From Six Months to 110 Years: A Heart Failure Reversal Story Transcript

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Introduction to Longevity and Mindset

turn impossibilities into possibilities. This is the foundation that led me, okay, to focus on living rather than dying, and hopelessness into hope. If I truly love myself, if a person really love themselves, want to live long, what action would you be taking today?

If once in a while you have a temporary setback, you truly care about yourself, If you want to take care of yourself, a gift of life that God had bestowed upon you, what decision would you make?

Welcome everyone to the Longevity Leader podcast. I'm your host Dr. Rudy Mueller and today we have Dr Serge Francois with us. Now he has one of the most amazing stories and I will let him tell it, but I really would love for you to share with our listeners, which include doctors, patients, laypeople, biohackers.

What really brought you into this industry of natural health and what kind of changes you experienced when integrating this into your life? Well, you know, it comes to a point in your life where you feel like the sorrow beneath you crumble, okay?

And that happened to me almost two decades ago when I was diagnosed with sylvie congested heart failure, when i was told that I would not survive more than six months without a heart transplant.

That was a very surreal, surreal experience in my life. When you can even imagine a future, when you are raising four kids and a family, they need life…

You said 20 years ago? 20 Years, almost two decades ago. So it's been 18 years. It's almost 2 decades.

Dr. Francois' Heart Failure Turning Point

And of course, at that moment you experience fear. Okay? And you know, fast forward, Gradually, I've gone to the pain, the experience, this stress, waking up, going to bed at night, not knowing that you're going wake up the next day.

And I say, no, refuse to accept that as my fate. So therefore, gradually I develop a mental resiliency to fight. Okay? To turn hopelessness into hope, to turn impossibilities into possibilities.

This is when I start researching about regenerative medicine. Okay. Because I know the human body has an inner extraordinary ability to heal itself. Okay?

I travel the world to find all the solutions necessary to reverse my condition. Now, today, later at 70, I'm running 30-40 miles a week. I am not just surviving.

Okay. I work out, you know, three days a week, not just workout, crossfit workout. Of course, until recently, I was involved in a recent accident that kind of slowed me down, but I'm gradually getting bagger.

Yeah. So it really started with the mindset as being the key piece for you. And after hearing that, you know, that you had congestive heart failure that giving you an estimate of six months to live.

You felt like the big turning point was for, was getting your mindset right. If you're a medical doctor, nurse practitioner, chiropractor, or other health expert that's stuck in a broken system, there's a better way.

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Absolutely. Because, of course, any human being at that phase, you'll be succumbed by fear, the fear of dying. I know how it feels not to be able to walk across a room without gasping for air, afraid to go to bed at night.

you know not knowing whether you're gonna have a future okay when I decided that no I refuse to accept that as my destiny I refused to except fear to be the architect of my Destiny so therefore gradually I began to develop a resilient mindset Okay, that's the first foundation.

Rebuilding Health Through Resilience

This is the reason I've just written a book. The title of the book, The First Step to Healing After Heart Failure. is to cultivate a resilient mindset.

This is the foundation that led me to focus on living rather than dying, to mend hope, hopelessness into hope. Did you have a background, whether it be as an athlete or Any evidence from your life prior to that, the delivery of the message of congestive heart failure six months ago, were you were focused on mindset or was this something that was just, I know that this is where I need to start?

Healthcare is changing and many clinicians are looking for ways to deliver more personalized, forward-thinking care while building practices that can adapt and grow with that change.

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You'll hear directly from clinicians already applying these models and helping shape the next phases of healthcare delivery, who are generating seven, eight, and even nine figures in revenue.

If you're ready to expand what's possible in your work and participate in the evolution of modern medicine, Disrupt Clinical 2026 is where that conversation becomes action.

We're gonna sell out of the event very soon. So go ahead and click the link to learn more and reserve your seat. I've always been, of course, my background, I went to both medical school and Cal Party school, okay?

This is the reason my practice has already been into integrative medicine. So I really had that foundation and I have worked out with a lot of different athletes and have been to three Olympics treating track athletes.

And from there, I can see how those athletes can turn, the stress, they go to the physical and mental stress. They don't think about giving up. The focus on the goal.

Mm-hmm. they don' focus just on getting a medal. Every single athlete. So that helped me along the way to establish that kind of foundation. And number two, from my background, both in the chiropractic world and in traditional medicine world, when those two come together, it helped me to establish a foundation to know that I've always known that the human body has an extraordinary ability to heal itself, all I have to do is find the answer and to reverse those conditions.

So that provides me with the foundation. are to move forward.

Athletic Background and Integrative Medicine

And so the catalyst for the entire thing was your experience with understanding the chiropractic philosophy, traditional medicine, working with athletes that you've shown mindset in action and being able to integrate that mindset.

I love the title of your book as it definitely narrows down the congestive heart failure, cardiovascular events, and being able to help those individuals.

But mindset across the board, no matter what thing, whether it be business, athletics, overcoming any health situation, would you agree it's the foundation?

No, it is the Foundation. You have to develop that mindset. You have to eradicate fear. You always have focus on winning. Just to let you know, before I was diagnosed with my heart condition, I've always wanted to live to be 101. Did you hear that?

I just wanted it to leave 101, okay? Until after I diagnosed, that was a wishful thinker. I was a wishful thinker. And then after I diagnosed, when I began to focus on the future, on living rather than dying, okay?

And I made the decision, my goal, My plan is to live to be 110. Planning and wishing is two different phenomena. Okay? Now I'm living every day What I do every day, I'll do it with intention.

The intention is to live a life full of vitality and longevity, rather than focus. Otherwise, if you live, you know, with an intention every that you work out, whatever that do is geared toward reaching that goal.

And this is the reason I've developed a a three-part pillars to my health coaching process. That transformation journey led me to develop a health-coaching process to help individuals who are struggling with cardiovascular disease.

Okay? The same process that I've used to reverse my condition. Now you have people from all over the world using the same processes. Okay. To reverse the condition, to turn hopelessness into hope.

And to become joyful, To have a totally different mindset when it comes to the future, when you come to longevity, When it come life. Beautiful. And so, based on what you just said, I'm curious, what are your three pillars for your health coaching process when working with people with cardiovascular disease?

Well, the first pillar is to be able to realize the foundation, of your condition. Okay. And the root cause typically is based on multiple, each person condition is totally unique.

It's totally, unique and it's always based some, you know, inflammatory markers. You have to identify the wood cause of these conditions. That's the first step.

The Three Pillars of Cardiovascular Coaching

The second step is to, uh, to advance research based on the person condition, not using traditional lab, but functional lab to determine, okay, what causing the condition where there is fabricated process, where is some heavy metal toxicity, micro-taxin, whether it's gut health, and the third part is to develop that mindset and this is when the coaching comes in okay to develop a plan not temporarily but a plane a person can use to whatever the age they are if a Okay?

Whether they want to live to be 80, 90, 100. Okay, to go through that process with them, To develop those foundations. To focus on the future. Otherwise to develop that resilient mindset.

And so when you're coaching that third pillar and, you know, through your own experience in changing your mindset, I heard you mention language as being a strong piece to this.

Wishing versus planning. Yes. Right? Besides language, and language could be an important, obviously an, important piece, to changing mindset how you talk to yourself.

But I'm curious what, as you are going through that 3rd pillar in your coaching mindset or you catching yourself throughout the day, potentially dropping into a poor mindset.

What are some of the strategies, like the take-homes that a person can utilize? What other things we have to observe in our own thinking? Well, it's actually a very simple question.

If I truly love myself, if your person really love themselves, want to live long, what action would you be taking today? If once in a while you have a temporary setback, you truly care about yourself, If you want to take care of yourself, the gift of life that God had bestowed upon you, what decision would you make?

If once in a while you are human, if once you have setback, you get in that depressive mindset where you're really going to reach that goal. But if you really care about yourself, If you love yourself.

What would you want? What decision would want to make today? Such a beautiful filter. A simple one. It's a very simple. If I care but myself without allowed myself.

Okay. To a lot fear. to overcome my thinking process, to develop fear to become the architect of my destiny. Every once in a while, you'll get out of bed.

It doesn't matter who you are. You go through that process. But… You have to get out of it and you have look back at your past wins to say, no, okay, I'm not going to allow that to become my fate, to focus on the future.

This is the reason that you are to plan. If I am planning to be 110, what decision what I want to make to change that thinking process or to share that habit and so on.

Because lifestyle is very important. Even if you don't feel like waking up to go and work out, if I really care about myself, okay, what would my action be?

What would be my actions be if i really love myself? If I only want live for my kids, for grandkids, to leave the legacy? Okay, what would my action be at this moment?

It's a very simple decision. Yeah. Well, it makes it simple. I mean, you think about all of the different things or different books that I've read around mindset, whether it be, obviously it's all good information, but habit change and the morning mindset where you're waking up and journaling and doing all those things.

I like the simplicity of this filter because at any given moment when you're feeling or catching yourself in this moment of, I don't want to do this even though I know what's best for myself, if you ask yourself that question, that is going to be a phenomenal motivating factor to get your butt in.

No, absolutely. Absolutely. You know, there's a reason you have to go to past winds. And you remember where you were. Okay, what got you to here today?

When you couldn't walk across the room without gasping for air.

Practical Mindset Shifts and Self-Care

Now that you're running, you breathing, You live in life, your smiling. Okay Sina? I'm not going to allow that to become my fate. So I am hearing you say measure backwards in essence.

Instead of constantly looking at the future and that peak that your trying to reach. Take a moment to reflect on where you've come. Absolutely. Phenomenal.

So out of curiosity, besides mindset, which is obviously the foundation and you have wonderful information on that, what things were the catalyst for you from a nutrition perspective, lifestyle perspective supplements, medications that really helped you overcome the congestive heart failure?

No, all of that you have to integrate. It's not just one thing, it's one size fits all. For example, when you come to regenerate the human body, you need to use cellular regenerative therapies, peptides, nutrition.

Fasting, you know, it is a process, a step-by-step process. And understand, because now we are living in a world that technology is available to us. You just need guidance.

Right. We just into proper guidance to follow the, making short-term goals and long- term goals. Yeah, perfect. And so with the Pillard system and the book, is the books available currently?

Yes. Where can people access that book? Well, I have it linked to the current book. It's not been published yet. I've just wrote the new book recently.

Okay. I can make that available. And also, then people can go to my website. It's very simple. DrSergeFrancois.com. Okay, so S-E-R-G- E. Yes. Serg-F-RA-N-C-O-I-S.

Okay. And they can read about my story. Awesome. Okay, and they subscribe to the link of my book. Everybody can get a free download of the book and people can subscribe for a consultation with me.

To see if, number one, if this is the if this regenerative process is what they are looking for and to see if we are a good fit. Yeah, yeah, of course.

Well, with cardiovascular disease, there's so much information that is laid out within your three pillars that's going to help a person get to the root contributing and causal factors.

And I'll tell you right now, I would want you as my coach. I mean, that mindset piece right there that you mentioned, I will be taking home with me as well.

If I really love myself, what would be the action that I'm doing? How would I treat myself in this given moment?

Regenerative Medicine, Book, and Closing Remarks

It sometimes take works. It takes works, but you just have to work on it. You have work all yourself. Right. Awesome. Well, thank you so much, Dr. Francois, for being with us today and sharing your message.

I will continue. So one thing I'll say is he showed a video of himself working out about six months ago, and it was extremely impressive. To even think that this man experienced congestive heart failure in the past, and is able to do what he's able do now, if you have any thought process or have been through congestive heart failure or cardiovascular disease and think, because of this injury, I can't get back to where I used to be, there's a living testimony right here that you can get there and beyond and regain more than you had prior.

Yes, and I consider myself to the epitome of regenerative medicine, of the efficacy and the power and efficacy of regenerative medicine. And so should we challenge you to a one-arm push-up right now?

No, of course. All right, the hundred price off. But absolute pleasure to be on here. I don't want to get shown up by a seven-year-old guy. Thank you very much, man.

Appreciate it. Thanks for listening to the Longevity Leaders podcast. A Lungevity Leader's community is on a mission to transform 100 million lives by 2040. If you enjoyed this show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button.

Until next time, stay strong and live long.