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 healthy heart doctor.

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

And it's the biggest killer in the, in 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 doctor boot off, and they're amazing work on calcification.

On 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 is 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 we know that the winner is the zero score.

Calcium isn't a natural and healthy, product of arterial structure. The calcium is a sign of injury, maybe healed injury, maybe 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 reject zero. But yeah. Well, we're discussing is the maybe 40 to 50% of asymptomatic people that aren't.

Calcium Scans and Measuring Arterial Age

The calcium score is zero. They're having silent atherosclerosis. They have injury to their arteries. And it's going to get worse and worse unless they, you know, 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, put the fire out, which is causing this extreme calcification.

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 Raji 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 100 books, five minutes.

Best information you can guess. I agree, and it's so sadly underused. You know, this scan was developed in 1990. 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 diseased, 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 is all about under.

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 life.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 product, much researched over a long period, is it 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.

Vitamin D3 and Tocotrienols for Endothelial Health

A lot of suppliers of these ingredients and out of China and all, 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 favorite. He has included, of course, vitamin D3. So maybe have a quick word on that. Yeah, it's just all about healthy endothelium.

The 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 answers, gorgeous. 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 extend life is, just there for helping healthy endothelium.

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

So you should be measuring that too, anyway. And the second thing is taco triangles, which I only discovered a couple of years ago when interviewing Doctor Barry Tan, who I know we both have huge respect for and fascinating how vitamin eat is mainly take off rolls version of vitamin A, and that can actually be not ideal when you take too much and it can kind of antagonize the taco.

Trying 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 want, and very much less the taco talk off.

For all that most people put in vitamin A, so taco train also, I think is an excellent addition to CSAs. 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 E, as you said, four called tocopherol, four

are the higher value taco. Try and also and award Matthews and extend life went to a brand called Delta Gold Taco triangles.

Vitamin K2, Omega-7, and Antioxidant Support

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 poorly that night, that taco triangles will be supporting healthy endothelial function.

Again, you won't deposit calcium if you're lining 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 K2 Mk seven form. And this again may be familiar to some people vitamin K2 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 near Vic 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. Yeah, 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 no, we're putting the most research component so many accused.

Seven is the, patented brand of vitamin K2 Mk 7 in 6 eight. 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. And create. 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 interesting. When I first found out about this, I thought Omega seven. And I remember that in Professor Jeff Wallach's lectures.

I have a lot of respect for Professor Volokh. 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 it's anti insulin resistance.

Actions in the body which are actually boosting your body's stores by by taking it as a supplement. 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 vaso active end of the all 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 Santos, also from the same company, pure idea. And I interviewed their, medical doctor, kind of one of their directors.

Nattokinase and the Full Supplement Formula

And it's our father's company and, fascinating discussion we had, but the same 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 it's a very good component to add in. Also, even though, you know, there's expense involved in all of these and it costs 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 ingredients and thoughts 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. And, you know, we would like a human study to confirm it. But it's very helpful. Yeah. And then actually reminded me Sam talks. Yeah.

There are studies not exactly human RCTs, but have demonstrated at the end of t little 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, flavanols and flavanols are in the news for all their health benefits.

One of the polyphenols, rudin is related to. Of course it's in. Of course, Seton, which is also known to support healthy endothelium. And that's why it's in another extend life 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 eight. We are indeed. And last but certainly not least, because in order priority, I'd put this one up 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 nasal kinase. I was amazed I'd heard about it before.

I knew it was associated with the Japanese, who are very, very smart on on the health and very focused on nutraceuticals and supplements. Japanese is 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 what an extensive literature and, and demonstrated advantage. I agree, I've been using that a kinase in my clinic as a substitute for aspirin in people that haven't recently had a heart stent.

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, 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. Now design is just the superior source of now kinase.

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, as you don't have to worry about allergies, it's a very, very healthy component of six a. Yeah, that's great stuff. So that wraps up a superb list of ingredients, putting together the kind of the best.

And as we know, Warren himself had a major calcification problem. It called him by surprise because he was otherwise super healthy.

Pulse Wave Velocity and Arterial Flexibility

And he spent he 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 published data.

And then he could craft for himself. And that was a good driver, desired 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 is actually, I think, only 42 years old, got 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. But Warren Anderson both came right down, to, I think, Warren in his 40s.

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 shave and doing more and 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 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.

Yep. That's it. 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 to surprising at all, we see some pretty interesting arterial results. So that's super age old, delightful conversation.

And we're going to be talking shortly on the vascular flow and blood pressure hypertension, which is a huge issue in the Western world. I agree, that actually is the first, extend life products 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.