Eat This Daily to Lower Blood Pressure, Cholesterol, and Inflammation Transcript

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Heart Health Hook and Introduction

So what if I told you there is one food that could drop your blood pressure like a prescription and slash your cholesterol at the same time? Now I'm talking about food, that can literally stop heart attacks before they happen.

In this video, I am going to show you the number one mistake people make with this food. That actually can cancel all the benefits. Alright real quick, before I reveal it, guess in the comments what you think the food is.

For those of you who don't know, i'm Dr. Columbus Batiste, an interventional cardiologist and I've spent years in The Cath Lab. treating heart attacks that never should have happened.

Today, I'm going to show you how one simple food hack can stack the odds back in your favor. So here's what keeps me up at night as a cardiologist, literally, not just figuratively.

In the United States, someone has a heart attack every 40 seconds. Now, not every 40 minutes, every forty seconds. And here's the part that hurts the most.

Most of these, they're preventable. Now the two biggest culprits, high blood pressure and high cholesterol. They're actually silent. You can't feel them.

Their damaging your arteries long before you feel anything. Building up plaque, narrowing your blood vessels, setting you up for that one catastrophic moment.

So when was the last time you actually checked your blood pressure? Not guessed, actually, checked it. If you did it, I want you to drop that reading inside the comments if you know it if.

You're going to get it done. Let us know. I'm getting mine checked tomorrow. Now, listen, you might be thinking, Doc, Listen, I eat vegetables, I have some fruit, and maybe even some beans.

Why Blood Pressure and Cholesterol Matter

And I'll tell you, that's great. Listen, those foods actually matter. But there is one specific food, one's food hack that consistently outperforms almost everything else when it comes to hitting blood pressure, cholesterol and inflammation all at once.

I want you to stay with me because listen, what I'm about to share could literally change your life. Now what's the food? It's flaxseed. Yeah, I said it.

Those tiny brown seeds, you probably have walked past a thousand times at the grocery store. And I know what you might be thinking. Really? Duck? Flax seeds?

What about green leafy vegetables? what about beans? Don't they protect the heart too? Absolutely. Vegetables, fruits, legumes, these are the foundations of heart health.

I actually recommend them to every single patient. But when we're talking about raw power, real power. A food that can crush high blood pressure with a single blow, lower cholesterol and calm inflammation all at the same time.

Listen, flaxseeds. They stand alone. Alright, so let me show you the science and the way that makes sense. If we look at flaxseeds and their effect on blood pressure, there was a breakthrough study inside the Journal of Hypertension called FlaxPad.

And this trial actually blew me away. Researchers, what they did is they gave people with serious vascular disease about 30 grams of ground flex seed.

They gave them this per each day. That's roughly about two or three tablespoons over a span of six months. Now these weren't your healthy volunteers, right?

They're not on Men's Fitness Magazine or on Shape Magazine. These were sick individuals. About 75% had high blood pressure, and most were already on medications.

Flaxseed Benefits Backed by Research

So in those whose blood was over 140 millimeters of mercury, that equals stage two hypertension. Their top number, the systolic, it dropped by about 15 points, and the bottom number, the diastolic, it drop by seven points.

Now let's put that in perspective. A 10 millimeter or point drop in the systolic blood pressure, that can reduce your risk of heart attack and stroke by 20 to 25%. That is significant.

So these people were already on meds. In flaxseed, they gave them an additional protection on top. Just imagine for a second that your doc says, listen, we didn't change your medication, but somehow your numbers look like we did.

That's the kind of shift we're talking about, right? All right, the second area is cholesterol and inflammation. Flax seeds, they don't stop at just blood pressure.

There was a large med analysis or review in the American Journal of Clinical Nutrition, and it looked at 28 different studies on flaxseeds and cholesterol.

Now, what the researchers did is they found ground flaxseed. It lowered your low-density lipoprotein or LDL, aka bad cholesterol, by roughly 4 to 15 milligrams per deciliter, or points.

And so it had even stronger effects in people who started with high cholesterol. So on top of that, multiple studies show that flaxseed actually lowers inflammatory markers, like C-reactive protein.

So inflammation is the tie for everything. It's a connector, whether it's arthritis, if it is diabetes, cancer, or heart disease. And studies have demonstrated that one inflammatory marker called C reactive protein, even if your low-density lipoprotein is still elevated, is a marker of future events.

And that's why it's so important. So now we have this about flaxseed. It lowers your blood pressure, it lowers cholesterol, and lowers inflammation. But here's the game changer.

We looked at people who already had serious heart disease called heart failure, where the heart doesn't contract or squeeze as well as it should, or it is too stiff and doesnt relax.

A study published in the Journal of American College of Cardiology looked to patients with heart failures. and it measured their levels of alpha-linoleic acid, ALA.

Now this is a plant-based omega-3 that's found in flaxseeds. And so individuals who had higher levels ALAs, they had a 39% lower risk of dying or being hospitalized for heart failure.

So listen, I tell patients all the time, my sole goal is to help you feel better, help me live longer. Flax seeds just did this. It kept them out of the hospital, which means they felt better, and it prevented them from dying.

That's not just prevention, that's treatment. And that is people with established heart disease living longer and staying out the of hospital. So if you already have a heart issue, you want to hear this.

There are still powerful tools on your side, in your kitchen. What's the fourth beneficial effect of flaxseeds? Well, flexes have secret weapons. Right?

And so these unique compounds are called lignans. And what they do is they feed your gut bacteria. Now, you know we're more bacterial DNA than we are human DNA, and so your good bacteria, they convert these lagnans into protective molecules that fight inflammation and act as antioxidants.

In other words, these bacteria they help use the lgnans to make bodyguards. These body guards help shield the blood vessel from damage. And so a Harvard study that basically showed, looked at over 214,000 individuals over 30 years, they found that higher lignin intake was linked to about a 15% lower risk of coronary heart disease.

That is significant. So now we're stacking the benefits. Lower blood pressure, lower cholesterol, low inflammation, and a unique gut activated compound that protects your arteries.

Not to mention that heart failure. This is why flax seeds stand out. So if you're still with me right now after all of that, type flax in the comments so I know you are locked in, right?

How Flaxseed Works in the Body

Alright, so listen, if we look at arterial disease and coronary artery disease, we have to think of our arteries like garden hoses. And I think about that because I spent many years watering the garden and the grass when I was a kid growing up.

And so high blood pressure, that's like turning the water pressure up on full blast, way too high. And I'll tell you, eventually the hose gets damaged.

The high cholesterol, That's the sticky gunk that builds up inside the hoses or your pipes, narrowing the space until hardly anything can get through.

Here's a thing about flax seeds. Flaxseeds hit both problems through three main components. The alpha-linoleic acid, that's the omega-3 component, it actually blocks an enzyme that tends to raise blood pressure and helps your blood vessels make more relaxing vessel opening compounds.

That's one reason why we see those big blood-pressure drops. Now the second thing that flax seeds do is they act as a soluble fiber or a sponge. And so flax seeds are loaded with soluble fiber and so what this does inside your gut is it soaks up the cholesterol and bile acids before your body can reabsorb them.

Your liver has to then pull more cholesterol out the blood to make new bile assets and that pulls or brings down your LDL cholesterol. That's powerful.

Now the third thing it has are those magical lignans. And these are the multipliers, because guess what? Flax seeds have about 800 times more lagnans than any other food.

So your gut bacteria, they convert these over into the intra-lignan, as we discussed before, that reduce inflammation, fight oxidation, and basically your body guards.

They protect your blood vessels from damage. I told you, I promised you I was gonna tell you about the big mistake people make when they use flaxseeds.

Here's the way it is. They buy flaxseed oil and wonder why their numbers don't change. I'll tell you what, you always want the real compound. And so flexi oil, it does contain the omega-3s, which can be beneficial, but you lose the fiber and you loose the lignans that then convert over into your bodyguards, the very components that help clear cholesterol and calm inflammation.

So listen, for heart protection, You want to whole food, real food. Nothing but the food whole ground flax seeds, not

just the oil. You might be wondering, Doc, What about kale and spinach and beans?

Don't they help too? Yeah they do. And I want you eating all of them. Listen, vegetables and leafy greens are packed with antioxidants that lower inflammation and help blood vessels function better.

Beans and lentils, they can drop your LDL cholesterol by around 8 points in just 6 weeks when you eat them daily. Berries, rich in antioxidants. They help lower the blood pressure, improve your mental function, and add more anti-inflammatory power.

Whole grains, they actually can help to lower cholesterol and support your healthy blood pressures, reducing inflammation throughout your body. So why am I highlighting flaxseed?

Because listen.

The Mistake of Using Flaxseed Oil

Listen, when scientists look specifically at cholesterol reduction, blood pressure, inflammation together, flaxseeds show some of the strongest and the most consistent effects even in people who already have heart disease.

This is the point, and this is important. this not f'lax seeds instead of vegetables or beans. I want you to think of it like building a house. Your foundation?

Vegetables. You walls? Legumes. your roof? Whole grains. Your windows are your fruits. But here's where flaxseed comes in. It's the steel reinforcement.

it makes the whole structure stronger. And for the best results, they come when you combine these foods together. One food is not an island. I don't want you chasing single superfoods.

i want to eat the Whole Food, eat The Rainbow. Alright, so we're the top three tips for actually using flex seeds, right? So we get that we have to. Number one, you gotta grind it.

Right? Grindy, grindy. I want you to grind it before you eat it. Whole flax seeds, they oftentimes will pass right through you. So you have to ground them so your body can absorb the nutrients.

That's important. And so you can buy pre-ground flex seeds. It's called f'lax meal. Or grind them in your coffee maker if you one at home. and it can be simple.

Once it's ground, you want to store it inside the refrigerator or freezer because it has oils. You want keep those oils fresh. All right, what's tip number two?

I want you to aim for about 30 grams a day. And I wanna hear some more important part. Be consistent every day, just check off, am I getting it in? In most of the strongest studies, they show that about thirty grams of flax seeds a days, which equals around two or three tablespoons, is where you get your benefit.

So easy way to get the target, sprinkle it on your oatmeal, blend in your smoothie, that's what I like to do, put it in my smoothie bowls, or mix it into your plant-based yogurt.

You can stir it and pancake batter your soups, your sauces. Listen, you'll get a mild nutty flavor that it will dissipate inside of most recipes. All right, so right now I want you to think of one meal you already eat, where you can add flax tomorrow.

How to Use Flaxseed Correctly

Is it breakfast? Is a smoothie like me? is it oatmeal? Don't just say it out loud or type it inside the comments. And here's the key for expectations.

The best results, they show up after about 12 weeks or more. Now that's not uncommon because when I'm prescribing medications, I will tell individuals I want you to take this for two months, three months and then come back and see me or have blood work done.

So you're gonna do the same thing with your food. I wanna just think of three to six months of consistent daily use. This isn't an overnight fix. It's the long game.

it's a part of the investment portfolio, right? You're investing in you because guess what? you are worth it. All right, what's tip number three? I want you to start low and go slow because listen, flax seeds, they're high in fiber.

So jumping straight in to three tablespoons for some, it might cause a little bit of bloating or gas at first. And I'm not sure if your loved one may like that as much.

Here's how I recommend starting week one, one tablespoon. Week two, two tablespoons. We three and beyond work up to a full 30 grams or about three tablespoon, but here's the key.

Drink plenty of water. Now, oftentimes we'll say you can eat your water and fruits and vegetables, but get that water in to hydrate yourself. It will help so the fiber can do its job more comfortably.

And most people, they tolerate the flaxseeds very well, especially when they ease into it. So in the research, flex seeds are safe, even in people who are already taking blood pressure or cholesterol medications.

But don't you remember, Flax seeds works best as part of an overall heart healthy lifestyle. Once again, lots of vegetables, beans, whole grains, fruits.

We have to stay active. Far too many conversations in emergency rooms with families who have just lost someone to a preventable heart attack. I'll tell you what, high blood pressure and high cholesterol don't have to be your destiny.

Sometimes the most powerful medicine is not found in the pH pharmacy. It's found. In your kitchen, a F a pharmacy, and that's why there's an old African proverb that says, if you want to go fast, go alone.

But if want go far go together. So when it comes to building healthier hearts and stronger communities, we need to go far together. Here's how you can be part of that.

I want you to like the video. Thank you.