How To Make Sure You Never Have A Heart Attack Transcript

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Introduction to Heart Attack Prevention

Hello, I'm cardiologist doctor Jack Wolfson, founder of Natural Heart Doctor. And I want to give you a short presentation today titled How to Prevent a Heart Attack.

This is inside of the Heart Attack and Stroke Prevention Summit, where you are hearing from the absolute best guests and authorities on how to prevent a heart attack or stroke.

Today, when I want to talk to you about is about how to prevent a heart attack or stroke, I'm going to give you some strategies. I'm also going to talk about a particular test that is easy, effective, done at your own home doesn't need a doctor's order.

I'll tell you about that in a few moments. Now, this is important to me because obviously I've seen a lot of heart attacks over the last over 20 years in practice.

Why Heart Attacks Happen and Who Is at Risk

Heart disease is the number one killer worldwide, and a heart attack happens every 45 seconds in the United States. So it's happening way too often, way too commonly, and in a scary fashion.

Most people do not have any symptoms prior to a heart attack. So we want to make sure that you are armed with the data and the information in order to make sure that this is not you.

Now, unfortunately, I see cases like this. A guy is out playing baseball, playing catch with his kids, and all of a sudden suddenly collapses. This should not be the case.

And this actually is preventable. If we can determine your risk of having a heart attack. So my goal talking right now is to make sure you're not a victim of the number one killer world wide.

In fact, this is the reason why I left the biggest cardiology group in the state of Arizona in order to make a meaningful impact to people, because there is a big secret in cardiology that most doctors either a don't know about or be.

They just don't want you to know because it doesn't help their bottom line. Now, here's what cardiologists don't want you to know. They don't want you to know that heart attacks are not from bad genetics.

They are that heart attacks have nothing to do with genetics. Your genetics are perfect. Whoever built you, call that person God built you perfectly. Your genes are not the problem.

It's how your genes interact with the environment and with the food.

Limits of Standard Cardiology Tests

That's the problem. Heart attacks are not from bad luck either. You're not just one of the unlucky ones. It has nothing to do with luck. Quite obviously.

It's not about getting old. It's, you know, certainly when you get older, you have a higher risk. But it's not just because you're getting older. That's an easy way to blame things.

Well, you're just getting older. That's not the case. And tongue in cheek here, it's not from a pharmaceutical drug deficiency. You're not deficient in Lipitor, Crestor or Zocor or any other cholesterol lowering drug.

You're not deficient in aspirin. You're not deficient in any pharmaceutical. There are reasons why this happens. Only two things cause heart attacks. People.

I'm going to make this real simple for you. It's only the following two things. Heart attacks are from too much of the bad stuff. Not enough for the good stuff.

What's the bad stuff? Environmental toxins. Pollutants. Chemicals. Pesticides. Artificial bad food. Bad lifestyle. That's what heart attacks are from.

Not enough of the good stuff. The good food, the sleep, the sunshine, the physical activity. The movement, the spirituality, the mental wellness. That's what heart attacks are from.

Too much of the bad. Not enough for the good. In fact, all diseases from too much of the bad. Not enough of the good. So here is the problem.

Oxidative Stress as the Best Risk Test

The typical cardiology tests. They don't predict heart attack risk. Because how you are performing when you're living the right stuff, doing the right stuff, avoiding the wrong stuff.

How do we measure our success in that arena? The standard cardiology allergists. They don't do that. They don't give you a good look at heart attack risk cholesterol, for example.

Very poor at identifying heart attack risk. EKG tells you if you've had an old heart attack, but it doesn't tell you your risk for a heart attack going forward.

Stress testing is good for people with symptoms. But as we said, what if you don't have symptoms of chest pain or shortness of breath? So stress tests are not predictive of your future.

Cardiac heart attack risk. And CT scans can tell you if you've got coronary artery disease coronary artery calcification. But it doesn't tell you what your risk is going forward.

The best test you can look at is something called oxidative stress. Oxidative stress test is the best thing you can do to learn your heart attack risk.

Now oxidative stress is a mouthful. Oxidative stress just tells you that your body is rusting. It is from an excess of oxidative forces which are going to be the bad things, and then not enough of the good things.

And that's going to be the things that are antioxidants to you, things like glutathione and vitamin C and vitamin E, the antioxidants of which there's many.

So we wanted to determine your level of oxidative stress. And it's actually very simple. We call it the heart test heart or the heart attack risk test.

It's a simple test done at home. It's a urine analysis.

Home Testing and Natural Prevention Plan

There's no blood draw, no doctor's orders. And it's very easy to repeat in the future. So you can test your levels, your review with us over at Natural Heart Doctor.

And then we come up with a new plan. And then we can test at some point down the road, you know, one month to month, three months down the road and see if we've made improvements in your heart attack risk test.

It's a simple test done at home. Again, no blood draw, no doctor's orders, and we can repeat it at any particular

time. So what we want to do is we want to make sure that it's not your turn to have a heart attack, go to heart attack risk.com and you will learn more about this test available to you.

So I want you to stay tuned every day as I'm going to go through more of a breakdown of this oxidative stress and how to use our natural heart doctor method.

Are we well, live well, think well in order to reduce your oxidative stress and reduce your risk of having a heart attack. Thank you.