Find Your Happy and Protect Your Heart: Build A Heart-Healthy Mindset For Life Transcript

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Introduction: The Anti-Heart Attack Mindset

Hello everyone! Welcome to another of my mini talks inside the Heart Attack and Stroke Prevention Summit. I'm Doctor Jack Wolfson, cardiologist and founder of Natural Heart.

Doctor. This about seven minute presentation is going to be about find your happy what we call the anti heart attack mindset. And I want to start you off with a little story about how important it is to find your happy.

Because whenever I take a history on someone male or female who's had a heart attack, I want to know what was going on right before the heart attack. Now, in my first ten years as a cardiologist, we never asked these questions because it really didn't matter.

It was just about, okay, well, you're having a heart attack, and we're going to go to the cath lab and do an angiogram, angioplasty, a stent, and you're going to wind up on a whole slew of medications.

But it was never about trying to figure out why these things happened.

Emotional Triggers Behind Heart Attacks

We made pay token lip service to nutrition. And and, you know, telling people to exercise and eat right. But clearly that's not good enough, which is the whole purpose of this summit that you're on right now.

Now, when I asked people, invariably there was something going on in their life emotionally, mentally, spiritually, relationship wise, financial, global, maybe geopolitical type stuff that would have led to this.

And there's nothing we can do necessarily about what happened before the heart attack. But the point of it is, is that we need to teach people how to stay healthy mentally and physically so they don't have another heart attack.

And we can use this opportunity to teach people to prevent the first one as well. Now, this is all in the medical literature. Unfortunately, cardiologists do not get any training in this, just like I never got any training in this.

This is from the Journal of the American Heart Association 2023 Association of Depression and Poor Mental Health with Cardiovascular Disease. So the medical community, the cardiologists recognize this.

So not only is depression an issue, so is anxiety. Anxiety is linked to cardiovascular disease and heart attacks. This is from Harvard Hospital, Brigham and Women's in Boston, Massachusetts.

General. This is the one of the most well known hospital systems in the world. So they recognize that anxiety and worry and fear lead to heart attacks.

Research Linking Stress, Anxiety, and Depression

And last but not least, in the short little presentation, psychological stress as a risk factor for cardiovascular disease and case control study at some very well-known hospital systems as well.

So we can see that stress, anger, anxiety, fear, worry, depression all these things are linked to having a heart attack. So ideally what we do is we prevent that.

So we do that in our company. Natural heart doctor through the 100 year heart method, which is the eat well, to live

well and to think well and to think well, we talk about the survival mindset, the thriving mindset that is so important.

So how do we achieve the thrive mindset? Well, it's all about finding you're happy. That's what it's about. If you're not happy, you're at higher risk of having a heart attack.

So we want you to find your happy. It's very important for you to figure out your happy and what's going to make you happy. And if you want health and wellness on longevity, you better find it.

So a couple big categories that we can talk about are things like self-acceptance and gratitude. I accept me for who I am.

Finding Your Happy Through Self-Acceptance and Gratitude

I'm Doctor Jack Wolfson. For the first 30 plus years of my life, I did not eat well, live well, and think well. I was a hospital based cardiologist, trained in the hospital systems.

I don't feel that I gave my patients the best care in retrospect, because I never talked about causation of disease. I never talked about eating well and living well and thinking well.

But I accept that, and I'm past that. I have that self acceptance that I'm not perfect. But what I can't accept is not striving to always do better. And now that I know the truth about health and wellness, I have to continue to teach the truth about health and wellness.

And with that, self-acceptance also comes gratitude. What are the grateful for? I'm grateful for the experience that I got in the first 33 years of my life, and I'm very grateful for the experiences that I've had in the last 20 years of my life up until now.

As a practitioner of health and wellness and holistic cardiologist, I'm very, excuse me, very grateful for God. I'm very grateful for my wife, my children, for my extended family, for my friends.

I'm grateful for all of you for listening to me in this presentation. Those of you who want better. I'm very grateful. You can practice gratitude. You can say that three things in the morning.

What you're grateful for. Three things before bed. What you're grateful for. Sometimes they call that a gratitude challenge. Now I want to hit that first, because a lot of that, you know, it's really about this internal state that we can also use to discover our spirituality, a love and appreciation of God, of our creator of Yeshua or Jesus.

Purpose, Spirituality, and Community

This idea, the reality that there is something greater than all of us, and serving and in love and in that capacity for the infinite and for and for the eternal.

Now I also want people to have a sense of purpose that's very important. Now, your purpose may not be to change the world of heart health like mine is.

My purpose, of course, is also to be a phenomenal the best I can be. Husband and father and child of God. And you can do the same thing to. Maybe your purpose is to be the best grandmother, grandfather, brother or sister. Maybe it's volunteering.

Everyone's got their their purpose. Find your purpose. And then the last part for this conversation would be community. Being in a tribe of people who you want to be with and not being with people who you don't want to be with.

I think that's very important to find your community and find your tribe. And hopefully we've done some of that in this summit. And then also a natural heart doctor, how we have a community of of people who don't think exactly

alike, but they have a lot of commonalities and we can have open conversations about how we feel and how we see the world and how we see the health of the world, the health of each other, how we support each other inside of that community.

Inflammation, Oxidative Stress, and Heart Attack Risk Testing

Okay, now I've been talking about this and, you know, the foods we eat, the lifestyle that we lead, the thoughts that we think what ultimately happens is, is that the, one of the mechanisms of how the mental disturbs the physical is, is that it creates inflammation for a whole variety of reasons, creates inflammation and oxidative stress.

So we talk about oxidative stress and we can measure your oxidative stress. And we do so on what's called the heart attack risk test. It's a simple test done at home.

No blood draw no doctor's orders. Easy to repeat. So as things get better, as you get better, we can test you down the road and make sure we're on the right track.

So the heart test is an at home urine test for oxidative stress. Comes with a 100 question questionnaire that takes about 10 to 15 minutes to complete.

And then we have an expert review call with you to make sure you're on track for the 100. Your heart. You want to make sure it's not your turn for a heart attack or stroke.

Heart attack risk.com is the website that you will go to that will take you to get the information that you need. Heart attack risks harm. So again, thank you so much for your time in this presentation.

I appreciate you being here during this online summit, the Heart Attack and Stroke Recovery and Prevention Summit.

Closing: Find Your Happy and Prevent Heart Attack

Find your happy people. Find you're happy on your way to the 100 year heart.