Introduction and Dr. Kahn's Background

Welcome to the mitochondria conversation I'm Laura parenteral with me today. I have Dr. Joel Kahn. Hi, Dr. Kahn. Welcome. It's so good to see you, Laura.

What a great educational summit you're putting on. Yeah, this is going to be a fun one today. We're going to do an amazing talk. You know, people always want to know what supplements should I take, what's good for my body, especially my heart, which is something that you are specializing in.

And so we're going to break that down for our audience today. And I know they're going to love this. So make sure you have your pen and paper ready to go.

So we're going to talk we're going to talk about a lot of incredible supportive content for you today. Now, for those of our viewers who don't know you, Dr.

Khan, you're a cardiologist. You're Triple Board certified in internal medicine, cardiovascular medicine, interventional cardiology. You're a clinical professor of medicine, and you're known as America's Healthy Heart Doc.

So listen up, because whatever you have to say is important. Thank you very much. And as I say, it's like you. My passion is to study and learn and then share incredible science background information. That's what we're going to do today.

Yeah. And you know, on that note, when I was growing up in the Western medicine world, we discredited supplements all the time. You know, our common statement was, you're just going to have expensive urine if you take supplements.

And the truth of the matter is there are supplements that are very supportive. So we'll get into that and break that down today. I want to dispel that myth because I definitely perpetuated that myth for a long time.

It's my give back to the world is to come here and produce some it's like this that dispel those myths that we hear. Perfect. Okay. So let's connect the dots then between heart health and mitochondrial health, why would I have a cardiologist coming to speak to us on a mitochondria summit?

This is really important. Well, you know, we don't very much pause to consider what goes on in our body. Second is second minute to minute, unfortunately, because it's such a miracle and it's such a biochemical, incredible feat to be alive for one hour, let alone for 50, 80, 95 years.

But with the heart being arguably the most important organ in the body, of course the neurologists and others might pick their organ, but with arguably you can't live without your heart.

And just think about it for a minute. You know, it's 5 to 6 gallons of blood a minute being pumped. And think about, I hate to say use a milk jug gallon because I'm not a big fan of milk, but think about five or six milk jug gallons every minute being pumped and their little heart the size of your fist.

I mean, I have a model of it here.

Why Heart Health Is Mitochondrial Health

And for a person your size, that's probably pretty accurate. I have a little bigger news, so I'll use my fist. It's got to pump out five, six gallons a minute.

It's a lot of energy. We're not talking about Fred Flintstone and a little guy with your feet. We're talking about serious energy production, energy consumption and energy renewal.

I mean, this is a real, real feat and it's all about making enough ATP. You know, you go to your doctor 100 times, you never hear the word ATP. You might be tired, you might be short of breath.

You might be having cardiovascular disease. You don't hear about it. But that is that miracle molecule that the mitochondria, the powerhouses of the cells that are so abundant in heart cells have to be have to be super abundant in a muscle and have to be particularly super abundant in a heart muscle.

And these little mitochondria have a whole chain reaction to produce the fuel that causes the miracle of pumping 100,000 times a day. So really, the heart is one giant mitochondrial organ.

And if your mitochondria are fed healthy food, healthy sleep, healthy hormones, healthy stress management, if you avoid the toxins, obviously smoking and air pollution and food pollution and water pollution, your mitochondria will allow you to have a long and energetic life free of shortness of breath, free of congestive heart failure with clean arteries.

But as soon as the mitochondria get gummed up by genetics or lifestyle changes or environmental toxins and there's so many environmental toxins of which I mentioned, again, air pollution has really come on the medical scene, the research world seen as a real factor in mitochondrial poisoning.

So I'll just summarize if you if you just take heart disease, you're talking mitochondrial health or mitochondrial illness. And we need help from all the aspects clean water, clean air, good clean stress management, avoidance of plastics and air pollution.

But we also need intelligence supplementation too. So our disease is really all about mitochondria. Amazing. So a couple of comments. Number one, on toxins so important, we have lots of lectures on this summit, all about the toxins, exposures, how to get rid of them, what to look for, how to test for it, how to treat it.

So definitely tune in to all the toxin lectures here and then just a comment on your heart being the most important organ, arguably as much as you are stating that.

I was thinking of my years of working in the hospital and thinking about people who are actually brain dead and were still alive in a bed because their heart was still beating.

So every expert I talked to, it's true the fertility specialist will say the ovaries are the most important organ. The neurologist says the brain is the most important organ.

The pulmonologist says the lungs are the most important organ. But if you think about it, truly heart is the thing that can even keep a brain dead person going.

So, yes, I would agree with you now. And and I would say we don't talk about it, but a good brain can't keep a dead person going. It's hard. It is dead.

You know, life is over. So it's an interesting analogy made. And that's why heart disease is the number one killer of men and women around the world, because it is indeed so critical to keep your your super mitochondria powered heart super healthy, which is my passion, of course.

Well, on that note, the thing that boggles my mind, so I saw this crazy graph that showed the causes of death in the United States, and it showed the thing that people Google the most.

Because we go on Dr. Google to try to get help to solve our health problems. So knowing that over 30% of Americans are going to die of a heart related event, wouldn't you think that people would be Googling support for heart health?

But they're not. Almost nobody, about 2% of people Google anything about heart health. And everyone's Googling cancer. 37%. And that is the second cause of death.

Now, this statistic was way back in 2016. This graph I saw it. I'm sure if it was redone today, COVID would probably be the number one thing. But if we think about COVID, actually during the peak of COVID, there was still more deaths from heart disease, but the whole world was paralyzed by dying from COVID, where heart disease was still the number one thing.

Yeah, and you know, it's such an important message and they're all important. And for people who have had loved ones that suffered from COVID or suffered from cancer or suffer from suicide and opioid addiction, they're all real deals.

But every year since 1918, when statistics are started to be kept in the United States and I know you have an international audience, but most countries follow the same statistical pattern.

Ever since 1918, 105 years, when the numbers are run, no matter what's going on from the Spanish flu to COVID and it's big heart diseases, the number one killer of men and women in the United States.

It's it's on the order of about 700,000 deaths a year. And that's about 100,000 more than all cancer combined. And it was twice as much as COVID deaths at its peak.

COVID has gravely fallen down the list. Now in 2023, and we hope it never comes back to the way that it did hit us and all that. But we're talking about somebody dying about every 30 seconds of a heart related disorder in the United States, every 30 seconds, a heart attack every 40 seconds, and a heart death of all kinds, heart disease, every 30 seconds.

During this interview, maybe we'll talk for half an hour. We're talking about dozens of people succumbing to heart disease, some of them.

Heart Disease Statistics and Sudden Cardiac Death

And I just want to make this point sick older people, maybe even in hospice, family around said goodbye. A general end to life, maybe at a young age, may be at an advanced age, but the good bye was said.

What I don't think is spoken about, and that's why we've never had an Operation Warp speed for heart disease is that thousand people a day in the United States.

Multiply that around the world that die of what's called sudden cardiac death. It is a cataclysmic found dead on the floor in the bathroom, found in bed, found at a football stadium and a parking lot in their car, never said goodbye.

The family never anticipated the death. There's always severe underlying heart disease, sometimes known, sometimes not known. That's the real tragedy when you find out you have advanced heart disease and the day you die.

That's a thousand deaths a day in the United States. And I just keep imagining, you know, no chance to say goodbye to your loved one. That's what we have to attack with a massive screening program and a massive education program and a massive lifestyle program.

And it is all about mitochondrial health. If you drop dead suddenly, you had very sick mitochondria that stop making the ATP energy source that you need.

And there's always going to be a deep dove and maybe an autopsy to try and figure out why a thousand people a day. So I can't rest till we announce that to as many people as possible.

And institute plans and institute lifestyle. And institute intelligent supplements that support, you know, health, not

illness and tragedy. Absolutely.

And I want to talk a little bit about females versus males. And I'm recalling I mean, it's been a long time since I went to college and I'm thinking back and, you know, as I am, as I am, you know, doing this summit and talking to you, this is a couple of times we've talked now.

I remembered I actually did my thesis on self care of people with heart failure and how poor their self care is. And even though somebody has these debilitating, debilitating symptoms and obviously heart failure is different than the sudden death that you just explain, it's just another type of heart problem, even though that is a very uncomfortable, symptomatic, awful thing to go through, people still are terrible at solving it and taking care of themselves, even though they're in the minutia of feeling awful every single day.

So, I mean, this is things have not changed much over over decades. It's my you make me smile because my wife is in our NBA and my wife of many, many decades.

Yeah, I used to read her papers and self care when she was in nursing school at the University of Michigan. So probably the same basic and very important knowledge that was self care, nutrition, self-care, sleep, self-care, fitness, self-care, environmental toxin exposure reduction and self care, mitochondrial and blood vessel support with again intelligent high quality supplementation.

So all that nursing school training you did and as an expose that we're still talking about and we're still bring up the topic you brought up women. Women will develop serious heart disease early in life if they're smokers, if there's perhaps type one diabetes, you know, breast cancer therapy, chemotherapy, radiation can induce kinds of heart disease.

And there are young women, premenopausal women. For most women, there really is an acceleration of risk around the time of menopause. And moving forward, women gain a few pounds, women's cholesterol goes up.

Women have interrupted sleep and the hormone support in general, natural, well balanced hormones are good for the lining of your blood vessels called your endothelium are good for your mitochondria and your heart.

So women start to develop heart disease. By the end of days, as many women die tragically of heart disease as men. So it's a equal opportunity crosses every racial divide, every sexual orientation, every gender assignment.

Heart disease is number one. And so we have to really attack it and educate the public again. Thousand a day dropping dead suddenly got to do better. Yeah.

And there are some things we can do talking about self-care and talking about lifestyle. You know, there's some trends in heart health and things you can do to improve your heart health, like getting, you know, your numbers tested, knowing what your cholesterol is and your blood pressure and your calcium score, lifestyle, exercise and good supplementation.

So what would you add to that in terms of before we talk about supplements and and the ingredients that should be in a supplement that'll really help you?

What would you say about the trends in heart health? Where are we going now? And the reason we haven't dented and heart disease is we're missing four or five routine steps that anybody can do and they're pretty cost effective actually, and not out overpriced.

So go see your doctor, assuming you have health insurance and get your annual physical and know your weight and your blood sugar and your blood pressure and then typical routine labs your doctor does.

I would urge everybody. Step one, get a home, blood pressure cuff might cost of 50 to $90 on one of the big box stores, but use a home blood pressure cuff the root cause of mitochondrial damage and the root cause of blood vessel damage is often a silent, elevated blood pressure that unless you're in the habit of checking it, you're going

to miss the boat.

So my patients know that I almost require them to have a home blood pressure cuff of one kind or another and leave it out on an end table and use it, for God's sakes.

Number two, you brought up the biggest single deficit in American medicine for heart screening called a heart calcium c.t scan. You go for a mammogram or a third gram, you go for a goal and ask a peer of cologuard.

You have a rectal exam. You have a cervical exam for a woman. You screen for four or five cancers ten times more people that I have heart disease. And just think for a minute.

When's the last time you saw your doctor? At age 45, 50, 55. And they said, we have a new program to screen you for your heart. You're going to spend 75 to $99 for a heart, calcium CT scan at the local hospital.

Nobody makes money. It's just a screen for the heart, just like your mammogram. And you call and ask about it. If it comes back zero, you're a low risk person.

Just keep it up and use that lifestyle. But we're going to put you over here in the lower risk group. But if your arteries are aging, there's this long period of years where arteries get attacked by a variety of causes, lifestyle and genetic, and it shows up as calcification.

Everybody knows the term hardening of the arteries. And it's a real term because arteries get brick like hard from calcium. They don't have calcium when you're 12 years old, but they have calcium when you're 48 and 67.

And you can detect that with this quick little CT scan candidate, your kidneys can get an allergy to it. You do pay for it, except in the state of Texas.

Thank you, Texans, for putting it into your insurance law that you get one free through the insurance program. But you want to do that. You may have to really pin down your primary care.

Doctor, I didn't know that this was available. I don't want to be one of those thousand people a day. I'll take the risk. Am ia0 on my heart? Calcium score, which is a little party.

Have a nice big arugula salad and celebrate. Or am I a calcium score of 972 and I got a problem Massa. So simple. And do it again. 5 to 7 years later.

Less radiation than a mammogram, no claustrophobia, no needle.

Women, Self-Care, and Heart Disease Risk

And then you need about three or four blood tests that your primary care doc is not in the habit of drawing inflammation. What's my high sensitivity? C-reactive protein, a genetic cholesterol called lightbulb protein little a every lab does it inexpensive.

I like to throw in a blood test called homocysteine deals with a metabolic problem you know about called methylation so you do those few things and maybe your insurance paid part, maybe you paid $300 to the lab tests and the CT scan.

You have just opened your eyes to the reality that you do or don't have heart disease. If we applied that to everybody, we would start to make a dent.

Obviously, the people with heart disease are going to need to learn about nutrition and go to the gym and learn how to sleep and get help. Losing weight and avoid toxicity and then add in heart friendly supplement support based on science, based on high quality.

I'm my my mind is blown right now. And this is why 25 years ago, I started my first job as a nurse practitioner and there were people coming to me. I worked in a preventive medicine clinic where we screened for cancer and heart disease, and we used the framing to the Framingham Study of heart disease to base our cholesterol recommendations, hypertension recommendations.

I mean, we gave everybody a heart score and people would come in to the clinic and say, I want to do a calcium test of my arteries. And I can remember at the time the chief of staff said it's bogus, it's a waste of time and money.

We do not validate this. We're not looking at it. And people will come in and say, I'd like a homocysteine level. We'd say, No, you can't have that. That was 25 years ago when people were, you know, this was already on the scene.

And now here we fast forward to today. And it's still not a routine part of prevention. Right? It's very distressing. And there's a wonderful documentary.

After you watch every segment of this summit, you might watch a documentary on YouTube called The Widowmaker movie. How did this hard CT scan get developed?

What's the struggle been to introduce it into routine medical practice? What's the economic situation when nobody makes money? So nobody really is pushing it for a capitalistic reason, which sometimes brings good care to people.

When there's a little capitalistic system in it. The hospital that owns the CT scanner just breaks. Even the cardiologist and the family doctor don't see any revenue, so it's underutilized. Oh, my God.

And there's nothing better. And there won't be anything better for a long time because it is. It's in its prime and it's backed by thousands of studies and even the American Heart Association and others will say there's real flaws to the Framingham Study, a Framingham calculator that a viewer of your doctor tells you you're a low risk.

High risk based on a couple of numbers in a scoring system. And then you go get this CT scan. Two thirds of people bounce up and down because now we really have solid data.

So don't wait. You don't want calcified arteries. You want to do something to slow manage and delay and maybe even prevent the hardening of the arteries in the 1600s.

A famous English physician, Thomas Seidman, said, You are as old as your arteries, and most pathologists would agree at autopsy. You know, people that biologically are old and of course are dead at autopsy, very often their arteries are just full of calcium.

It's never a healthy process. You want to delay it, you want to be aware of it, you want to measure it, you want to retest it. So like I said, this is my pub, this is my public service announcement for all the years of me shaming people for wanting coming to me and saying, I want this seat and me saying, sorry, we don't do that.

Heart Screening and Prevention Testing

And you're you're crazy because we don't accept that in Western medicine. So thank goodness we have people like you sharing and teaching the importance of this.

Okay, so should we get into shall we get into talking about a supplement that can really support? So I want to I want to shift gears here and talk about supplements again, because I didn't believe in supplements for the first part of my career.

And now I see the great benefit from them. And we're going to talk about Extend Life's See X8, which is a heart supplement and we're going to break it down, talk about the ingredients and what you should look for in terms of buying supplements for your heart.

Sound good? Sounds great. Okay, so let's talk about the ingredients. So the first ingredient that I want you to shed light on is vitamin E Taco Try and oils.

And there's this particular one, Delta gold. Not all vitamin E is created equally. So can you talk to us about the difference and why we would want Delta Gold over Taco Pharrell's?

So the difference between Taco Triangle and Taco Bell don't really even saying it right. You're saying it perfectly. Okay. As a little personal introduction, I've been a student, a university student of supplements for more than a decade.

It's unusual to find a high quality supplement that has one ingredient backed by science, backed by research, backed by clinical use. It's certainly even more unusual to find one that combines multiple, high, high, high quality components.

And when I found this company there in New Zealand, Christchurch, New Zealand, I reached out to them because I was so impressed at what they were doing and I still am impressed they are creating great stuff.

So Vitamin E is a very powerful antioxidant. It's carried everybody's heard of LDL cholesterol. That's your cholesterol being carried through your blood by a special dump truck.

Turns out Vitamin E is carried on the same particles and it's an antioxidant. It actually keeps that LDL cholesterol less injurious, less damaging, less inflammatory.

So you if you have a good dose of vitamin E, you're going to have a less dangerous cholesterol at whatever level your blood cholesterol level is. You don't want what's called oxidized damaged LDL.

You want its natural form of LDL. And TOKO Trials are a family of four vitamin E components. There's four or others tocopherol So Toko Ferrell's people say both ways.

So Delta Gold happens to be a version of vitamin D from a plant in the Amazon called the Annatto Plant. It's a super powerful antioxidant, right from nature.

It's a beautiful plant, bright red berries, looks a little maybe like a pomegranate. And this is the highest quality version of vitamin E and it's not the one you find in most multivitamins, certainly online or at a big box store.

This is the supercharged one you want for your mitochondria and your heart. Okay. I always say to people, don't buy your supplements at Costco because you're not going to get the high quality.

Is there? Is there a danger to taking a low quality vitamin E? Will it cause problems? Yeah, there is several pieces of data that vitamin E in the typical form that's in a box store multivitamin and alpha tocopherol may actually have danger to it.

And that's why you hear vitamins aren't helpful. Vitamins are expensive urine because big studies with poor quality vitamin E showed no benefit, even showed harm.

Couldn't be more the opposite for delta gold tokyo triangles that's in C I create a great great choice on their part. Okay, good. This is I know people are taking notes rapidly as we talk, so make sure that you, you know, go back and listen to this again because we're going to Rapid Fire through a few more of these ingredients here.

The next one is root and from Japanese, Sapporo, bud and this is an antioxidant and a bio flavonoid and it's really good at helping maintain blood vessel health and function.

So why is this important in a supplement? Why do we love it? Their routine is like a hidden gem that anybody can go read about and your read all kinds of great stuff about and supporting healthy blood vessels, particularly supporting healthy veins, people have, you know, varicose veins and other inflammatory vein disorders.

Rhoden is related to one that people perhaps have heard of called Quercetin. But Rune has this insane antioxidant score. Powerful, powerful. And when we talk about managing your mitochondria, avoiding damage to your mitochondria, your mitochondria and your heart are dealing with oxygen all the time and they can always be damaged by oxygen.

It's a good thing, but it has a downside. And Rudan is one of those powerful natural toxins may be the most powerful ever measured that comes from this lovely little plant.

Again. And it's just good to support healthy arteries, healthy mitochondria, working in that oxygenated environment. And again, healthy veins. Great one to add in.

Okay, this is so good. I love how you break this down. So simply for people to understand it's a no brainer when you talk about it. So the next thing is now design Proteus, which is an alternative to natto kinase.

Now I know that you've used natto kinase in your practice. What makes this enzyme so good? Yeah, I get questions in my practice occasionally. I can't take aspirin.

I'm allergic to aspirin and I need a blood thinner. I like natural blood thinners and a compound called NAD. A kinase comes up, which is an enzyme that breaks down clots.

It has quite a bit of both animal and human research. It is derived from soy and soybeans. And occasionally people ask me, I'm allergic to soy. And other questions like that.

Now designs are related, but they're not from soy, they're from other plants. So they are not derived from a soybean. They're a family of enzymes that have a role in the balance between good, thin blood and thick clotted blood.

You know, heart attacks, strokes, leg clots, all are a berry like accumulation of a flexible little clock that can suddenly shut an artery, shut a vein, causes a problem.

So now designs supports healthy, thinner blood, not to a point of serious clinical bleeding, not like some of the pharmacology drugs that have to be monitored so carefully.

Anybody could consider adding nanoscience. Really a unique, high quality product. Okay, excellent. It sounds like that our viewers should definitely be adding this if they're trying to prevent major heart events, which we just established as the number one cause of death.

So no brainer here. Tell me tell me about why we want to have vitamin D in a supplement. So in my background, I worked in a metabolic bone bone disease clinic for, you know, a decade and a half.

At one point in my career, I know how important vitamin D is to bone health. I know how important it is to immune function.

Introducing the Supplement Discussion

But apparently it's also a stimulator of nitric oxide, which is a signaling molecule in the regulation of blood flow and really important. So why what kind of vitamin D is in here and why is it important?

Yeah, you know, number one, as you know, if you check blood work, it's extremely common to be deficient in vitamin D. I mean, more than 50% of people, it's the sunshine vitamin.

You can get it from eating mushrooms. But when you get right down to it, most of us are not doing landscaping with our shirt off enough months, a year to actually, you know, get sufficient vitamin D to get in a good range.

During the whole pandemic, we had many studies about your immune system being more functional and protective

with adequate vitamin D blood levels. And that's true, like you said of the heart.

Certainly a relationship between a good amounts of vitamin D and a more normal blood pressure, which is crucial. And there are linings on all the arteries called endothelial cells, and they also respond with better function, making more of this miracle molecule that won the Nobel Prize in Medicine in 1998.

Nitric oxide, many brand of vitamin D come from sheep's well, actually, and some people have allergies that some people have ethical problems with that this vitamin D is sourced from like in a plant and it doesn't have those drawbacks.

So it's a real high quality vitamin D, it's a good amount, well chosen.

Vitamin E, Rutin, and Nattokinase Alternatives

I started to laugh when you said Landscape it. Not all of us can be a landscaper. My husband is a landscape contractor and I've tested his vitamin D levels.

He's very good because he's out in the sun all the time. Our daughter, on the other hand, we just tested her. We live in Southern California. Her vitamin D level was 20.

She's not out there in the sun enough. He hovers in the fifties to sixties, naturally. And I've tested thousands of people in vitamin D and 50% of Southern Californians are also deficient.

It's not just areas of the country where there's less sun right here where we have 300 days of sun per year. This is very important for our audience to make sure they're taking vitamin D.

Right? Yeah. Okay. Couple more ingredients in this summer in the supplement. Now, you and I feel this supplement is so important that we actually even have a link for it.

On this page where you're watching this video, there is a clickable link where our viewers can go and check this out and see what it is, because it's that important to help support heart health.

Now, there's a ingredient in this called cardio omega or maybe it's cardio omega. Does it matter how it's pronounced? We'll go with it either way. It's okay.

So unique to well. And I'm so stunned like we all think about omega threes being important for heart health, but this is an Omega seven, so why is that relevant?

Well, there's a unique plant called the Sea Buckthorn. And even with all my studies of supplements over the years, that has been a relatively, you know, hidden gem to me.

It's a beautiful yellow gold berry. This happens to be a virgin that grows in the in the area of Tibet, very pure, a very pristine, uncontaminated area.

And there's different components. In fact, in six eight, two of the eight additions are from sea buckthorn. One is we'll go with cardio omega omega seven, but actual clinical studies, human studies.

I love when there's that show that blood sugar control, cholesterol control, inflammation and all these measures that will impact the healthier mitochondria, the health of the lining of your arteries, having a better resistance to that hardening of the arteries and calcification can come out of Omega seven.

And then there's actually I'll just jump into the other one also from Sea Buckthorn, but totally different. It's called science Fox. It's a trademark version of Sea Buckthorn Extract.

And there's again actually human data that it is an anthrax. And in a powerful degree, again, people are hearing the

same theme over and over that oxygen is good for you, but oxygen can damage your cholesterol and your blood vessels and your mitochondria.

We need antioxidants from our diet, but here we're getting them from plants through a supplement, CSA and ACIM and Fox and other Sea buckthorn extract in. This really great supplement has data for stimulating stem cells that help repair your blood vessels.

The endothelium and boy people go to Panama and people go to Guadalajara to get stem cell therapy. Turns out there are plants, as is well known plants that stimulate stem cells.

And this science from City Buckthorn is one of them with a really, really solid human study. Very, very exciting. Sounds like it would be good for even other areas of the body, not just I mean, this stuff isn't just going to the heart.

Vitamin D and Omega-7 Support

If it's stimulating stem cells, that's that's a benefit to your whole body. Absolutely. The study was looking at blood vessel lining cells, endothelium, which is a homerun for a cardiology practice and for everybody else that has a heart.

Whether you're thinking about it or not. But you're you're probably right on that. You're getting other benefits, too. Yeah. Okay. One more important ingredient that I'd love for you to highlight is this black currant extract.

So can you tell us about polyphenols and why this is important from a heart health perspective and why a cardiologist would find this relevant to be in a supplement?

Yeah, and people know what a current is. We usually think of a red currant. I know some of my patients tell me they're taking blackcurrant for eye health because they you need strong antioxidant support.

But this is a well studied registered trademark brand of blackcurrant extract that's rich in those polyphenols. You think about cocoa powder and green tea, and sometimes we think about red wine, but we're looking at, again, an antioxidant function, maintaining mitochondria, a health function, preventing damage, letting all that ATP develop in your mitochondria.

So it's anti inflammatory and it is so easy to measure. I mentioned, you know, half an hour ago about a blood test called high sensitivity C-reactive protein.

You can measure of your blood pressure. Blood vessels are inflamed and this extract from blackcurrant in six eight can lower inflammation, help prevent the oxidation of LDL cholesterol.

And the nicest thing is it comes right from New Zealand, pure, pristine, lovely green mountains and valleys. So a little better part of the world than some of the places supplements are made, you know, in the areas that are polluted and also very, very cool, one that's particularly extracted to be without high sugar content.

You don't have to worry my sugar going up by an extract with black currant. It's not the case with this one. It is the case with some others. Okay, so New Zealand is on my bucket list of places to visit.

Just by the way, my my sister went there and she said the wild horses were what she was just stunned by was the wild horses roaming around. Amazing. So I want to go.

In there, rather, and it certainly would be a beautiful place to visit. I absolutely want to go. But the sheep I don't want to shave them. I just want to know what about them?

You want to you want to plant version of de vitamin D, God. Forbid, do sheep yoga or something? Yeah, yeah, yeah. Or goat yoga. Goat yoga. Sheep yoga.

Exactly. Okay. So we've covered the most important ingredients in this supplement, the ones that are so meaningful to heart health.

Black Currant Extract and Antioxidant Support

This company, Xtend-Life, has several other supplements. And what we didn't cover here because it's not in this particular supplement. But I just if you could say some words about it, Coke ten, this is something that's also important to heart health.

They do have another product for Coke. Q10 If you could just say a few words about that, because I know everybody's probably wondering how come they didn't talk about Coke.

Q10 We know how important this is to heart. Probably in the world of cardiology, Coke, Q10 has more research and clinical support for helping your mitochondria maintain a healthy heart, healthy arteries, healthy blood pressure, and maybe actually preserving your optimal lifespan.

A very nice study in Sweden suggests that's the case. In a recent enormous study of 800,000 people in supplements, there was about a 35% drop in heart death in people taking CoQ10 compared to people not taking Coke.

Ten made headlines all over the place. So I'm very bullish. And what extend life has uniquely they have an omega three combined with Coke Q10 that for people that do fish based omega three, it's a super high quality new product and a really great mitochondrial support.

And they just came out unique in the world, a combination of coenzyme Q10 called Ubiquitin, all with a separate agent from the Amazon called G Pure. But the two together are called extend gonadal.

CoQ10, Statins, and Final Recommendations

And I just say, if you're taking a cholesterol medicine called a statin like Lipitor or Crestor, you want to read about Extend Canal from this wonderful company, extend life and see how it's supports and protects and defend your body from the potential disadvantages for being on a statin.

Get the benefits, avoid the disadvantages. Then you got a home run. And that's what we've been looking for for the 30 plus years that statin cholesterol medication has been on the table.

So what I'm hearing is that you can use these supplements from extend life in addition to your prescriptions that you're taking to lower your cholesterol, support blood pressure, you know, reduce your risk for heart attack and sudden cardiac death.

You can take these alongside safe to take even for people who are on blood thinners. I mean, that's always the big question I get is I'm on blood thinners.

Is it safe for me to take this? Yes. Safe, safe, safe. I would rate Coke ten GB pure mega three as science backed and extremely safe. Excellent. Thank you so much.

Vision itself and a green drink called superfood greens. They make that mitochondria with a little spirulina and other green powders. Kiwi kiwi from New Zealand I love. Yeah.

Thank you so much for explaining this. This has been so eye opening and reassuring, I think for our audience who really wants to make sure that they're taking supplements that will give them the most support.

Excuse me. So click the links on this page where you can find the products you can find extend life and you can find sorry, you can find C eight and extend Kunal from the company, extend life.

And can you also tell us, Dr. Khan, where our audience can find you? Okay. I am a practicing preventive cardiologist in suburban Detroit, Michigan, and the easiest website it would be Doctor Joel Conde, D, R, Joey L, H and Ecom.

Links to clinic, links to podcast, links to books, links to articles. I'm pretty active cardiologist. Yes, you are. And very active on this summit too.

So thank you so much for being here a couple of times to share your wisdom with our audience. And until next time, everyone take good care. Bye now.