I just knew some kind of women's intuition just came over and I was like, I think I'm having a heart attack. One of the most common causes for a premenopausal female to have an acute myocardial infarction heart attacks.

You're seeking a job title that is ruining your life and working endless hours every day like I would. I honestly feel as though a part of me died on that table.

Scad is likely the number one killer in women under 42. The end of story. Welcome to the Natural Heart Doctor show. I'm cardiologist Dr. Jack Wolfson.

Heart problems don't come from a drug deficiency. They come root causes where cardiologists never look. On this show, I sit down with experts who challenge the mainstream rhetoric and talk about what actually builds a heart built to last.

Get ready for a dose of cardiac longevity. Hello everyone. Dr. Jack Wolfson, cardiologist, another episode of the natural heart doctor show where we get you the best heart health information in order for you to achieve your best life and live the 100 year heart lifestyle.

So with that, I've got two women on this call with a very unique history. And I know Danielle Denline for many, many many years and Tara Benoit is a newer meat to me over the last year, but both of them share the same scary story, which is SCAD, spontaneous coronary artery dissection.

And what we're going to talk about really is what is scad and the story of how it presents with the idea of, how can we warn young women in particular, because it is 80% of the time, it's a woman who does suffer from this, let's just talk people in general, How do we recognize some of the warning signs?

How to we get people to listen to us when we don't really fit the model of a 65-year-old guy grabbing his chest, how things can present differently? And then now we go from diagnosis to what happens and the emergency of that.

We can also talk about the recovery phase and what is it like to not only prevent the next event, but to be a survivor of the first event. And what does that mean really mentally?

What does do to the psyche of individual person? So maybe let's start off with you Danielle, and this just so happens to me as we're recording the 18th anniversary of your SCAD event, say hello and then also kind of break it down.

What happened to you 18 years ago? Okay, so hello. I am currently 53 years old and at 35 years, I had delivered my daughter and five days, very easy deliveries, and I did have a C-section.

Five days later, on I have had a massive heart attack. It started out with I was fine, got up that morning, showered, feeling great, baked banana bread.

A couple hours later, I had crushing chest pain in my chest. It kind of felt like heartburn, but I don't get heart burns, so it felt a little unusual.

And then I have pain going down my left arm, and I just knew, like, some kind women's intuition just came over, And I was like I think I'm having a heart attack.

But I wasn't out of breath and felt fine. So I told my mom, she needed to call 911, because I'd just had the baby and she was home with me. And so she called 911 and they came and my mom was like, you might be having a panic attack.

And I was, like well, I don't get panic attacks either. So pretty sure it's a heart attack and so got in the ambulance and um, they ran a troponin test.

Of course I, was actively having heart attacks and he definitely said that, calling 911 saved my life for sure. Off to the hospital. my whole left side of my heart, my main LED was 95% blocked because I had suffered the scad so that spontaneously tore open and then obviously that creates a clot in the artery and starts the heart of oxygen.

So straight to the cath lab and I remember looking at the doctor and said, I have a new board at home, you got to save my life somehow. And he just had like a blank stare on his face and He did.

He saved my life and did a balloon pump and stents and all the things. And it wasn't an easy recovery. I was in and out of two different hospitals for 28 days on a couple of little hiccups along the way.

But ultimately, I left with six stints and a pacemaker. 60% of my heart muscle. So I'm very, very grateful to be here 18 years later. You know, lots of little goals along the way.

First goal was watching the kids graduate. My son already graduated, my daughter's about to graduate, so we'll be setting some new goals. Avoiding a heart transplant would be one of them.

And from maybe some stem cell in my future, that's what I hope for. Thank you for bringing some awareness to SCAD today. I appreciate it. Yeah, no, thank you.

Thank you and then I do want to circle back as we think about what happened maybe just before that. If we can think of anything that would have led to that, maybe we could ask some questions there.

But Tara, go ahead and maybe introduce yourself if you would and kind of tell your SCAD story. Absolutely, and Danielle, your story is amazing. I just have to tell you, listening to you as another survivor of this and knowing in our own way what that was, I had so many chills and just, you really had such a severe case of it.

You talk about SCAD and it happens to so much women and its mostly dismissed. you don't hear a lot about the severity of what you went through. Um, so I just thank you so much for bringing, you know, advocating for it.

And 18 years ago, it's a lot different. The last couple of years where it was heart health has been more mainstream, but back 18 ago. I mean, that was different, yeah.

So, okay, so my story is a little bit different I was 2,023, I 46 years old. What I would have been considered the best shape of my life. An athlete, a fitness competitor, bodybuilder for 15 years.

And I was getting ready to compete that year. I had been training through COVID, I'd had a gym in my home, and I felt phenomenal. Except for I've been under a tremendous amount of stress all the time for a very long time.

High-performer women, always excelling. If I have to look back I would look at my life and we talk about stress and what it does to our body, but it actually does more than we think.

started experiencing some lightning bolt chest pains in the left side of my chest one night. It was a Tuesday night and they came and went about five minutes and I sat up and i knew something was wrong but I didn't quite relate it to my heart.

I don't know why I think it's because I would never think anything would be wrong with my And they just went away. And so the week went on and then that Friday, which is three days later, I was getting my kids ready for school and I bent over and had that tingling, Danielle, that you talked about in your arm.

I had it in my left hand and it traveled up into my back and into the jaw. Then in that moment I lost my breath. almost if I were to imagine two hands traveling inside my chest cavity and grabbing my heart and just squeezing it.

And I knew something was wrong and drove my kids to school, of course, because that's what I did as a mom. Moms do. Yeah. I went right to the ER with my mother.

They brought me right in. They didn't dismiss me. They did take it seriously right away. But when the tests came back and the blood work came and EKG was normal and everything showed normal, they said, there's nothing wrong.

We can't find anything wrong with you. I think it's anxiety. And I remember looking at that young doctor and saying, it is not anxiety, I know what anxiety is.

This is something very specific to the left side of my chest and they sent me home. So did they run a troponin test on you? Do you remember? You know, that's a great question.

No one's actually asked me that. I have to assume that Friday that they did. But at that point, it wasn't the full heart attack yet. It was for me, which I know it can be spontaneous for a lot of people, but for my particular story, I started feeling symptoms before at the actual event.

And speaking to my cardiologist now and just understanding my body, we think it's just because I'm so in tune with my bodies that I felt things before other people wouldn't normally feel them.

So I got sent home on a Friday. I left. Woke up the next day, same pressure in my chest. They told me it was probably anxiety or COVID. And back then, I mean, this was 2000, 2023, everything.

There was a lot in the media about COVID and athletes and heart attacks. Who was I to say? You're wrong, even though I knew something was wrong. I went to bed that following Saturday night, woke up in middle of the night.

with excruciating back pain. So it's almost the kind of pain if anybody's ever had pneumonia or you've had bronchitis where you cough and you kind feel that like achy pain in your back.

That's what I had, except it was specific on my left side. And got up, took some Advil, tossed and turned all night, knew something was wrong, woke up that Sunday morning and that's when it happened for me.

I was standing in my kitchen and making coffee and then all of a sudden that pressure in heart started accelerating and it felt like the 4th of July was lit up in chest.

And I started falling over, head to toe, breaking out in sweat, couldn't grieve. You know 911 came and this is what is acts. This is wild You will not even believe this they put the EKG on my chest while I was on the floor in my house While I always having the scad and the ekg showed that I wasn't normal There was there was no indication they brought me back to that same hospital that dismissed me two days prior That's when the doctor came in and that's what I heard there were turpotin for the first time.

Mm-hmm Okay, so this all brings up some fantastic points, no doubt. And you guys are really both expressing the symptoms that you had, the chest discomfort, you know, this squeezing of the heart, The radiation of this comfort, You know the sweats, along with that, and when I say radiation, how like the left arm discomfort along that.

So there's a lot of things that are happening right there. and the EKG is definitely, you know, the first thing that they want to do is they wanna do the ekg immediately and to your point, not every heart attack is found on an ECG.

When it comes back normal, that's a good sign that it's most likely a smaller vessel that's involved that can still cause discomfort, but maybe the most classic artery that is involved in a SCAD situation is the circumflex coronary artery and a lot of times that ECG or EKG silent But the Traponin is something that really Tera should have been used if it wasn't utilized on your first appearance in the emergency room.

Because it likely would have be abnormal because it is so sensitive. It does work so well to pick up microscopic teeny tiny damage. And I think most doctors, I'd think you guys both had kind of positive experiences in the

emergency room of like, hey, these people are really working, they're listening to me, They're taking me very seriously.

But how could we make sure that women who are presenting with the same thing are being recognized and really like you need to be a thousand percent sure it's not cardiac before I'm leaving the Emergency Room.

So I think that's really important. Yeah, I just want to mention, you know, they then transferred me to Boston, which I was about half an hour away. And this is the part that really worries me for women in general.

I am a very loud, loudest woman in the room type of woman. from the minute I was told that my troponin levels were high to the second I got diagnosed.

It was over 30 hours between those two moments. And they had me in the hallway at the 2nd emergency room. They had in any place other than the cardiac cath lab.

I can just remember crying and telling them, you have to help me, it was like a Sunday night. As women, when we're speaking up, we always, I think, feel like we are bothering people or we a nag or in some capacity we should be listening to what people are saying.

But I will have to push back. If you know something is wrong in your body, you have step up. You have get out of the room. you need to ask someone else.

Find a different doctor. Go to a new emergency room You can't just take the first answer. Listen to your gut. Women's instincts are very strong. I'll definitely agree with that.

Danielle, outside of you giving birth five days prior, and again, I'm speaking to two experts here who have lived in this space. And Danielle in your case, 18 years really diving into this base.

Correct me if I am wrong. You've been on Oprah and Dr. Phil and you've places. Dr. Oz, you know, very well known on these various incredibly important, uh, topic here, but what are some of the risk factors and maybe they like circle back as far as SCAD stands for spontaneous, meaning sudden coronary artery.

So one of your arteries of heart that supplied the three main arteries have the heart where it dissects. It's this shearing of intima layer, the innermost layer of artery and it's not common, fortunately.

It's becoming more and more common for a whole variety of reasons. And it is one of the most common causes for premenopausal females to have an acute myocardial infarction heart attack.

Let's talk about why, why do we think right there and then, Danielle, do you have any insight as to why this all of a sudden was triggered? Well, I mean, truly don't have a definitive answer.

I can only tell you what we have in common as SCAD survivors and what some of the data shows is I was completely healthy, didn't high blood pressure, wasn't overweight, exercised all the things.

cardiovascular disease in my family either. So it wasn't something like that. But from what I understand is that the hormonal shift after pregnancy for me, there is a drastic estrogen drop after you deliver a baby.

And so what i've been told is, that's what caused my scan. The drop in the estrogen caused my artery to spontaneously tear open. Now, women have babies every day, all day.

And obviously, everybody's estrogen drops after they have a baby, clearly. But what makes me different? I don't know. I mean, I've been tested for connected tissue disorder and all these other genetic things.

I don't have any of those things, thankfully, but I will say something that I'm interested in knowing is I was 35 at the time, and I went into menopause at 45. So that's a 10-year gap, right?

And they say the change could be anywhere from like 10 to almost 15 years start to finish. In theory, in my opinion, I So, I think that for me, the estrogen drop was probably more significant for maybe because of my age.

So if you're 25 years old and you have a baby, you are going into the delivery with higher estrogen, clearly. Whereas I probably didn't have as much estrogen and that was what happened.

Again, it's still in research. true answers. What we know as survivors, what we have in common is it happens after hormonal change. The biggest data shows it's usually after pregnancy.

Birth control, on menopause, big high stressful events. It could be a loss of a loved one, it could a triathlon, anything like that. Just stress and hormones seem to be the two contributing factors to SCAD.

Okay. Remind me, was this your first child? No, it was your second because obviously you're excited about getting pregnant again after that. Right. And they had told me no.

The other thing is they told that if I didn't have a C-section, I probably would have had the heart attack. I would've had my SCAD maybe on the table and not have survived.

And the only reason I did a C-section was because my pelvic bone was in the way. So she wasn't getting out. I mean, it wasn' t by choice, but that's how it all went.

But again, you know, thinking back to that day, could my body have not liked all the medicine and everything else that I had to deal with the day that i delivered?

Because, obviously, all of that plays into it. The day before I left the hospital, my heart rate was a little high, and the doctor said she thought I was dehydrated, so she gave me fluids before she left, before left.

I also have NTHFR, So my body doesn't necessarily detox all those types of chemicals or, you know, medicines. So I'm sure it was combination of everything, truly.

Well, I don't want to encourage women to go for C-sections. I do not want say that here. And there is no data that would say a vaginal birth versus C section, higher risk, lower risk.

For anyone who knows me, they're going to know that I'm going want to err on the side of doing things natural whenever possible. So again, everybody's got their journey.

But if we're concerned about this, I wouldn't say, OK, well, let's schedule a C-section because of this. We are talking about, several thousands of women, maybe 10,000 people on an annual basis in the United States that suffer SCAD.

It's a real number for sure. Yeah. But to your point, Danielle, again, everything around that, because I would also make the case of, hey, listen, what about the C-section?

There's nothing natural about that and the pharmaceuticals of that. And the anesthesia related to that? Yeah? But that being said, I do appreciate both of you really just, how do we talk about women getting, recognizing this, that number one, knowing what we're talking about, SCAD, spontaneous coronary artery dissection, what are the symptoms, making sure that everybody around you knows your symptoms of what you're having, including when you are seeking help for that, and to Tara's point of, hey, Something's not right here.

I know my body better than anybody does. And even you too, Danielle, we're like, everybody is gonna think, oh, Daniel, come on, you know, You got a lot going on.

You get the baby. It happens to be your anniversary. Your 35 year old, second time mom. That's a lotta stress that's going. On it's probably anxiety, panic.

We're in a crazy world right now. When you're, like. No, that not it. That's not it. And we got to push forward to find out more. Tara, so as maybe you kind of listen to some of these things, do you have any insight as to what was going on with you maybe before this?

Sharing things you care to share or not share. I mean, listen, obviously, there's this other what I call like a sister diagnosis, which is Takasubo cardiomyopathy, broken heart syndrome.

Which is the classically the 40 to 60 year old woman who as you said Danielle gets into a fight with her boss Maybe there's an issue with their spouse.

Maybe the loss of a loved one and that triggers a Similar outcome which is massive heart damage in a lot of cases and people do die from this Maybe a little bit different physiology in the sense that maybe it's coronary spasm versus cloth that laces but What?

Why now? Like, why now?" Most people think heart health starts with what they eat, and it does. But it also matters what your food touches before it ever reaches your plate and your mouth.

Because every egg, every stir-fry, Every piece of fish and every sauteed vegetable sits directly against your cookware. And if that surface is old, scratched, or coated with synthetic non-stick materials, your heart-healthy meal may be picking up things you would never willingly put into your body.

Most of us are unknowingly swallowing thousands of tiny particles with everyday cooking and it can come from the non-stick pan we use over and over again.

One study found that a single scratch on a Teflon coated surface can release over 9,000 plastic particles into your food. And those particles do not just pass through you, that's for sure.

Microplastics have been found in the bloodstream brain and even arterial plaque in the neck. One landmark study found that people with microplastics in their arterio plaque were over four times more likely to suffer a heart attack, stroke or cardiovascular death.

So if you're already eating clean, filtering your water and taking your heart health seriously, your cookware should not be the thing quietly working against you.

So ultimately, that's why I use Chef's Foundry P600 Ceramic Cookware. It gives you the convenience people love about the nonstick cooking, but without the Teflon, PFAS, or plastic coatings that are touching the food.

The P600 uses Swiss engineered ceramic so you can cook everyday meals on a cleaner ceramic surface instead of a synthetic nonstick coating. And this matters because cookware is not something you use once in a while.

It touches your food every single day. So replacing a questionable non-stick pan with a clean or ceramic option is one of the simplest health upgrades you could make in your kitchen.

That's why I recommend making this switch as soon as possible. Right now, Chef's Foundry is giving my listeners 50% off the P600 series. And for a limited time, you can take an extra 20% with code WOLF20 at checkout.

Enjoy your food and the best of heart health. So I have two points to share on that. I agree with Danielle. The research with SCAD survivors and similarities that they have, there is definitely a hormone relation part to it and stress.

Now, for me in particular, at the time that this happened, if you would have asked me back around that time, I would've said to you, there's no way this should've happened.

There's nothing that would happen in my life that it would caused, but now that I'm three and a half years outside of it, i can take a look in a bigger lens and tell you yeah, no wonder why it happened I was in perimenopause.

So yes, my estrogen had dropped. And I had severe cycle issues ever since I have the COVID vaccine, which I will share that I did receive. My cycle was on and off and on.

Now, in relation to that, I also believe that trauma lives in the cells of your body and that if you go through various trauma in your life, you know, whether it be good trauma or bad trauma, and you never deal with it, it comes out in different ways.

And I had dealt with hormone dysfunction for a long time. I have endometriosis, I've had gut-related issues that I was trying to seek help for, had major anxiety.

Now, would any one of these things cause a heart attack? No, but for me, now I believe that combination of all of these things for me was a perfect storm.

And that's essentially what ended up creating the tear in the wall in my heart. I will say that for women, it's really important for us to take a look at our health, our total body health.

Not just our cholesterol number, which I know Dr. Jack's not a big fan of, but what else is happening to your body at any given time? How are you eating?

how are sleeping?how are showing up? How are recovering? Are you in natural sunlight every day? Are your stressed 24-7? Or are you seeking a job title that is ruining your life and working endless hours every like I was?

I also was pushing my body a lot because I'm a competitive athlete, which again, there's something good about that, but on and on all the time, not really sure anymore.

Were you on hormone replacement at the Yeah, so that's an interesting, no one's asked me that, but I was on hormone replacement therapy prior to it. It was a low dose and I taking it predominantly because I had lost my menstrual cycle.

Because after I got the COVID vaccine, I will never forget it, I ended up getting it, I think mostly at the time because of fear, because the fear that was put into me from the world.

And I will never forget getting the needle, walking out of the door and thinking to myself, what did I just do? And like almost feeling it in my body.

Within a month I lost my menstrual cycle and I can recall sitting at OBGYN and saying to my doctor, This is because of the vaccine." And they said, there's no way that you can relate.

We don't know the data yet. But I knew, I know back then that that was something wrong. And so I was having horrible cycle issues and to try to regulate myself, my blood work was all over the place with my hormones.

I did go on low dose for HRT. Now, once the SCAD happened, obviously they were no more HRT, no this, which really affected my body tremendously because I went from having at the time, my hormone levels were all balanced out, Which is interesting because normally you would expect the scad to occur when the hormone fluctuation is really high.

But for me, the HRC actually put all of my hormones in a balanced level which I needed because they are way too low before. Right. Interesting. Yeah. Okay.

Well, I think we're bringing up a lot of different possibilities and I certainly believe in the freedom to question all these various things and to have an open forum like this to discuss all the different possibility for the individual person.

And I think unfortunately regarding the COVID vaccine is that, just as you said, the response you got was, we don't have the data yet. And we would look at that and say, maybe we should have data and studies on these things that

would tell us that.

I think we've done a really good job, ladies, on kind of identifying, hey, this is what we're talking about, SCAD. This is how common it is. It's not overly common, but it's no rarer.

And we need to recognize it, what the symptoms are, with the signs are. What the testing that we to do to make sure that were heard loud and clear. The next thing I wanna do though, Danielle, is What is it like to live?

with a Not even a scared I get we yes scada, but how do we live with the medical diagnosis? You're 35 year old at the time You just yeah, you're welcomed at a new baby into the world you got two children I I know your husband you know I mean, let's just say again, like things are in a pretty good place at that time.

And then now this happens. How do you move forward? How? Do you how do? You live with that? Well, I didn't live with it for a while. It was very traumatic, as you can imagine.

I went into like crazy depression, not so much even just from the heart attack, but I would say postpartum depression as well. And I just took one step at a time.

At the time I was leaning in and trusting the medical system and the doctors that I the doctors that were putting my life in that moment, they did what they needed to do and I'm so grateful for that.

But it took time for me to heal and each day I got better and started to shower and start to go for walks and then I went back to work briefly. And then I went to my first American Heart Association luncheon event and I said, thank you.

I'm never coming back and appreciate all the advocacy work that you do, but I couldn't stand being in the room as a survivor. How is this me? How are they talking about the things that I have and don't want to be part of this?

And the following year they begged me to come back. Long story short, I just flourished from there and I accepted all the things that I had been through.

And I knew my mission and my purpose was to share my story and, you know, create awareness about SCAD because no one knew about it. 18 years ago, when we Googled, my doctor said, we I've never had a patient like you.

We learn about you in the textbook. And he said, you put me through my stress test today. And so truly, and everything that we Googled at the time, nobody survived.

All the women had passed. No one ever survived SCAD. So that puts some things into perspective. But fast forward, my daily life is everything I've learned from you, right?

Like, eat well, think well. You know, get out in the sunshine, exercise. Take my supplements. Eat my sardines, even though I don't want to do that. Um, you know.

Kickstart my heart. All the things. So just, that's how I have gotten through it. I had great people that have come into my life and have filled in gaps and taught me along the way of how to live with heart failure.

Advocate for SCAD and be a mom and, be part of my community. Well, you know, also take a look at that and kind of your experience and what really has been the downstream effects of that.

What has happened since then? And, God is a purpose for all of us, I certainly believe. And this was certainly a tough one, and maybe again you were chosen because you could handle this, although there's been so much difficulty.

But that being said, this happening to you, the doctor getting that experience, and how that doctor became a better

doctor because of that experience with you on so many different levels.

And then all the people that you've touched and all of the information that because you being a spokeswoman for this and being on Oz and and with the American Heart Association and, and an advocate, being in social media talking about these things, in here right now that this continues to open up the eyes and saves lives, saves life.

It's everything you've done have saved lives. And you have been a tremendous spokesperson for that. Not many people would even want to go on an interview like this and to be as candid as you are.

So that is very appreciative. But also, I mean, as you look at it now, even maybe talk in generalities about what does it mean? Because this is, to me, is a post-traumatic stress situation, maybe PTSD.

And we often think about PTSD of someone who's in the military, someone whose in a physically abusive relationship, may be even with parents and these childhood traumas.

But I often thing about something that is never discussed. Because as medical doctors, we don't discuss a lot of things, of course. But we never discuss the post-traumatic stress of a medical diagnosis and what that really means.

Maybe, Tara, you unpack that, too, right now, where, yeah, your a competitive athlete. And what does it mean to survive what you did? It was one of the most challenging times of my life.

I can remember laying on the cardiac cath table. with the doctor telling me what happened. And I honestly feel as though a part of me died on that table, because I was relieved that they had finally found something that was wrong.

But then also like, what is this? And how, What does this mean for my life now? and in that moment, I did not know what that Was. and In fact, was laying in the hospital bed for a week with a doctor, a head cardiologist who didn't yell crazy.

I mean, even 12 years when it happened to you, 12 year later, the same doctor said to me in a major cardiac center in Boston, you're only the fifth patient that I've had that has had a SCAD.

You're the only woman of your age, of you physique style. And it was traumatizing. I felt so lost. could barely walk up a flight of stairs without being winded.

I was on all of a sudden all these medications which I will say are traditionally given for men and men's research in heart attack. i had blood pressure that normally is low so now put me on a beta blocker my blood pressures 80 over 50. I was on blood thinners and cholesterol medication and all these things that, you know, my body was very fine tuned at the time.

I used to eating four or five times a day, I ate all organic food, all healthy food. All my supplements. And on all these heart medications, I went into early menopause overnight because of the heart attack.

Nataly bodies fighting the menoppause, fighting this scad, the healing of this SCAD. I did not have a scent put into my SCad because the location of it, they were afraid it was going to tear more.

And so at the time I wanted them to because that thought of having to lay down for a month with medication was so scary. But looking back, glad that they did it for me specifically.

But it was a loss of identity and I was depressed and anxious and miserable for months and months. But to your point, Dr. Jack, you know, I took it every day.

Every single day, it took day by day and it started with light stretches. What can I eat? What I can control? what can i put into my body? Who am I talking to?

Then I dove into advocacy work with American Heart Association. It took some time, though, to be able to feel vulnerable enough to share. Then I got on social media, I went back to school, left my business that I created, that founded for 20 years, was in corporate, went to back school in functional medicine, and I'm using my experience in total body health to help other women now.

become a better version of themselves. So hopefully they can reduce their risk of heart disease, whether it's a scatter, or whether at any other, because we know one in three women will die of cardiovascular disease.

And what can we do before it is too late, other than just checking cholesterol and annual appointment every week, every year? There's so much that we can do.

No, that's fantastic information and thank you both for sharing all this and it's not easy and especially as you think about how you're laying on the table and how all of this went down and then the subsequent recovery for it.

Danielle, you kind of mentioned some of these things before as far as the food and the lifestyle. Your event was much bigger than Tara's, if you will, regarding the portion of the heart that was damaged and stents and pacemaker, the device that's in you.

We've kind gone through this a lot, and you and I in discussions. But, you know, taking it day by day, this is how we eat, how to live, and how do we think.

Using pharmaceuticals when necessary, but also asking the right questions and saying, hey, I know that you do this on everybody and this the protocol, How does the protocol apply to me as the individual?

And really, Danielle, talking about being your own advocate over there. Because you synthesize a lot of different information from a lotta different doctors, myself included, and others.

And you being the quarterback of the team, you've got the freedom of information. You've the the choice over you. and then ultimately kind of what path you're on moving.

Kind of multiple questions over there, but talk about walking the path for you and how you choose to do so. Well, right to your point is I like how you say I am the quarterback because I always say, I have this big team of doctors all over the country, including Dr.

Hayes, who's at the Mayo Clinic. She's my SCAD specialist. And then I had one here. I mean, have a whole team, which is great. and I just take everybody's information and knowledge and i soak it all in and write it down.

Then I come up with the protocol that I feel like is going to work for me. And primarily that's, you know, I started off on medicine in the beginning and I remember being over-medicated like Tara in a hospital and a woman cardiologist came in and she looked at me and said, You are just so over medicated.

I don't even know how you're getting out of bed. And I said I barely am. She said okay, we're going to take you down. We're gonna get you off half these medicines.

Fast forward, I don't know how many years, seven years later, was finally found Dr. Wolfson and I was able to get off the medicines. And the whole time I on the medication, i was exhausted and my lifestyle just wasn't…

I didn't have the energy and i thought it was from my heart failure. But honestly, when I came off of all the cardiac meds and did Dr Wolfsons supplements, and you know I really didn´t change too much in my eating because I´m already eating healthy and exercising.

I felt so much better once I got off of the medicines and I was on the supplements. So that's how I'm managing my lifestyle. And people ask me all the time, how do you manage your heart failure?

Well, I manage it by my life style, like truly. A lot of it is mind over matter. For me, one scat and done, because

obviously I am at risk, just like Tara is to have another scad at any moment.

But I just choose to believe that like I had my one event and I'm done and living my lifestyle of you know, making sure I'm getting my magnesium, and making my blood sugar stable.

I mean, there's a whole picture that goes into that. Not just cardiac, it's the whole body. Every day. Yeah, every day, yeah. And it is a full-time job.

Sometimes it can be annoying. If I don't want to ever take another supplement again in my life, that would be great. But I have to because my body is deficient in magnesium and potassium and all the things because we don' t get it in our food anymore.

And right or wrong, you think about your heart every single day. Yeah, every day, yep. Tara, Sam? It's almost like a third, I have two boys, it's my third child.

That's a good way of putting it. It really is, and for me specifically, i still feel symptoms everyday. I actually just met with my cardiologist in September and was sharing with her.

The best way I can describe it is I feel the tear. My heart is sore everyday, 90% of the time, it's manageable. It's like 10% percent of time where if I do too much or I'm really stressed or yelling at my boys, they're 10 and 12, so there's a lot of yelling in my house.

Or something upsets me. it actually becomes almost unmanageable where it feels like I have another scad and I just have to take a step back from whatever I am doing.

Meditate. I had an amazing PF on that. I lay on it with the lights and the crystals and everything, or I take a slow yoga class, I'm hydrating more, and I go outside and lay in the grass and in sun.

I do all of the things that are so available to us every day as humans, but we forget them because we're in this busy world of going, going all the time when we have so many opportunities to take better care of our health.

And I will say, prior to my SCAD, stop and do those things as much because I was pushing myself all the time. But now I do and I believe it's why I actually feel the best I've ever had now at 49. I'm leaner, I am stronger, but in a different strength.

Well, I will say this. I think that both of you, Tara, you're 49. Danielle, in your early 50s, the fact that you both have Tara. You've got the blonde hair.

And Danielle you've the nice dark hair I just want to say, as a guy who's folliculally challenged, and I'm jealous. No. Sorry to be a smart ass 30s. Blonde, nice hair on this podcast.

I apologize, being a smart ass. Tara or Danielle, what any last words and maybe where can people find if there's a place you want to point people to who are, you know, who have gone down a similar road or want Yeah, so right now I'm just advocating.

I don't have a functional business. You know, I am not working because I technically disabled on paper so I not supposed to be working and I physically couldn't.

If I was I'd be for you Dr. Wolfson. But so you can find me on social. My name is just Danielle Danlina. You can me find on Instagram. And if anybody has, people reach out to me almost several times a week.

Somehow people find my name or first guide questions and what doctor can they recommend and all these types of things. So you could find be on Social there.

Final last words would be, SCAD is known as the Healthy Women's Heart Attack. That's the thing. My doctor at the

Mayo Clinic would say that SCAD is likely the number one killer in women under 42. The end of story.

It beats all breast cancer, all the cancers combined. SCADA is probably likely, the No. 1 killer, in woman under forty-two. And it happens to mostly women that are healthy.

The only thing that we know to date is that there is some sort of hormonal, you know, play into that. And obviously, as women, we can't change our hormones.

I mean, that's it. What we CAN do, though, is we kind of avoid birth control and IUDs and those types of things. Because those things are known to cause heart attacks, for sure.

Tara, 25 year old woman comes to you as a client and they say, I found you because I heard your story and I want to work with you. And I wanna make sure that doesn't happen to me.

So kind of what is your model and how do people work you in order to achieve that objective? Yeah, so I do a lot of work with functional lab testing. I know you do that as well.

So if someone came to me looking to prevent heart disease, we would look at a total body. We would do functional labs of hormones, cardiac markers, foundational labs, gut labs stool tests.

and take a look at what's happening in their body, then I would build a specific protocol that would look their nutrition, their daily movement, the nervous system, and their mindset.

And we really take look every single part of the body. Because as we know in conventional medicine, which I'm not opposed to conventional medicines at all, they're really great.

Obviously, Danielle saved your life, had the surgery, for me as well. But it happens when the disease is already there, when that the issue is there. But we need to do a better job about being preventative and being prevention so that we don't get to the point where we're at that.

So that's sort of the space that I live in and excited to be in to help people because I do believe we can do you know, 5, 10, 20 years before any event happens.

And I know what I'm doing now in my body at 49, almost 50 years old, oh my goodness, is going to show up in life in 10 and 20 from now. That's what people really have to remember is what you're doing, what your breathing in, actively doing or not doing what, you are eating or eating is not just affecting you now, it's going show later in your life.

Well, if we, we definitely want to thank the men and women who work in emergency rooms and trauma centers for the work that they do and undoubtedly for Danielle saved her life and there's no doubt about that.

But my concern really is that if we were to go to the world's best SCAD specialist, if you will, and say, hey, I have a friend who's 25 and she's interested in preventing something like this, i'm concerned that that person is going to have very limited list of recommendations.

And it may involve, well, listen, yeah, eat healthy, exercise, don't smoke or do drugs. This is stuff that everybody knows, but I appreciate that too, Tara, where you're like, okay, we're going to go into a deep dive and we are going really talk about this is how we eat, this how live, how think, these are the tests that we do, and then based on the testing, that's how you use that to guide us.

And that is the fundamental strategy. And after that, if we do our absolute best, you know, I think we're really minimizing our chances of having these really, really horrific events.

So thank you both for being on this episode of the Natural Heart Doctors show. We'll make sure in the show notes that we put links to how to find you, Tara.

and information about you as well, Danielle. And I know that Facebook and Facebook groups and some of these different support groups can be just a really good place for people to find out more information.

I'm always interested. When I heard about Terra, I was like, oh, you got to connect with Danielle and how this The club chose you guys. You didn't choose the club.

But now that it chose, you and then you participate. And I think that's really just an opportunity to help so many women on so different levels and people on different level.

So again, thank you for both for being on. Dr. Jack Wolfson, another great episode of the Natural Heart Doctor show. Thank you, and cheers to your 100 year hearts.

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And if you're ready for a deeper personalized approach, you can schedule a complimentary discovery call at naturalheartdoctor.com forward slash discovery.