Find Your Happy: The Missing Piece of Heart Attack Prevention Transcript

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Introduction to the Thrival Mindset

the thrival mindset that is so important. So how do we achieve the Thrival Mindset? Well, it's all about finding your happy. That's what it is about. If you're not happy, you are at higher risk of having a heart attack.

We want you to find your Happy. It's very important for you, to figure out your happiness and what's going to make you happy and if you want health and wellness on longevity, then you better find it.

Welcome to the Natural Heart Doctor show. I'm cardiologist Dr. Jack Wolfson. Heart problems don't come from a drug deficiency. They come root causes where cardiologists never look.

On this show, I sit down with experts who challenge the mainstream rhetoric and talk about what actually builds a heart built to last. Get ready for a dose of cardiac longevity.

Hello everyone, welcome to another of my mini talks inside the heart attack and stroke prevention summit. I'm Dr. Jack Wolfson, cardiologist and founder of Natural Heart Doctor.

This about seven minute presentation is gonna be about find your happy, what we call the anti-heart attack mindset.

Why Mental Health Affects Heart Risk

And I wanna start you off with a little story about how important it is to find you're happy. Because whenever I take a history on someone, male, female, who's had a heart attack, I want to know what was going on right before the heart attacks.

Now, in my first 10 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 gonna wind up on a whole slew of medications.

But it was never about trying to figure out why these things happen. We may pay token lip service to nutrition and telling people to exercise and eat right, but clearly that's not good enough, which is the whole purpose of this summit that you are on right now.

Now, when I ask 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 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 in training this.

This is from the Journal of the American Heart Association, 2023, Association of Depression and Poor Mental Health with Cardiovascular Disease.

Natural Heart Doctor Approach and Discovery Call

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. One of the most well-known hospital systems in the world. They recognize that anxiety and worry and fear lead to heart attack.

And last but not least in this short little presentation, psychological stress as a risk factor for cardiovascular disease, a 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. 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, the live well and the think well. And the Think Well talk about the Thrival Mindset.

the thrival mindset that is so important. What if your heart could actually get better, not just managed? What of your recovery didn't depend on adding more prescription drugs, but on finally understanding why your hear is struggling in the first place?

Finding Happiness, Gratitude, and Purpose

I'm Dr. Jack Wolfson, cardiologist at Natural Heart Doctor, and we believe heart disease isn't random, it's a message. It's a message that inflammation, toxins, nutrient deficiencies or lifestyle stressors are driving your symptoms beneath the surface.

That's why our approach goes far beyond the band-aid, typical cardiology approaches. What we do is if we want to prevent, treat and reverse cardiovascular disease, we help you develop a natural evidence-based plan to help your heart recover.

So if you're ready to move past fear, past confusion, and past just take this and wait, you deserve real answers. Visit naturalheartdoctor.com forward slash discovery and get the answers you've been searching for.

The answers that can help you achieve your best heart health. Your next chapter with a simple free discovery call should start now. So how do we achieve the Thrival Mindset?

Well, it's all about finding your happy. That's what it's about. If you're not happy, you are at higher risk of having a heart attack. So we want you to find your happy.

And it is 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, I'm Dr. 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've never talk 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.

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 they grateful for? I'm grateful, for the experience that i got in the first 33 years of my life, and I am 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, wellness and holistic cardiologist.

I'm very grateful for God. I am very thankful for my wife, my children, for extended family, from my friends. Grateful for all of you for listening to me in this presentation.

Those of who want better. Very grateful.

Community, Stress, and Inflammation

You can practice gratitude, you can say three things in the morning what you're grateful, three thing before bed what your grateful or 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, love and appreciation of God, of our creator, the Yeshua or Jesus.

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

Now, I also want people to have a sense of purpose. That's very important. 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 too. Maybe your purpose is to be the grandmother or grandfather, brother or sister, maybe it's volunteering. Everyone's got their purpose, find your purposes.

The last part for this conversation would be community. Being in a tribe of people who you want to with and not being with people you don't want be with.

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

We can have open conversations about how we feel and how, we see the world and, how do we, see, the health of the, world, and the healthy of each other.

Now we support each, other inside of that community. Okay. No, I've been talking about this and you know, The, foods we eat, lifestyle that we lead, thoughts that, think what ultimately happens is, is that the one of, mechanisms of how the mental disturbs the physical is it, Is that it creates inflammation.

for a whole variety of reasons. Creates inflammation and oxidative stress. So we talk about oxidated stress and we can measure your oxidate of stress, and do so on what's called the heart attack risk test.

Heart Attack Risk Test and Closing

It's a simple test done at home. No blood draw, no doctor's orders, easy to repeat. As things get better, as you get, we 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 hundred 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 year hearts. You want to be sure it's not your turn for a heart attack or a stroke.

HeartAttackRisk.com is the website that you will go to that will take you to get the information that you need, heartattackrisk.com. 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. Find your happy people. Thanks for listening to the Natural Heart Doctors show.

If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next. And if you're ready for a deeper personalized approach, you can schedule a complimentary discovery call at naturalheartdoctor.com forward slash discovery.