Inside The Ultimate Heart Multivitamin: What Makes CX8 Special Transcript

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Introduction to Calcification and Heart Risk

Hey, all, I'm back with America's healthy heart doctor, cardiologist doctor Joel Kahn. And it was Reader's Digest, by the way, who called them? America's healthiest doctor.

And today we're going to talk about calcification, progression of calcification. And, some of the ways you can actually counter or support your physiology to slow down and, help with that process, which causes the most heart, heart attacks.

It's the biggest killer in the, the world, essentially. So great to see you again, Joel. Thank you. Ivor. Thanks. It's going to be a lot of fun. Yeah. Excellent.

And I know we're going to keep it short and sweet, but we were talking before about Doctor Addison. Or I could stand doctor booed off. And our amazing work on calcification and this whole topic of reversal.

We both agreed. And the others that you can't really reverse it because the calcium is a reparative kind of scar that remains. But certainly there's demonstration of slowing the process right down and even if you slow it down or close to stop it, the risk, the future risk for the person really plummets compared to the normal advancing rate.

Absolutely. And, you know, I think the basic points for people listening that you and I are such big fanatics on is get a heart calcium CT scan. We know that the winner is the zero score.

Calcium isn't a natural and healthy product of arterial structure. Calcium is a sign of injury, may be healed, injury may be chronic injury, but it's injury.

And if you're a zero, you know, if you celebrate, open a bottle of champagne and then maybe recheck your zero. But yeah, well we're discussing is the maybe 40 to 50% of asymptomatic people that aren't.

The calcium score is zero. They're having silent atherosclerosis. They have the injury to their arteries. And it's going to get worse and worse unless they make major changes to their lifestyle.

And we're going to talk about some natural supplemental ingredients that will heal arteries. And just as you said, put the put the fire out, which is causing this extreme calcification.

Why Calcium Scans Matter

So stopping calcification, slowing calcification, it's basically saying we're stopping injury, which is obviously the goal at a lower risk. And all the studies support that.

Yeah, absolutely. Joel and I show on the screen, you know, the Regi study, one of the most famous ones, but there are many others. And it just shows how, you know, if you're below 15% per annum in progression compared to above 15% fast progression, the difference in risk is enormous.

And you can just see it in the graphs. It's quite stunning. So an amazing scan, amazing information from the CT scan, low radiation, maybe a hundred bucks, five minutes.

Best information you can get. I agree, and it's so sadly underused. You know, this scan was developed in 1998. Our calcium CT scan in my area, Detroit, Michigan, we've had it available since 1995.

I mean, you know, imagine who was president, prime minister, what cars were people driving, what were the singing groups in 1995? We've had this since then, and I don't think 5% of primary care docs in my area, suggest to

patients with a prescription to spend 75 to $99 and find out truly how old their arteries are.

And if you're a zero, have a party, do it again in about five years, and probably take some vaso active supplements to keep your arteries optimal along with your lifestyle.

But again, we're focusing here on the disease asymptomatic person who says, damn, I've got the heart disease issue. I just never want a stent to bypass a heart attack.

I don't want to drop dead. And, we're going to get to the root cause it's always root cause. Analysis with my friend Ivor, the engineer. That's the. It's all about.

If you can't measure it, you can't understand that. So it's all about measuring and understanding where you are, exactly as you say and just moving on.

We'll do a whirlwind tour through the various components, because our mutual friend Warren of Extend Live.com has this really fascinating product and there's so many things you can take to support the arteries.

But the beauty of Warren's products, much research over a long period is a puts together eight different components, kind of the top hitters, and it makes them into one single supplement with the best sourced ingredients from around the world and the active ingredients.

A lot of suppliers of these ingredients and out of China know they're not bioactive, they're not micro encapsulated. They're lost before they're absorbed.

So I might start with the first one, an old favors.

Vitamin D3 and Tocotrienols

He has included, of course, vitamin D3. So maybe have a quick word on that. Yeah. It's just all about healthy endothelium. Healthy lining of your 50,000 miles of arteries.

Convert that metric if you like. But you know if you have a healthy endothelium, it's not going to get injured. It's not going to have hazardous causes, and you're not going to have a high calcium score.

So vitamin D3, vitamin D3 supports healthy endothelium no question about it. And it's a widely, widely common deficiency amongst my patients. So the fact that there's vitamin D3 and six eight supplement extended life is just there for helping healthy endothelium.

Yeah, absolutely. And it's a kind of daring er kind of inclusion because it's so fundamental and you can always go and get more vitamin D if you require as or if you're very low and boosted.

So you should be measuring that too anyway. And the second thing is Taco Trinomials, which I only discovered a couple of years ago. And interviewing Doctor Barry Tan, who I know we both have huge respect for.

And fascinating how vitamin E is mainly tocopherol is version of vitamin A, and that can actually be not ideal when you take too much and it can kind of antagonize the taco try in all form of vitamin A, but basically this purified Taco Triennale is the one that in reality, in the scientific research, really links to all the benefits you'd want, and very much less the taco truck offer.

All that most people put in vitamin A, so taco train alts, I think, is an excellent addition to see, right? I agree this is like premium gasoline versus just standard in terms of the vitamin E selection.

You see in most supplements, there are eight different kinds of vitamin A, as you said, four are called tocopherol, four are the higher valued taco tribunals and award Matthews and extend life went to a brand called Delta Gold taco triangles.

Very well researched, highest quality on the planet. And it's just a huge antioxidant protection, sort of like an umbrella over your endothelium. It's not going to get rained upon if you have a bad meal or are under some stress or slept for late at night, the taco triangles will be supporting healthy endothelial function.

Vitamin K2 MK-7 and Omega-7 Support

Again, you won't deposit calcium if your linings healthy. Yeah, that's the bottom line. And we're only on number two. But I'm going to keep it quick. Number three is vitamin K to MK7 form.

And this again may be familiar to some people. Vitamin K two very important in the process of kind of keeping the calcium out of your arteries and the process of atherosclerosis mitigating it and keeping healthy bones and kind of putting our calcium in the right place.

And the great thing was, Warren searched the world over to get the best, highest quality, as always, and he ended up getting it from Doctor Hogg. Novick in Europe.

And Hockney has done huge amounts of research specifically on his form, and there's a lot of data there for that. A lot of other people use his published papers to kind of support their product, but it's not the same quality, not the same form.

So again, this nutraceutical world kind of little bit of chicanery. But but this one really is a great addition I think. Now, I agree, that's when I first learned of and looked at extend life products, the quality of the ingredients truly and very honestly blew me away because you could source inexpensive, sell the vitamin for less, or just make more profit, but extend life said.

Now we're putting the most research component so many accused. Seven is the patented brand of vitamin K2, Mk seven in CSA, and, it has all the scientific data that you'd want to say, you know, preserve arterial flexibility, arterial resistance to stiffness.

And in a recent randomized study in the New England Journal of Medicine, undoubtedly, vitamin K2 has a role in slowing calcification. It supports a healthy endothelium.

You're going to get less calcium deposited. It's a win in six eight. Yep. Absolutely. And, Cardio Media is the next one. And most people have heard of omega threes fish oil type and omega sixes.

You know the ones you don't really want that are in the vegetable oils and the seed oils. But this is an omega seven that's extracted from Sea Book torn.

And interestingly, when I first found out about this, I thought Omega seven. And I remembered that in Professor Jeff Wallach's lectures, a lot of respect for Professor Bolick.

He had shown how the unhealthy people eating the unhealthy diet in his trials, they had a higher omega seven. So you could say, oh, that's a bad thing.

But actually it's an anti-diabetic anti metabolic syndrome kind of signaling molecule. So people have a problem. It's higher because it's rising to counter their issue.

But to take it as a supplement there's great evidence that it can act and do its anti insulin resistance actions in the body which are actually boosting your body's stores by by taking it as a supplement.

Antioxidants: Cyanidin, Rutin, and Blackcurrant

Yeah, I agree. And the fact that there's both component foreign component five come from sea buckthorn. You know from the plant world very basso active endothelial supportive product with many subcomponents, two of which are in six eight.

It's a great addition. And, you know, we need more omega active substances to fight metabolic syndrome. And actually, some data about omega active, fatty acids, slowing or reducing vascular calcification.

So it's excellent that it's in this product. Yep. And cyan talks also from the same company, pure idea. And I interviewed their, medical doctor, kind of one of our directors, and it's our faulders company and, fascinating discussion we had, but the sand talks has been proven in a lot of studies and laboratory kind of testing to be a very effective antioxidant, kind of head and shoulders above the nearest competitors, other well known antioxidants.

So I think it's a very good component to add in. Also, even though, you know, there's expense involved in all of these and it cost quite a bit to put these together, but I think it was well included.

Yeah, I agree, and just one comment. I mean, there's at least one animal study that this specific ingredient, cyan fox from sea buckthorn promotes, healthy stem cell release.

And, you know, you're getting older. I'm getting older. Probably everybody watching this is getting older. And the ability to, find natural pathways to stimulate stem cells, whether it's by fasting or cyan Fox and six eight.

So I'm all for that. But we would like a human study to confirm it. But it's very helpful. Yeah. And actually reminded me so on Fox. Yeah. There are studies not exactly human RCTs but have demonstrated at the end of trial progenitor cells promotion with this component.

So it kind of targets exactly what you're, what you're trying to do. And there's a couple more ingredients. Also there's route, an antioxidant and blackcurrant extract from high UVA New Zealand environment.

So it's full of antioxidants over there and these couple of antioxidants. Maybe we'll have a quick word on them. Yeah, I just rudin is a fascinating natural flavonoid.

All and flavanols are in the news for all their health benefits. One of the polyphenols, rudin, is related to quercetin, of course, Seton, which is also known to support healthy endothelium.

And that's why it's in another extend like product and route is very also good for veins. People that have vein disorders often support their venous health, and there aren't that many products that do that.

And Ruben is one of them. So three cheers for rudin being in here. Three cheers for black currant polyphenols in here. And I think we're down to the last component of six.

I think we are indeed. And last but certainly not least, because in order priority, I'd put this one not pretty high. It's just the way the list went, not kinase.

And Warren has used a Natl Zion's version from the USA and Natl kinase. I was amazed I'd heard about it before. I knew it was associated with the Japanese, who are very, very smart, on the health and very focused on nutraceuticals and supplements.

Japanese. Very clever, but not a kinase over there, huge amounts of research. I mean, I got one kind of paper that was just combining together a review paper on all of the research on the benefits and not a kinase.

And it was it was quite dramatic. And I even looked up a lot of the, references in those papers. And I what an extensive literature and demonstrated advantage.

I agree I've been using Neda kinase in my clinic as a substitute for aspirin in people that haven't recently had a heart stent.

Nattokinase, Product Quality, and Arterial Age Testing

Of course, in a heart stent, you're going to go with the pharmaceutical agents because it can lower cholesterol and

lower blood pressure, according to research studies.

I has a bit of an antiplatelet anti sticking effect and that designs just happens to be again because extend life has not sacrifice the quality even if it costs a bit more.

And now design is just the superior source of not a kinase. I've got it. It's an active enzyme that is sourced from soybeans. It's not a soybean. It's it's not edamame.

There's, you know, of course, vitamin K2 can be sourced from soybeans, but this is an enzyme in the broth that's related to soy. And you don't have to worry about allergies.

It's a very, very healthy component of it. Yeah, that's great stuff. So that wraps up a superb list of ingredients and putting together the kind of the best.

And as we know, Arne himself had a major calcification problem. It called him by surprise because he was otherwise super healthy. And he's had a two year odyssey, really, to pull together all of the different components he saw as the most valuable, with the best data behind them and publish data.

And then he could craft for himself. That was a good driver at this Crusade product, and now it's available for everyone else to take advantage of. And, you know, one last thing.

And it also involves Warren. He did take it himself for over a year, and he had taken Pulse Wave Velocity, which is an FDA approved test for arterial stiffness and arterial health.

And interestingly, he came up early on at the start of his journey with a value or an age up in the 70s. And he was 72. And his son, who was actually, I think, only 42 years old, got a an arterial age from pulse wave of 50 something.

But they both for the whole year. In fairness, they were doing diet and lifestyle also for Warren Anderson. Both came right down to I think Warren in this he's I'll show the graph on the screen.

And his son came down a good bit too, because the latter half of the year, he was now taking the cascade and doing more in diet and lifestyle, and it was quite intriguing.

So, what did you think of that one or what do you think about test? Yes. You know, and you already said with your engineering background and what you can't measure, you can't improve upon.

But pulse wave analysis is a simple, noninvasive, evaluation that reflects, to some degree the stiffness or the flexibility of your blood vessels. Healthy blood vessels are flexible, aging blood vessels are stiff.

So that drop in arterial age, your as old as your arteries. Both Warren and his son, had a parameter that says they got more youthful when they started supplementing with all these endothelial superstars.

Yeah. That test. And again, as always, the caveat I know I said it already, but in fairness, they had more awareness now about lowering sugar and about getting exercise and diet and lifestyle where kind of running concurrently.

But still, given the science behind these ingredients, not too surprising at all. We see some pretty interesting arterial results. So that's super agile, delightful conversation.

And we're going to be talking shortly on vascular flow and blood pressure hypertension, which is a huge issue in the Western world. I agree that actually is the first extend life product I became aware of because of listening to your wonderful podcast, and I literally was a jaw dropping moment how high quality the product was.

So we'll go over that in a moment and I think people will enjoy that.