, right?

Right. So D3 is a really important part, not only for the brain and your bones, but for cardiovascular. And they're really calling D 3 a hormone-like substance.

I know in five and 10 years from now, it's not going to be a vitamin anymore, be D three hormone, vitamin D3 hormone. So that's really important overall because you know that is going to support cardiovascular health, blood pressure, your immune system.

There are so many different applications. In fact, we were recently on a podcast and they were talking about D3 deficiency that, you know, the challenge with D 3, Christine, is the ranges.

So it's 30 to 100. Think about going to school and taking the test and then saying, well, 30-100 is passing. It's not. And in fact, once your D3 levels go below 30, some of your immune system shuts down like your macrophages.

So think about like you're, you know, it's below freezing out and your car won't start. When you get below thirty for your d3, the immune systems doesn't startup well.

So we like the D3 in there. K2 works excellently as more of this helping the blood vessels, right, function better. And it does that by taking any calcification out of the Blood and actually transports it and drives it into the teeth and bones.

K2 was always, um, you know, if you look at, coagulation is what vitamin K means, the K is for co agulation. You know? So, people are always worried about K-2 if they're on blood dinners.

They'll tell them, oh, don't eat leafy green vegetables. Of all things they recommend, they don t tell no french fries. Yes. That doesn't even sound like it makes sense whatsoever.

So the K2 will drive those calcification, clean up the blood, and drive it right into the bones. Excellent. Vitamin A works in synergy with the D3 and the k2 together.

And of course, magnesium, number one nutritional deficiency, helps the heart, arrhythmias, blood pressure, so many different things. Well, and I think that's one of the reasons why I love this, because you get magnesium D3, two of things that we're most efficient in, in one formula, right?

With vitamin K2 to help push it into the bones where you want it. Yeah, now magnesium, over 200 chemical processes require magnesium and you're right ahead of me once again.

You would combine with that would be the Omega 3D because that has the fish oil, which is number three, nutritional deficiency in the world. So magnesium, right?

You're looking at fish, oil right. These are the top things that people are deficient in that you need to supplement. Yeah. And our Omega-3D is a very high potency non-GMO fish.

Um, and we have it combined with vitamin D three. Cause like you just said, you can't have too much. So we have so many testimonials, you know, on our formulas, I mean, but on R omega-3D, is great for getting the essential fatty acids in, and people take it and rarely have any side effects.

If they do, one of our doctors recommends that you put them in the freezer, so then there won't be any fish taste whatsoever. But most people love it.

Yeah, not on nutritional frontiers. Our omega-3 does not have that issue. What we find is if anyone who does burp that up is because their fat digestion is not working properly, you need beta-zyme.

and maybe do a fast or a cleanse for the next week. I love that idea. All right. Easy iron. Why would someone need our easy iron, James? Well, iron is really involved a lot for a lotta different processes, but think more of anemia, right?

Iron deficiencies. And the challenge is that, you know, people generally recommended iron oxide. which can be very constipating and upsets people's stomach.

So we use actually as an iron bisglycinate, so the bis-glicinate form is like similar to our mag-bisg-lycinate.

## Heart Healthy Shake and Closing Remarks

That form isn't most bioavailable. It helps with red blood cell formation, right? Which really is your transport cells for all your oxygen, all right.

so that's why people are anemic when their iron's low and their red-blood cells go low. is they're not getting the oxygen transported throughout their bottle, so they become, quote unquote, fatigued.

So this is something that can help. We have a lot of case studies showing just EZ iron. This is also inside the woman's complete. If you're taking that already, you are already getting EZY iron, which the ferricol is the number

one source and number form of iron on the market is ferrocol, the iron bisglycinate.

We have all the cofactors in there, so you don't have to take just the iron. You know, you have the other co-factories you need for bioavailability. Well, that's fantastic.

Heart healthy. Jake, let's hear about it. All right. Well, you heard me start off by saying one of my favorite supplements is PowerFuel, and we have it in a berry flavor and an orange flavor.

And so here is the heart healthy shake of the quarter. We use our Ultimate Shake Vanilla. So you're getting all the vitamins and minerals that you need in your shake, along with Power Fuel Berry and our Pro Reds, which is a wonderful antioxidant blend, and it tastes delicious.

And I know we're going to have one of these at our upcoming professional training event. Can't wait, looking forward to it. Well, thanks. That was fantastic.

I learned a lot about cardiovascular. The issue that it is is still the number one concern of anyone in the USA especially, males and females, it's on the rise.

You don't have to be old, you don' t have any symptoms. Sometimes the first symptoms someone has is a cardiac event, So get your blood worked on. Get on a good nutritional foundational program.

If you're already dealing with a situation, get a hold of one of our functional medicine brand ambassadors and they can customize a program with you. Absolutely.

And you know, your heart is not something to mess with. I hope everybody out there focuses on their heart health by staying happy, healthy, sharing love, experiencing love.

and having really, really big hearts. And that's one of the reasons why we do the work we're doing in the world. We're really committed to making the word healthy and our world healthy, and heart health is a big part of it.

So I look forward to next time, James. Thanks, Christine. Thank you for all your support and love this year. I'm looking forward seeing you in one our next events.

God bless. If you found something helpful, please comment, like, or share this episode. We want more people to hear everything they need to know about cardiovascular health and staying healthy with us.

So until next time. Thanks for tuning into the Holistic Truth Podcast. If this episodes spoke to you, Please follow the show and share it with someone ready to take charge of their well-being.

And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.