# I Treated 50,000 Patients With High Cholesterol. Here’s What Finally Lowered It Transcript

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## Cholesterol and Heart Risk Basics

You cut out the eggs, you cut back on meat, You bought the oatmeal and your cholesterol is still high. I've treated thousands of patients with high cholesterol and here's what I want you to know.

Your cholesterol number is a clue and it's a lousy marker of heart attack risk. i'm Dr. Jack Wolfson, a cardiologist and founder of Natural Heart Doctor.

For years I practiced conventional cardiology where the conversation began with a number and ended with a prescription. But if we want to build a 100-year heart, we have to ask some better questions.

What is happening in your body and what is happen to your blood vessels? So let me break this into four steps to you 100 year heart.

## Step 1: Test, Don't Guess

Step number one, test don't guess. Total cholesterol doesn't tell the whole story. Not even close. Cholesterol is essential. Your body uses it to make hormones like vitamin D, build cell membranes, and produce bile for your digestion.

It also makes the hormones testosterone, estrogen, progesterone. LDL carries cholesterol through the bloodstream. Calling it the bad cholesterol doesn't help you understand your health.

I want to see your triglycerides, HDL, APO-B, Lp-a, insulin markers, and things like oxidative stress and inflammation. I wanna know your blood pressure.

Two people can have the same total cholesterol and very different things going on. One may have high triglceride and insulin resistance. The other may inflammation and oxidate stress.

Give them the statin drug and you've learned nothing about why their results look the way they do.

## Step 2: Look Upstream for Root Causes

Step number two, look upstream. Why are the numbers the they are in the first place? Yes, your liver plays a major role in making and handling cholesterol and triglyceride-rich particles, but blaming everything on your livers is not a complete answer.

What is affecting your living and the rest of your biology? Look at the food, the sleep, stress. The sunlight. The movement. And the toxin exposures. Look at the mindset.

My root cause framework is simple. Disease is from too much bad stuff and not enough good stuff. Things like ultra processed foods, poor sleep, toxins and chronic stress can add to the body burden.

Meanwhile, you may be missing wild seafood, sunshine, movement and real relaxation and recovery. These inputs affect insulin resistance, inflammation, oxidative stress and the lining of your blood vessels.

The cholesterol number shows up on the lab report. Take more investigation. Step number three, flip the script. Eat well, live well think well.

## Step 3: Flip the Script on Diet and Lifestyle

First, tell me why I changed my diet. What does that mean? Did you replace ultra processed food with real food? Or did you replaced healthy eggs with a box of cereal and call it heart healthy?

I want wild seafood, pasture raised eggs, quality meat, vegetables, avocado, olives and other nutrient dense foods on the table. I don't want you moving every day and building body strength.

I want you to get natural light during the day and sleep in darkness at night. And if stress is running your life, we need to talk about that as well.

We choose the first move based on your history and what the testing reveals. If triglycerides, insulin and blood sugar are the problem, I'm going to pay very close attention to the food you're eating and how much you are moving.

if your results point somewhere else, well investigate that. That's why I created my free webinar, The Truth About Cholesterol. I'll show you exactly the tests you need to look at, the questions I ask, and how the 100 Year Heart Method helps you turn information into a plan.

This is without pharmaceuticals, this is root cause cardiology. Click the link below and register now. So let me finish up with step number four.

## Step 4: Check Your Response Over Time

You check your response. After you make a change, what improved? What didn't? One test is a snapshot. It's a photograph. Hundreds of data points is the movie measured over time.

Remember, lowering a number on a paper is not the same as understanding your heart attack risk and building healthier blood vessels. We need to do better than what the standard is right now Real heart health is built, not prescribed.

So test don't guess and cheers to your 100 year heart. I'll see you on the webinar.