Discover The #1 Superfood To Protect Your Heart From Attacks & Strokes Transcript

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Summit Welcome and Speaker Introduction

Hey, everyone, back to Eric Lynskey here, and welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event that is being carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, hard, healthy life.

This information your doctor will not be telling you about, so please clear away distractions and get ready to take lots of notes. No joke, you will not find this collection of practical, natural solutions anywhere else online.

From avoiding hidden toxins in your home that are damaging your heart to easy natural product swaps to simple lifestyle habits you could start implementing today.

Each expert will empower you with simple, money saving tips that put you and your heart health back in your hands. And remember to keep this life changing knowledge at your fingertips.

Be sure to grab the summit recordings and bonus materials for ongoing support in your journey to a heart healthy, abundant life. And today, I'm thrilled to introduce you to a longtime friend and colleague, Doctor Cyrus Combatant.

Cyrus Campbell, a PhD, earned a Bachelor of Science degree in mechanical engineering from Stanford University, then earned a PhD in nutritional biochemistry from the University of California, Berkeley in 2012.

He is the coauthor of the New York Times bestseller Mastering Diabetes, as well as several peer reviewed scientific publications. He's a co-founder of Omelet Green and is an internationally recognized nutrition and fitness coach who has been living personally with type one diabetes since 2002.

He created the Mastering Diabetes method to reversing insulin resistance in all forms of diabetes, and has helped more than 10,000 people improve their metabolic health using a low fat, plant based whole food, nutrition, intermittent fasting, and exercise.

Well, today you're in for a treat. So let's get right to the interview. All right everyone, super, super excited to be introducing you to a friend of mine.

One of the most brilliant men that I know. Doctor Cyrus Cyrus, thanks again for joining us here, my friend. Absolutely. Thank you, doctor Z. It's, it's always a pleasure to be with you.

And I, I hope, the conversation today adds a ton of value to, you know, anybody who's looking to improve their cardiovascular health. You don't have to hope, because you're going to deliver.

Folks, I. I just interview Doctor Cyrus. We can have. Two weeks ago, we did a webcast talking about his awesome product and a shameless plug, like green, like 60,000 happy customers over the many years that he's been, sharing this wonderful Indian gooseberry.

And we did this, this, this workshop. And I was sitting back and I was literally blown away. I mean, we're, you know, Doctor Cyrus is a PhD. Nothing against, DCS, MDS, Dos, but a PhD.

They're just a special type of educated person, you know, take away the clinical side of your education. It's just books. And I was sitting back and I was like, I felt like I was at an expert level, like doctorate course.

And you communicated this in such a way where I understood it very clearly. All the people watching understood it very clearly. I'm like, I got to get Doctor Cyrus and her heart attack and stroke event because this information is absolutely crucial.

So let me take your horn, doc, you are one of the most gifted teachers I've ever heard, and I'm just. I was just. Wow. So I would encourage you all after this find, you know, search and find Doctor Cyrus.

I'm going to be hosting a webinar soon again with him. You want to get plugged in to these to go deeper? But this is going to blow your mind. And this is, I guess, a little teaser, a little sample of all the wonderful things.

So none of this is scripted other than the fact that you hold the keys of the kingdom to cardiovascular health and metabolic health.

Understanding Cardiovascular Disease and Insulin Resistance

And, I just kind of want to throw it at you and see where you think you want to begin, because you're, you're you're you're the man. Well, first of all, thank you for being so kind and generous here.

I had a fantastic time with you on that masterclass. And, you know, we got a lot of people who are saying, wow. And, you know, it's the first time my eyes are really open to understanding what is the true cause of cardiovascular disease.

Now, maybe a logical place to start in this conversation would be right there and trying to go, back to first principles and trying to understand what are we talking about, right?

When it comes to cardiovascular disease, there's a lot of different, there's a lot of different, you know, forms that cardiovascular disease can take.

High blood pressure is a form of cardiovascular disease. High cholesterol is a form of cardiovascular disease. Atherosclerosis, which is the hardening of blood vessels, is a form of cardiovascular disease.

And all of them can end up, you know, generally speaking, these types of cardiovascular conditions don't happen in isolation. What we, what I have seen over the course of the last decade in working with thousands of people is that chronic diseases tend to move in constellations, and I use the term constellation to mean they move in groups together.

So oftentimes a patient will present or a client will present. They'll say, hey, I, I have a high A1 c value, meaning I went to the doctor and they told me I have type two diabetes because my A1, C is greater than 6.5%.

And then I say, okay, great. Well, what else did your doctor tell you? Oh well, I my blood pressure is also high, so. Okay. What else did your doctor tell you as.

Oh, well, they put me on a statin medication, say. Okay, well, that means your cholesterol level is high. What is your LDL value now? Well, that I LDL values 147. Right.

And what else did your doctor tell you? Well, technically speaking, I'm either overweight or obese and I need to lose some weight. And we start to see this, sort of this, this regular pattern of come across where people have multiple different conditions that they're trying to solve simultaneously.

So the next question I ask people, do I say, okay, well, did your doctor explain to you what may be the cause or the causes of these constellation of conditions?

And most people respond by saying no. And I say, well, your doctor didn't explain to you what could be causing this, what could be underlying these conditions?

I said, no, no, no. What my doctor told me in the 15 minutes that we were together is that I have multiple conditions, and I'm supposed to take a statin medication and a high blood pressure medication and metformin together.

And I say, okay, cool. So what you're telling me is that your doctor didn't necessarily take the time to explain the causes of the condition. But your doctor did tell you that there are three solutions to your problems and that the solutions come in pharmaceutical form, and the solutions that they're presenting to you are actually not solutions.

They are just Band-Aids. And these Band-Aids, you know, are going to multiply. And they come with a bunch of side effects and they're kind of costly. How do you feel about that?

And then people usually stop and they go, You're right. Shoots right. This is where the problem begins. So, if we go backwards in time and try and figure out, like, well, what's actually causing the problem, right?

What's causing this thing that we referred to as cardiovascular disease, and specifically what's causing the multiple conditions from manifesting simultaneously?

Because that's truly where I like to my super nerd brain goes backwards and says, you know, like, how is it that people have multiple conditions together, like what is going wrong?

Right? And so I've done more than, you know, 22 years of research at this point. First, I was diagnosed with type one diabetes in the year 2002, and that led me down a path of trying to understand what was wrong with me.

Like, did I cause type one diabetes in myself? So. Okay, fine. Totally cool. What did I do? Just tell me right? And then it turns out that I actually have three.

I don't mean conditions. Type one diabetes plus Hashimoto's hypothyroidism plus alopecia universalis. Alopecia is total hair loss. So you see, I have no hair, no eyebrows, no beer, nothing.

Right. So funny. I have a constellation myself. Right. And many forms of cancer in addition to that insulin resistance also increases your risk for the development of conditions like neuropathy which is nerve tingling nerve damage as well as blindness and kidney failure and retinopathy and erectile dysfunction.

So it's an ugly animal and it's not a fun place to be. Okay. So if we know that it's so strongly linked with cardiovascular disease, well then what is it?

What is it? What are we talking about? Right. So insulin resistance a simple way of thinking about it is that it is the, the condition that's caused when insulin doesn't work effectively and insulin has to locations in your body where it does the majority of its work.

Okay. The two primary locations where insulin works is your liver and your muscle tissue. Okay. Truth be told, insulin works on pretty much every single tissue in your body.

But it has its strongest effect inside of your liver and outside your muscle. Insulin's job is very simple. It's job is to go knock, knock. There's energy in the blood.

There's stuff in the blood. Would you like to take it up and tissues have a chance to respond and say, hey, insulin, good to see you, I recognize you, I have the ability to communicate with you.

If there's glucose and fatty acids and amino acids in the blood, I either choose to take them up right now and listen to you, or I choose to say, hey, no, I'm closed for business.

Got to go. Okay, so under normal circumstances, what happens is that when insulin knocks on the door of your liver and muscle, it goes, knock, knock. There's glucose, there's fatty acids.

There's amino acids in the blood. Would you like to take it up? And those tissues usually respond by saying, yeah, sure. Sounds like a plan. I'm looking for that stuff.

Go ahead, bring it in. And then those fuels can be imported into the tissue and then either stored for energy or

oxidized immediately. But in the insulin resistance world the tissues respond by saying no, no, no, no, no, I'm not interested.

I'm actually trying to resist your signal. I don't want to pay attention to you. The reason that tissues would respond that way is mainly because liver and muscle tissue, when existing in a high fat environment for a significant period of time, we're talking weeks to months to years end up developing the insulin resistance pathology.

So this is where people kind of get thrown for a loop and they go, whoa, what are you talking about? Cyrus? What are you talking about? I thought that insulin resistance was a result of too much sugar or too many carbs.

Right? That's what the general public believes. Everywhere you go, whether you're, you know, outside the general public. Are you reading a newspaper or magazine or something online or you talk to a doctor, they'll tell you that insulin resistance is a, is a is caused by carbs.

It's caused by fruit and potatoes and rice and breads and cookies and crackers and chips and pastas. And the answer is that's not actually a true statement, okay?

Insulin resistance is caused by a number of factors, can be caused by a number of factors. But the number one most powerful way to induce insulin resistance is by eating a diet that contains too much fat.

Period. End of story. Especially if that diet contains a significant amount of saturated fat that comes from animal based foods like red meat and white meat, and chicken and fish and breads and pastas.

I'm sorry, not bread spots. Red meat, white meat, fish, chicken and dairy products. Yeah. So if your diet contains a significant amount of those animal based foods, then you end up consuming a lot of saturated fat.

When you consume saturated fat, you're the amount of fat that's actually put into your liver and put into your muscle increases. And in that scenario, those tissues become overloaded with they accumulate excess saturated fat.

So in that situation, the tissues basically are forced to basically switch over to using that fuel because that's what they've been provided with. So you're eating a high fat diet.

Those two tissues are say are saying, okay, I got to use this for fuel. And then they end up using that as much as possible. But the side effect of accumulating so much fat, especially saturated fat, is that they get into a self-defense mode where they go, wait a minute, hold on a second.

There's too much stuff inside of there's too much energy. I don't really want this energy. I don't need this energy. How can I protect myself from taking on more?

What can I do? And the easiest solution for tissues to block more stuff, more energy from coming inside of them is to mount a defense mechanism against insulin, because insulin is a very, very, very powerful hormone.

In fact, it's the most powerful anabolic hormone, meaning it's the most powerful signal to promote fuel uptake and to promote cell growth. So if if you were a liver cell and you're like, hey, hold on, I got to try and block more stuff from coming inside of me.

Rather than selectively blocking glucose and selectively blocking fatty acids and amino acids just block insulin because that you're going to get your job done right.

So these tissues literally mount a self defense mechanism. And that's and self-defense mechanism is called insulin resistance. So when insulin comes and knocks on the door like we said earlier it goes knock knock.

There's stuff in the blood glucose amino acids fatty acids. Do you want to take it up. All the cells in your liver cells in your muscle go no no no no no.

You put too much fat inside of me to begin with. I don't want all this stuff that I got, all the stuff I got to deal with. I'm not paying attention to you. And some I got gotta go.

So they close their doors, and then they basically that blocks fuels from coming into the tissue, which means those fuels accumulate inside of your blood.

And this is where the problem actually truly begins. Because when glucose cannot get inside of your liver and muscle effectively or efficiently, then the glucose ends up pooling and it increases in concentration.

And then that means that your glucose goes high. So what people often find is that they say, you know, I've been eating this high fat diet for a while.

I've been eating a ketogenic diet or carnival diet or some type of, you know, low carbohydrate diet in general. Then they eat one banana, literally one banana, or they have like, I don't know, a small bowl of rice or they have like a potato and all of a sudden the glucose goes super high. They go, gosh, it's the it's the it's the potato, it's the banana.

I told you carbs were bad for me. I'm not going to eat these things. And they blame the carbohydrate rich food. And it furthers this idea that carbs are bad for you, Sugar's bad for you, fruit's bad for you because fruit is sugar, and sugar's bad.

Sugar causes your blood sugar to go up. But it's not. It's not true. You can't blame the banana. You can't blame the potato. What you got to do is go backwards and say, well, what's the problem?

And the problem is that there's a traffic jam and the traffic jam caused what was was caused by excess accumulation of fatty acids. The result is that glucose ends up getting trapped inside of your blood.

So I'm going to stop talking here in a second. But effectively, what I'm trying to communicate here is that the insulin resistance pathology is very, very, very closely related to a dysfunction of cardiovascular metabolism.

All right. So many things can go wrong inside of your cardiovascular system when you develop insulin resistance. The insulin resistance problem begins in a high fat environment.

Doctor Z, does any of this make sense? I love it I mean, I see Cyrus, the thing is, is that I have been studying essential oils and aromatherapy in such a way where, given the opportunity to be on the other side of the microphone, I will just lecture and next thing you know, half an hour goes by and the interviewer only asks me one question if that, and I keep on flowing.

That I. Sometimes get into a flow state and I feel like it's a wonderful, wonderful discourse. I usually get good feedback. And so with someone like you, I don't want to interrupt.

Like you can continue going. This is so perfectly laid out. Again, we're at school.

Ketogenic Diets: Short-Term Benefits and Long-Term Risks

I'm pulling up studies as we speak because I want you all to know this stuff is backed by research beyond research. Like a high fat, high saturated fat diet decreases insulin sensitivity without changing intra abdominal fat and weight stable overweight and obese children or adults.

And this one is a big one. I mean this right here study on insulin resistance. And this is schema X rebel cardiovascular disease. But this is what you basically said.

And I'm looking at it I'm not actually doing I'm fact checking you but not necessarily fact checking. I want you all to know there's a major difference between an influencer, a someone out there, a blogger.

There's a even a difference, dare I say, with with a health care practitioner, like someone like Doctor Sauers is mentioning and a PhD researcher who is living and breathing because what Cyrus has been trained to do is to comb through the literature, to comb through what doctors are saying.

And this is what literature is what you're seeing here is a direct quote from a peer reviewed study that you can see online on PubMed, and what Cyrus has a unique ability to do with which most people don't.

And I could resonate with that because I have a public health training and a public health background. We've been trained to go through the research, see what the doctors are experiencing in a clinical setting, see what researchers are seeing in a non-clinical setting.

And let's look at that in mass. And let's comprise the research into what is essentially a meta analysis. And this is the bottom line. Insulin resistance is strongly associated with the occurrence of stroke, early neurological deterioration, stroke patients post stroke, depression, cerebral small vessel disease, and the list goes on.

And all the other things that he's talking about. And I guess if you're asking me what direction I would take this, I would kind of I would like to understand a little bit more about when people need to be careful, because there could be an argument to like, look, I don't care what you say, I'm convinced I need to go keto just to lose this quick weight.

Like I personally, between you and I, I would much rather someone go keto than go on ozempic. I mean that's just like which one is the better? So can you start explaining?

If you do have this? It might be a tough question, but when is that point of like no return? Like, look, you could get away with this for X amount of time, but after this you really, really, really got to be careful, especially with these high fat diets.

Do you have any insight into that? For sure. That's a great question. It's a phenomenal question, actually. And my answer to that is like, there's actually a high degree of individual variation from person to person to person.

So you could take 50 people and you can put them into a room and you could put all 50 people on to a ketogenic diet, and you could control their diet so that it's pretty similar in the carbohydrate of fat to, to, to, protein ratio.

And you could control how much they're moving their body. And you could basically try and turn them all into like laboratory animals, if you will, and just, you know, try and control every variable.

And what you're going to likely find is that the ability of you, first of all, you're going to find, slightly different response from person to person to person.

Some people's glucose may come down faster than others. Some people may lose weight faster than others. Some people might find the diet palatable, and some people might find it on palatable.

Some people might love it, some people might not like it. Some people might find that they're very high energy. Some people might find that they're super low energy.

Some people may get dehydrated. Other people might feel like they're on top of the world. Right. As a generality, what the research shows is that when people eat a ketogenic diet, there's a lot of powerful benefits that come along for the ride at the very beginning, in the short term and the short term benefits include, number one, lower fasting blood glucose value.

Who doesn't want that number? Two lower one value. Who doesn't want that number three weight loss but rapid weight loss okay I'm not talking about, you know, a couple of pounds here and there.

I'm talking about if you let's say you take an individual who starts at 200 pounds, you put them on to a ketogenic diet, you know, a male at 200 pounds, you know, five foot 11.

It's not uncommon for that male who's five foot 11 and 200 pounds to lose 20 pounds and come down from 200 to 180 in the first three months, maybe even a little bit quicker.

Okay. Oftentimes you find that people who are eating ketogenic diet end up with lower triglycerides in their blood, which is a good thing. Who doesn't want that?

And then their HDL cholesterol also tends to go up, which is a good thing as well. So on a piece of paper, within the first six months, people are demonstrating a lot of these powerful benefits.

And you look at the evidence based research and you'll see it left and right, you know, results of a ketogenic diet in the short term, whether it's ten weeks or three months or six months.

And it's just like, bam, these are great results, right? But you take these same 50 people and you continue them on this diet over the course of time, six months past nine months, past 12 months, past two years, past five years past.

And what you'll likely find is that the first thing that happens is that number one, the compliance of these individuals starts to fall very quickly. Compliance is just a fancy, super nerd way of saying will people eat the diet that you prescribed?

And when it comes to a ketogenic diet, it's it's hard to do in the long term. It genuinely is hard to do because we're talking about people who are eating something like 70 to 80% of their entire diet in fat as their primary macronutrient, and then they're getting like 20% protein and then the remainder, like 10% or less in carbohydrate energy.

That's hard to do, and it's hard to do in the long term because number one, it becomes pretty boring. But number two, people often don't feel that well in the long term.

So to answer your question, in a long, roundabout way, what I have found through both coming through the research as well as through empirical work and working with a lot of individuals, is that somewhere around the 6 to 9 month marker is where people start to feel not so awesome, know?

And that's where people all of a sudden are like, oh my God, like I got these good results. I'm like, either I'm like, tired of doing this. I don't want to do it. I can't do it anymore.

I don't know what to eat. I lost weight and now all of a sudden I can't lose anymore or what the hell is going on with my LDL cholesterol. Okay. The I want to talk a lot about LDL cholesterol, and I want to talk a lot about atherosclerosis.

So maybe we can go there in a second. But, in a high saturated fat environment, LDL cholesterol, goes up a lot. It doesn't just go up a little bit, it goes up a lot of it.

And when you increase your LDL cholesterol, you are putting yourself at a very, very high risk for a future cardiac event. And I don't want that. And most people don't want this.

So we have to be very open and transparent about the fact that a ketogenic diet can certainly do that to your LDL cholesterol. And, that's a very not so fun side effect of eating a ketogenic diet or a high fat diet in general that we cannot and should not ignore.

And I want to be respectful of everyone listening to people that are unwilling to forego of meat and I and I'm not a vegan, by the way, but if I had to conjecture, I should measure it.

But I'm close to 85 to 90%, if not 95%. Most of the time, a plant based, it's just been a natural progression of just as I clean up my diet and other things, the the the risk in my thing.

Cyrus, is the risk of contamination with animal products is just infinitely higher when it comes to heavy metals,

pesticides. I don't care if it's grass finish and if it's raised on a cloud.

It's, it's just it's just toxic food for the most part up. And that's my thing, folks, is that's where my my thing. But I, as a biblical health guy, I always go back, hey, Jesus ate fish.

They slaughtered lamb for the Passover. But it wasn't. It was once or twice a year of red meat. It was fish on a regular basis, but. So I want to I want to frame this discussion, because we're not here to convert you to veganism.

However, you have a very, very unique approach to the solution to this. And it really was the background of why you created this product. And I don't want you all to feel this is a sales pitch.

However, whenever I have the pleasure of interviewing someone who has formulated something, created something that has helped tens of thousands of people, it's no different than his New York Times bestseller, The Mastering Diabetes Book.

This amla green product, Indian Gooseberry, has helped so many people. So if you can kind of go back, like what is so special about Indian Gooseberry?

And I'm hoping that could lead you into a discussion of, okay, this is the solution to insulin sensitivity. And why you need to focus on the solution, because I've already heard you speak about the solution.

So hopefully I'm feeding you a nice alley-oop for a good slam dunk. So go in that a little bit okay Google. All right. So in order if we're going to talk about the solution to insulin resistance, the last thing I want to do is mislead anyone into believing the solution is one.

The solution is not one food. And I'll be the first person to tell you that, okay, the most effective solution to insulin resistance is eating a diet.

That is, number one, low in fat. We talked about the fact that eating a high fat diet can increase or exacerbate the pathology of insulin resistance, and that is an absolutely true story, specifically when it comes with a significant amount of saturated fat.

So if that's the cause, then we have to basically invert that and turn it into a low fat environment. And when you do that, then what you are likely to find is what we have helped thousands of people do, which is significantly increase their insulin sensitivity, which is the opposite of insulin resistance.

In other words, high fat diet causes the resistance. Low fat diet causes insulin sensitivity. And that's a good thing. Okay. So like we talked about earlier, insulin resistance is not a place you want to go because it increases your risk for glucose abnormalities.

But it also increases your risk for many forms of heart disease. And it can certainly exist. It can increase your blood pressure, and it can increase your LDL cholesterol, and it can increase the hardening of blood vessels, which is called atherosclerosis.

We don't want any of that stuff. All right. So the simplest thing you can do is drop your total fat intake to, in my professional opinion, somewhere between 10 and 15% of total calories.

And another way of thinking about that would be to eat approximately a maximum of 30g of total fat per day. That's a simple metric that you can use to try and figure out if the amount of fat that you're eating on a daily basis is at least in the ballpark of what I'm trying to communicate.

Okay. Number two, eating a diet that contains a significant amount of plant material, just like you alluded to, doctor Z is going to be a very powerful strategy as well.

Okay, again, I'm not the vegan police. I'm not the food police. I'm not the vegetarian police.

Plant-Based Nutrition for Heart Health

I'm I'm telling you that that I'm coming from a place where I've read a lot of research and I've done a lot of personal experimentation, and I've worked with thousands of people, and my ultimate goal is to try and convert people into it, to try and educate people about the power of eating a plant based diet.

And the more plant focused people become, the more, long lasting benefits they get. They get short term effects, for sure, but they also get tremendous long term benefits.

So if you can eat a diet that is largely plant focused, whether or not you choose to go fully plant focused or not, it's totally up to you. But if you choose to eat a plant strong, plant focused, plant centric diet, what you're likely to find is that the increase, the increased fiber intake, the increase water intake, the increased, antioxidant intake that comes as a result of eating a plant based diet can benefit you in ways that you cannot even predict.

It's a it's a solution that can solve multiple chronic diseases simultaneously that can significantly turn down the volume on high blood pressure, high cholesterol, high blood glucose, and low energy and excess body weight.

I mean, those are those are five of the of the most powerful effects that you can get in the short term. And those effects, the primary difference between eating a ketogenic diet and eating a plant strong diet.

If you if from my from everything that I've, you know, learned over the past 20 years is that the ketogenic diet will get you a lot of results in a very short period of time, but then it can often spin out of control over the course of time.

So you can get great short term results, but the long term results are not there. They're just not there from an evidence based perspective and also from an empirical perspective.

So you can get good results on a piece of paper. But then in the long term, you end up with a very high degree of insulin resistance, and your risk for cardiovascular disease significantly goes up because primarily speaking, your LDL cholesterol goes up, your able B goes up.

And your, the hardening of blood vessels, atherosclerosis, also the risk for that increases significantly. I don't want that. And I know you don't want that.

But if you take a look at a plant based diet, you get incredible short term results equal to equivalent to what you will get with a ketogenic diet. But over the course of time, the results persist.

If you can stick with eating a plant based diet, your health can continue to get better and better and better and better and better over the course of a long time.

And that's what a lot of evidence based research shows that people who stick with a, plant focused diet end up with a lower risk of what's called HCM all cause mortality.

The more plant strong your diet becomes, the the the lower your risk for premature death, the lower your risk for death from any cause. And this is some of the strongest data that we have.

And there's a there's there's many research studies. There's over 20 large epidemiological studies which which investigate what happens to people who eat a plant strong diet over the course of many years.

I'm talking ten, 15 years and beyond in very large numbers of people 50,000, 80,000, 100,000 people. And what you'll find is this conserved response over and over and over again that these studies find that people who eat these types of diets end up with a significantly reduced risk for premature death.

And that's a great thing. Okay. So. Changing the diet, I can I. Mean, yes, let me let me just let me just share this again. Journal of nutrition. Healthy plant based diets are associated with lower risk of all cause mortality in US.

And you mentioned that, quote, many cohort studies show that the consumption of plant based foods such as fruit, veggies, whole grains and nuts associated with lower risk of all cause and cardiovascular disease mortality.

Whereas animal foods such as red and processed meat are associated with an elevated risk. This is just it's beyond proven. So I think just to bring it home to a what do I do with this?

Because, you know, there are many cardiologists and doctors that that promote heavy meat consumption or whatnot. It's just ultimately you have to find what works for you.

You have to find what works for your budget, and you have to find something that's sustainable. But I don't think anyone can argue. And this is I guess my big thing is you can't argue with more fruits and veggies, more healthy plant based food is never going to hurt you.

I mean, there's no risk to it. And that's where I would just encourage everyone to think about what you could do, looking at the different studies. Because ultimately, and this is the confusing thing, is there is a direct contradiction, it seems direct conflict between experts.

And you have this expert group saying this thing, this expert group saying that thing, I want to leave you with just keep an open mind, prayerfully consider and also look at the source of your food, how potentially toxic the food can be, what's being affecting or what's affecting the food source and go from there.

And so, I appreciate your take on this series. I really do, and I feel it's very well balanced. And, the longer that I'm living this way and I'm about 22 years into this natural lifestyle myself as I approach my 45th year on this planet, I just feel better enjoying enjoying more of a plant based diet.

And, I love it. But I also love the balance of doing the other things I do with healthy what I consider healthy, clean animal protein. And so I'll leave you with that, folks.

As I found my piece and I really did, I found my I found a place where I'm happy and I feel great. And so I hope that you could find that place as well.

But with that, there is there's a secret here, and there's a secret that led you to the Indian gooseberry, which kind of blew my mind. And that's where it's like, again, it's not, food.

It's not, ingredient, but it's this concept that led you to the Indian gooseberry that has transformed thousands of lives. And so, like, I hope we could kind of, you know, slowly, like, right now, we're we're on the airplane and we're about 20 minutes off the airport and the, and the, the air pilot is like, hey, we're about we're approaching descent.

Get on your seatbelt. We're going to be landing, but we're not landing now. We're going to land in a few minutes. So let's start the slow decline to the Mother Earth.

Yes. Okay, great. So I want to. Oh, you got you. Oh, you got this I love it. Oh. Okay. Sweet. I don't want to put you on the spot. I'm glad you could share this. Great.

Okay, let's go to class. Let me, let me. What's here? Because, this is where when when I first learned about these things called, love berries, Indian gooseberries.

I thought it was kind of a joke. And the reason is because I'm. The berries have been used in diabetic medicine for thousands of years as, like, a cure all. Literally.

They're like, is your is your is your is your liver, enzyme pie. Okay, great. Well, then, you know, use amla berries as your fasting blood because high great use on the berries energy.

Love on the berries. You got bitten by a snake. The bears, your hair is not growing thick enough. It's normal berries. And I was like, come on, you. What are you talking about? Right.

There's no such thing as one food that can do all of this, right? But modern research is actually trying to understand whether or not these amla berries actually have the effect that, you know, these ancient civilizations have been using for many centuries.

And what these berries are is these little fluorescent green things that look like a grape. And they grow in India. They're hard to get your hands on here in the United States.

And they are the world's most crappy tasting, sour tasting thing I have ever put in my mouth. I mean, these things taste ridiculous. Get. But what part of the reason why we even want to talk about in the first place is because they are a the single most powerful antioxidant rich food ever discovered by humans, and they're the single most powerful cholesterol reducing food ever discovered by humans.

They also are very powerful at lowering blood pressure and lowering blood glucose simultaneously. And it's not a coincidence that it does all of that stuff together, because it goes right to the root cause of these abnormalities, which is in your cardiovascular system.

Okay, so here's a simple way to think about it. You see all these foods that are marketed in today's world about being like antioxidant powerhouses. You know, the goji berries, the pomegranate, the cocoa powder, the acid berries, turmeric and beyond.

And you can graph these things on what's called the Orac scale. The Orac basically means the oxygen radical absorbance capacity. It's basically just a super inert way of talking about how powerful and antioxidant rich food is.

The the larger the Orac value, the high, the more antioxidant capacity, the more excellent antioxidant activity it has. Goji berries ring in at 3000 pomegranate 4000 blueberries, 9000.

Cocoa powder 55,000. So if you're a cow fan, cool. You're in good shape. I say berries at 100,000. That's good. Turmeric at 187,000. Okay, so let's stop right there.

Because turmeric is considered one of the most powerful antioxidant rich foods that you can that you can find. And that's what turmeric is and everything you can get it in and in coffee.

You can get it as a spice. You can get it in practically every food that you can think of. Okay, I'm the berries have an Orac value that's greater than twice as turmeric, twice as much as turmeric, and then some.

And it's 79 times more powerful than goji berries. Okay, that says something, right? So right off the bat, there's no food on the planet that has more antioxidant power than the omnibus.

So that's number one. We got to we got to think about that. We got to know about that. And we gotta we gotta make sure that we're solidifying in our brain that these I'm the berries are the king of antioxidants.

Okay.

Amla Green and the Power of Indian Gooseberry

So is it is it fair to say it's because of the antioxidant prowess that the Indian gooseberries so helpful with, with heart attack and stroke and heart disease? Yes.

It's because of the specific compounds that they have inside of them, which are antioxidant compounds that they taste so crappy. There's there's so densely packed with antioxidants that it's like very unpalatable to eat them because they have very bitter and sour flavors.

And, that's actually part of the medicinal components of the food. But to answer your question, yes, these antioxidants a powerful. So also we can conjecture.

And this is where I want to give a practical tip. Focus on a high antioxidant diet and be careful of the dangerous processed oils and all the foods that out there that have free radical damage to the body because you're ultimately in this and you, you feel free to go into that concept because you kind of glossed over that earlier.

But it's like, this is really this is the big takeaway I want you guys to take away from. This is why I invited Doctor Cyrus when I was watching this presentation a couple weeks, I was like, the light bulb went up in my head.

It's like, oh, it's so simple. This is free advice. This is free for me. Reduce free radical damage, increase antioxidant damage. Next thing you know, the body starts to regenerate.

You use the word regeneration no less than a dozen times in your presentation. I'm like, it's now clicking in my head. So yeah, I just wanted to frame that because that's the takeaway advice.

Think about what's in your mouth should be antioxidant based. It shouldn't be causing free radical damage at the cellular level. So anyway, this is where the this is where your important fun stuff folks.

Exactly. Right. So you eat a high fat diet or a high calorie diet or a high sugar diet, and that causes free radical formation inside of these structures, known as mitochondria, there's hundreds of trillions of mitochondria dispersed through every single cell and every single, almost every single cell inside of your body, with the exception of red blood cells.

But they're all over the place, and they're the primary location at which ATP, which is energy, is generated inside of the human body. You want to preserve your mitochondrial health because these things are very powerful, and without them, you would be dead.

Okay. So the mitochondria are where ATP is generated, but it's also the primary location at which free radicals are produced. And free radicals are not your friends.

These bad boys can cause inflammation inside of many different structures in your body. Okay, so the, when you have abundant free, radical, production, it can cause problems to lipids, which are fatty acid structures inside of cells and can cause damage to proteins.

It can cause damage to DNA. And you don't want any of that stuff happening. So when you're eating an antioxidant rich diet and in my professional opinion, antioxidant rich diet that contains amla berries on a daily basis, what you end up doing is minimizing free radical production, which minimizes DNA damage, which is a great thing for you, which minimizes protein damage, which minimizes lipid damage.

And the combination of all of that together is great because it enables cells to live it for a longer period of time. In other words, they become less damaged and less aged over the course of time.

And if you can keep cells alive for a longer period time, then guess what? You're keeping tissues alive. And that's going to keep you alive and free from chronic disease for a long time.

All right, so the, the berry has a very high concentration of antioxidants. And these amla berries, actually, clinically, what they do is they lower LDL cholesterol.

Now, this stuff was actually pretty mind blowing to me. This is this is just the results of one paper that I'm just kind of giving you some, you know, simple analysis of here, which is that, you know, they took eight people, a very small sample size, but they're just trying to do proof of concept.

And they're saying, we take these individuals and we feed them amla berries for a total of 21 days, which is a very short period of time. And in this period of time, you take the individuals that are actually living with diabetes who have the highest LDL cholesterol.

And what you'll find is that their LDL cholesterol usually starts in 110, 120 range, and you feed them small berries

over the course of 21 days, and you end up with, LDL concentrations that have fallen as low as 58.

Okay. So in some individuals, their LDL concentration gets cut in half. We're talking about 60% LDL reduction in 21 days, which is bonkers. And in one individual didn't change. Okay.

Now okay, fine. Great. So that happens in a small number of people. Great. But can you replicate that in large numbers of people? The answer is yes, you absolutely can.

And there's other research that shows that same thing. HDL cholesterol starts out in the 40s. And it can go upwards of 50, 60 and even 80 in a short period of time.

Same thing happens with triglyceride values. It starts in the mid two hundreds or high to hundreds, and within a short period of time it can get cut as much as 130 447.

And in some individuals it doesn't change. Okay, so the net result is that, you see a significant reduction in total cholesterol and LDL cholesterol when you treat people with amla berries and you compare it for head to head versus simvastatin, which is a statin medication, you see that you get just as powerful of a result, if not even more powerful in many markers of cardiovascular metabolism.

But you get zero side effects. And that's that's one of the most important things that we can think about, because the, you know, if I, if I give you a certain medication and say, hey, take this, your LDL cholesterol is going to go down, you're going to be like, cool, sweet, sounds like a plant. What are the side effects?

And then if I tell you the side effects or, you know, muscle pain and nerve pain and GI dysfunction, you might be like, wait, what? Why am I doing this? Doesn't make any sense.

What if I were to tell you that taking a statin medication increases your risk for type two diabetes by between 9 and 12%? Well, how do you feel about that?

Right? You probably wouldn't be excited about that, right? That's what certain medications can do. And they tend to be doing that in large numbers of people.

So what I'm doing is I'm giving you an alternative. And instead of saying you got to use a statin medication to lower your LDL cholesterol, and you got to use a blood pressure medication to lower your blood pressure, and you got to use a, a blood glucose lowering medication to lower your blood glucose.

Now, you don't need multiple different medications. You need an antioxidant rich diet. And in my professional opinion, putting, blueberries into your diet on a daily basis has such a profound effect.

We've seen this in thousands and thousands of people, right? Like, just like I told you, you know, we we have more than 60,000 happy customers who are taking this this product right here. You can see on the screen, green.

Okay. This is this is a tea powder that we took, the amla berry. We we concentrated it 20 fold and we put it into a bottle that contains either green tea or, elderberries or mint ginger, cinnamon, hibiscus.

There's many different flavors. People are putting this stuff into their body on a daily basis, and they're coming back to us and they're saying, I'm off a certain medication, I'm off a blood pressure medication.

I have way more energy than I've ever had. My vision is getting better. What the heck is going on? How I how can I see better? Right? Aches and pains inside of my joints and my muscles.

That stuff is faded away into the background, right? There's so many powerful benefits that come along from having a very powerful anti-inflammatory regimen.

And so my my call to action to you is my my suggestion to you is, focus on your antioxidant intake. You'll never go

wrong, never go wrong consuming an antioxidant rich diet.

And you'll certainly never go wrong by incorporating the Indian gooseberry inside of a already antioxidant rich diet. And when when you do that, you set yourself up for success.

And in the short term, as well as the long term. So a big takeaway is especially if you choose to eat a carnivore, paleo or ketogenic diet, you need more.

So I would imagine than others to be supplementing with pure proper interactions. And I would I use the word proper is you could be supplementing with some junk, vitamin C or anything to try to hack the system.

But the one thing I really like about this food approach is I'm convinced that our bodies have been designed by God. Or you might consider I've evolved over the course of millions of years, but I.

I subscribe to a biblical perspective that we've been designed a certain way to interact with nature in a specific way, and that's is one reason why I keep on going back to herbs and spices and things that we find in nature, that we extract the essential oils in.

And what I love about what you've done, Cyrus, is this this amla green, as you said, is 20 times concentrated. It's it's right in my world because one drop of peppermint essential oil has the same efficacy as 30 tea bags of peppermint.

Who in their right mind or right stomach can consume 30 servings of tea in one day? We even I would say a week would be tough. And so if you want that powerful punch for your body, for your your gut health, for energy, for inflammation, and you want to enjoy peppermint, there's no better way than essential oils.

And that's what I really love, what you've done, because you are not able to consume the amount of tumeric in one day via food, natural food, to get any sort of true antioxidant and power like you just saw on that chart.

You would have to consume beyond a shadow of a beyond what you would want to consume you. It make you sick. And that's what I love about what you've done.

And so the big the big takeaway folks, and we'll land the plane here is antioxidant rich food specifically in its most natural form, is key to reversing the oxidative, stress free radical damage that were caused by a medium cover.

This emotional mental stress, all the environmental toxins that we're being exposed to, poor diet, lack of exercise, the list goes on. And if you could help with if you could help, just put your body in a situation where you go from insulin resistance to insulin sensitivity more, you'll see dramatic results with, as you seen through the research, heart health decreasing your risk of heart attack and stroke.

And I strongly encourage you to check out this product. Go to Amla green.com, check it out and stay tuned to things that we have going on, because I'm sure we're going to have a special offer, a webinar.

We're going to have wonderful things. You can learn more about it, but they get plugged in with Doctor Cyrus. So go to Amla Green, sign up for the newsletter, get plugged in for the next big sale, and try it out.

I will tell you, from personal experience, I've seen dramatic improvements and I thought I had a pretty decent diet, and I do, but I'll blame it on too much pickleball.

A little Achilles tendonitis, a little knee pain, a little shoulder issues here and there. I'm 45 years old and I'm playing with 20 year olds, and I'm just, you know, I'm running around the court here.

I've done nothing different than other than take this product and it's so cool. And I want to brag on you. And again, this isn't a sales pitch. You need antioxidants.

There's no easier way of getting this antioxidant boost than this really tiny micro scoop I've been consuming powdered whatever you call it for 20 some years, and typically you get this huge.

It's like almost a half a cup scooper. This is a little micro scooper. This thing is adorable. Like my my my kids just like looking at it. I put this in my tea.

I put this in my matcha latte. I put this in my oatmeal. I take at least 2 to 3 servings a day. Next thing you know, my Achilles pain went away. Doc, no joke neck.

Antioxidants, Free Radicals, and Closing Advice

And I'm waiting for the eyesight thing. You keep me stocked up because my vision has been rapidly decreasing. I spend way too much time in front of the screen, and as my age gets up, I'm like, I got to figure out an occupational hazard.

Being an influencer or researcher, a writer is the worst thing in the world for your eyesight. And I'm I'm banking on your whole vision testimonial because I want my eyesight to go back to 2020.

But folks, I'll tell you from personal. Like it's like, just drop it in your eye. I'm not going to do that. Maybe, maybe, maybe. But anyway, let me be the first to tell you that I personally have experiences, unbelievable benefits, and I'm not going back.

And so, thank you for, for for giving me the few bottles, the containers to try, but you've heard it from the expert. First and foremost, the things that you need to do.

And I just want to give this opportunity to say goodbye. And any last parting words of hope again, I'm going to say you're not selling your own product.

I'm going to tell people, please, please check it out. Go to the green.com, get plugged plugged in and learn more about this. Learn more about the Indian gooseberry.

Learn more about insulin resistance and instance sensitivity and why. And I'm convinced now I've been sold on the idea and the concept and the fact that that is the root cause and mechanism of heart attack, stroke, and the risk of heart disease.

So how do you want to how do you want to say goodbye, my friend? Okay, so first of all, thank you for, your plug right there. I appreciate that big time I did for full transparency.

I did not come on this interview to sell anything. I do not I do not want to make any sales off of this. I do not care. Okay? What? I want you as the listener to, you know, think about after this conversation is over.

Is that the power is in your hands. All right. Often times what I hear from people is that they get very unmotivated. They get very demotivated when they go to their doctor because, they get a series of blood tests and sometimes the news isn't there.

Isn't that great? Yeah. Either high blood glucose or high cholesterol or high blood pressure or being overweight or you know, increased liver enzymes or high C-reactive protein, you know, low thyroid hormone production and the low kidney function, the list goes on.

And you start to rack up all these different problems and you're like, oh, great, is this what aging is all about? Awesome. Can't wait. Like give me more, right.

You know, this month it's, you know, a low thyroid hormone. Next month it's, you know, you got kidney dysfunction the third month. All of a sudden before, you know, you're A1 C's climbing.

It can be a pretty grim story. Okay. The world in which we live has become, unfortunately, very pharmaceutical heavy. Okay. Doctors are not bad people at all.

I love doctors, I got five doctors in my family, and they're some of my favorite human beings. And most doctors get into the medical field because they want people to become healthier.

They genuinely have an altruistic motive inside of them that says, I want my patients to become healthier, and I want them to have more energy, and I want them to have a lower risk for chronic disease.

But the world in which a doctor is educated is just played with pharmaceutical, pharmaceutical, pharmaceutical, pharmaceutical, pharmaceutical solutions.

And so doctors end up becoming, you know, effectively, you know, their solution for many different problems is just, you know, take this pill, take that pill, take this pill, take that pill.

And again, they're not to blame. They're just sort of part of a system that's become dysfunctional over the course of time. Right. So what I want you to understand is that the power is truly in your hands, okay?

If you go down the world, if you go down the wormhole of trying to understand why food is your ultimate solution, I think you're going to be very pleasantly surprised by what you find.

If you go down the wormhole of why a plant strong diet can be a powerful solution, I think you're going to be very pleasantly surprised by what you find.

Okay, I strongly encourage you to go down the nutrition rabbit hole, because it's one of the most fascinating rabbit holes you may have ever encountered, and it is one of the most powerful rabbit holes you will ever encounter.

I strongly agree with that. But in addition to that, I also want you to do it with a slant and the slant that I'm encouraging you to put into your brain is the slant of antioxidants.

The more that I learn about antioxidants, the more that I read about them, the more that I see the power that they have, the more that I am convinced that foods that have a high antioxidant content are specifically, have been placed in front of us in nature in very specific ways, because that's what we as human beings, and that's what mammals are supposed to be consuming on a daily basis.

Yeah. So it's antioxidants are very, very important. And I want you to just open your mind to the idea that there's a chance that you're probably not eating as many antioxidants as you could be eating, and if so, get them from your food first and foremost.

And if you still need more help, great. Get an antioxidant rich supplement such as, a green inside of your mouth on a daily basis. And trust me when I say the world is your oyster.

Okay, the last thing I'll tell you is that what I. What I strongly encourage you do to go to le green.com amla green.com, scroll to the bottom of the homepage and just sit there with a glass of tea and just read what other people have said.

And that's all I had just read what other people are telling you. Okay, this is stuff coming from real human beings who are taking this stuff. You can even go to Amazon and you can just read the results and read the reviews, and you will see what I'm saying.

People are getting bonkers. Good results when they incorporate this stuff into their diet. Okay, it's up to you. You can do it if you want. You don't have to do if you want. No sales pitch at all.

We're here to help in any way possible and, doctor Z, I appreciate you, giving me an opportunity to try and educate people here. And, I hope I added some value to people's lives today.

This has been absolutely wonderful, folks. You stay in touch with Doctor Cyrus, go to on the green.com. And I just appreciate you spending this time with me.

And as always, Doctor Eric Zelinsky, I hope and prayers that you and your family truly experience the abundant life. God bless. Talk to you soon.