Oxidative Stress: The Secret Villain Of Aging (And How To Defeat It) Transcript

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Introduction to Heart Attack Prevention Tests

Hello. Welcome back to my mini talk about heart attack and stroke prevention. And in this final mini talk, give me about five minutes. I'm gonna talk about some heart attack prevention tests.

Okay? Maybe a little bit longer than five minutes. Again. I'm Doctor Jack Wolfson, cardiologist and founder of Natural Heart Doctor, and one of the co-hosts of the summit.

Why Common Cardiac Tests Fall Short

And so I want to tell you that mainstream tests do not help when it comes to heart attack prevention. They don't really give you useful information. So take the E, C, G, or EKG, for example.

The EKG tells you about old damage that was done. It doesn't predict future damage. An EKG or EKG is good for when you're having symptoms at that moment, like if you're in the emergency room or in the doctor's office and you're having symptoms at the moment.

But again, for prevention of heart attacks, it's not very useful. Neither is a CT scan. A CT scan does provide you with plenty of radiation that you don't need, plenty of false, positives and false negatives on that test.

But a CT scan also does not predict your future events. It's not really good for future risk of events. And it's also not good to really follow because it doesn't really change much over time.

You should not expect anything except for an increase in coronary calcification using conventional, methodologies. If you use natural methodologies, you can, potentially reverse coronary calcification.

But again, a CT scan is not a good test because of what I mentioned above, especially the radiation. A treadmill stress test is also good if you have symptoms.

It's good to determine if your symptoms are cardiac, but it's not a good future risk predictor of heart attack or stroke, and neither is cholesterol.

Advanced Risk Markers and Nutrient Testing

When you measure total cholesterol, it's just not a good test. It was used in the 1970s, but it shouldn't be used now because it's not a good predictor of future heart attack risk.

Now, there are many tests that can be helpful to determine not only a future cardiovascular risk, heart attack and stroke risk, but also risk of cancer or risk of dementia or risk of other movement disorders like Parkinson's, for example. So these are some of the most advanced tests you can get.

And you can take a screenshot of this. You can see this information of course, on our website. And things like oxidative stress I think is the best thing you can do to actually determine your risk.

Markers of inflammation like CRP, abnormal cholesterol ratios, or types of like lipid protocols like LP, little A and blood sugar measurements like hemoglobin A1, C homocysteine levels are important, but then also looking at things like environmental toxins, things like mold, mycotoxins, the plastics and phthalates and parabens.

Also looking at pesticides. And then we can look at things like gut integrity or leaky gut. And we can also look at intracellular nutrients. So vitamin K2 for example K2 keeps calcium in the bones and out of the arteries.

So doesn't it make sense. You'd want to know your levels of K2 and other fat soluble vitamins like A, D and E, and then of course the B vitamins and things like calling inositol, omega three fatty acids and ratios and CoQ10 and glutathione, and of course all the different minerals and so much more information that we can really detect.

But I think the oxidative stress test is really something that you should look into. Again, oxidative stress is all about how your body is losing the battle against these pro oxidative forces and not having enough of the anti oxidative forces.

At-Home Oxidative Stress Heart Attack Risk Test

Pro oxidative forces are going to be deficiencies of good food and an excess of toxins and an unhealthy lifestyle. So ultimately we can actually do a home test with you.

We call it the heart attack risk test. And it is for oxidative stress. It's a simple test done at home. It is a urine test. So it does not require any blood, no doctor's orders needed.

And it's easy to repeat. So you can test it now and you can test it sometime in the future. You know, one month down the road, three months down the road, six months down the road and see if your score is improving.

So it's an at home test for urine oxidative stress. It also includes a heart questionnaire. We call it a 100 question questionnaire, which is another way that our team over here at Natural Heart Doctor helps you to determine your heart attack risk.

And it also comes with an expert review call with that. So you want to make sure it's not your turn to have a heart attack or stroke. Maybe you've had one already and you don't want to have another one.

I think this is the, best at home test that you can do. Get the answers you need a heart attack, risk test.com heart attack, risk test.com. Check it out.

The test is $197 shipped to your home. You get emailed the questionnaire, we go over the results with you, and we get the answers you need. With an expert in natural heart. Doctor.

Closing Remarks and Call to Action

So thank you for watching this final mini talk video on the online summit, the Heart Attack and Stroke Prevention Summit. I'm your co-host, doctor Jack Wolfson, cardiologist and founder of Natural Heart.

Doctor, I wish you well in cardiac longevity.