My Top 5 Supplements for Preventing Heart Attacks Transcript

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Introduction to Evidence-Based Heart Supplements

That is seven different plant based nutrients that are also shown to help with lipids but also blood sugar, inflammation, oxidative stress, anti aging nutrients in there.

Things like berberine and ginger and silmarin, green tea extract. There's a lot of great things that we have inside of there, of course. Quercetin is also one of my favorites.

So Optolipid is at the top of list. And yeah, we named it Optilipids because it does help to support healthy lipid levels, but I'm more excited about its opportunity to, support overall health and wellness and longevity.

Also very excited, about it's effects regarding anti-inflammation and antioxidants. 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 cardiologist Dr. Jack Wolfson here and I'm back with a another mini talk inside of the heart attack and stroke recovery and prevention summit and this is actually episode number six out of seven and i'm going to talk about heart Attack prevention supplements yes evidence-based supplements that we can use for heart-attack prevention but I do want to start off and say that supplements supplement the 100 year heart method, the Thrivable Nutrition, Thriveable Lifestyle.

And then you get into the supplement section and that's under Thrifle Biohacking. So evidence-based supplements and other biohackin strategies. But the foundation is that concept of Eat Well, Live Well Think Well or Thritable Nutritions, Trifle Lifestyles, and Thriftable Mindsets.

Because here's where supplements can be beneficial though really in every thing you see here evidence-based supplements. Can play a role as far as toxins that damage the gut microbiome.

Top Five Natural Heart Doctor Supplements

We can use supplements to bind up toxins. repair the gut microbiome. Obviously, that would be things like pre and probiotics. We can also talk about the leaky gut and intestinal hyperpermeability.

There are supplements that can help in that arena as well to strengthen that gut barrier. Then we talk about things like inflammation, oxidative stress, and immune system activation.

There are plenty of supplements that can help lower inflammation and oxidate stress. Plenty of supplement that could help with endothelial dysfunction, autonomic dysfunction.

And then finally there are a plenty products that also help in plaque formation and coronary artery disease. So let's talk a few of those. But always remember when it comes to supplements quality counts, most of you are going to be on high quality products.

and there so many different products out there That how do you know what's best? What you really need to do, of course, is trust a physician. I've been doing this for over 12 years as a holistic practitioner, probably even then been selling supplements, recommending supplements for about 16, 17 years.

So all of our products that we use at Natural Heart Doctor and recommend a natural heart doctor are obviously

fantastic. Let me talk about my top five.

Recommendations for you and also understand that some people will want to take 20 supplements some People and and those 20 it supplements. They'll be asking to Take even more they'll say what's next and there's people who are taking two or three supplements and they're saying this is crazy so Wherever you fit, these are evidence-based strategies for you.

I'm Dr. Jack Wolfson, cardiologist at Natural Heart Doctor, and we believe heart disease isn't random, it's a message. It's the message that inflammation, toxins, nutrient deficiencies, or lifestyle stressors are driving your symptoms beneath the surface.

That's why our approach goes far beyond the band-aid, typical cardiology approaches. What we do is if we want to prevent, treat, reverse cardiovascular disease, we help you develop a natural evidence-based plan to help your heart recover.

So if you're ready to move past fear, past confusion, and past just take this and wait, you deserve real answers. Visit naturalheartdoctor.com forward slash discovery and get the answers you've been searching for.

The answers that can help you achieve your best heart health. Your next chapter with a simple free discovery call should start now. Now from my lineup, I like a product called Kickstart My Heart.

That is our bison, liver, heart and kidney complex. So you can check that out. The kidney is a new addition that's very high in diamine oxidase to help break down any histamines along with all the vitamins, minerals, proteins and fats, CoQ10, glutathione that are inside bice and liver and heart.

These are absolute primo products. Wild salmon roe is what I would call the fish oil killer. Again, this is all the proteins, vitamins, minerals, fats, cholesterol that are inside of a wild salmon egg or the ro without additional sodium, kind of like caviar, but minus the additional Sodium and this Is going to be just Phenomenal food, so I started off with the first couple foods and then the other is pretty darn close to food.

This is a high quality product of Australian emu oil that has the fat soluble vitamins, other essential fatty acids and comes from the Australian bird, the emue and they utilize the entire animal.

And nothing goes to waste, but one thing that we get is the emu oil. Specifically, it's very high in vitamin K2. And K-2 keeps calcium in your bones and out of your arteries and actually can help remove calcification from your artery, prevent heart attacks.

Additional Top 10 Supplements and Probiotics

Really cool strategy there. Next in my top five is our product and natural heart doctor called OptiLipid. That is seven different plant-based nutrients that are also shown to help with lipids but also blood sugar, inflammation, oxidative stress, anti-aging nutrients in there, things like berberine and ginger and silmarin.

Green tea extract, there's a lot of great things that we have inside of there. Quercetin is also one of my favorites. So, Optolipid is at the top of list.

And yeah, we named it Optilipids because it does help to support healthy lipid levels, but I'm more excited about its opportunity to, support overall health and wellness and longevity.

Also very excited, about it's effects regarding anti-inflammation and antioxidants. Finally, in the top five, we've got Artirisil. Artirasil, the sponsor is Calroy in this summit, and this is a great product.

They actually have fantastic data, including evidence of plaque reversal. So I like the magic of the seaweed. It's a very rare form of unique seaweed that is inside of Artirosil plus some other ingredients optimized to support cardiovascular health.

That's one of my favorites as well. I made this a top 10, because again, I'm a supplements person. I love the supplements. Heart Helpers, 100 Year Heart Shake, which is great for heart helpers is our 10-strain probiotic that I created specifically for cardiovascular health.

100 year heart shake is just that. That'll help repair the leaked gut. heartbeat and vessel support is a combo of products where that helps to increase nitric oxide levels, improve blood flow, circulation, anti-inflammatory.

And she was guitar is another one of my favorites that comes from a company called pure black. That are 84 different minerals inside of this decayed plant matter food that is from eons ago and then it's collected.

Heart Attack Risk Testing and Closing Remarks

put inside of a glass jar. It's a really unique product I add to my water every day. I added to cardiology coffee every. And then Magna 5 is a proprietary magnesium product as well.

So that's my top 10. But don't forget, again, our methodology here is the 100 year heart method. the tribal nutrition, tribal lifestyle. Now we get into tribal ultra diagnostics.

And what I would delve into here really is this heart attack risk test. We've got a lot of people who've done this. It's a simple test done at home. No blood draw, no doctor's orders, easy to repeat.

it's really, really exciting. In is the at-home urine test for oxidative stress. It comes with what's called the heart questionnaire. So it's 100 question questionnaire, and then a review call with one of the experts on our team.

You're going to love what that is. Make sure it is not your turn to suffer from a heart attack. That's the HeartAttackRiskTest.com where you're gonna get all that information.

Check out HeartAtackrisk. Com. Hopefully there's a button below me that you can click that will take you to that link, HeartATackRISK. COM. Again, thank you for watching this mini talk and all of the talks inside of.

Heart Attack and Stroke Prevention and Recovery Summit, and we'll be back tomorrow with our final mini talk by yours truly, cardiologist and founder of Natural Heart Doctor, Dr.

Jack Wolfson. Until then, be well. Thanks for listening to the Natural heart doctor show. If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next.

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