Sunshine May Be The Missing Link In Heart Attack Prevention Transcript

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Show Intro and Heart Health Philosophy

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Welcome to the Natural Heart Doctor show. I'm cardiologist Dr. Jack Wolfson. Heart problems don't come from a drug deficiency. They come from 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.

Sunshine, Nature, and the Skin as a Solar Panel

Jack Wolfson here and in the spirit of this presentation called sunshine to prevent a heart attack in my seven part series about heart attack prevention and stroke prevention, I'm recording outside in the sun.

Let me tell you in the next 5 to 10 minutes about why sunshine is so beneficial to preventing a heart attack. Again, I'm Dr. Jack Wolfson, cardiologist and founder of Natural Heart Doctors.

So, in the beginning, God said, let there be light and there was light. That is in the beginning of the book of Genesis. And it just fundamentally goes to show you that there was darkness and there was light.

And we really need to appreciate both facets of that, which of course includes sleeping when it's dark and being outside when it is light. So we appreciate that on how all life formed on earth in the sun.

So please understand that. I want you to understand that your skin is a solar panel built to collect light. The purpose of the skin is not just to hold together a bag of bones.

It's not for aesthetics to put cream on. It has a lot of different functions, but fundamentally, it is a solar panel built to collect sunlight. Very, very, very important to understand that and I'll talk more about that.

All life is outside. It is only the human that is sitting inside all the time, working inside, whether it's inside of an office, inside of a factory, inside of your home, wherever it may be.

You're watching this right now and more than likely, you are inside. But the rest of life, all plants, all animals are outside in nature's light. the light that God created.

Vitamin D, Nitric Oxide, and Melatonin Benefits

So when we get outside, that is an ultimate health strategy to prevent a heart attack or stroke. I'm telling you right now, getting outside will help you prevent a heart attack or stroke.

I know you may live in a colder climate. I know this time of year it is cold out, but get some good clothing on and get outside. Our ancestors understood this.

Our ancestors were always outside. Here is a woman back in the day hunting and gathering just outside whether you were a shepherd tending to your flock.

You were a hunter, you were a gatherer, you were a forager, you were a child playing outside in the light. Very little

time was spent inside of the home.

This is my quote, the more time you spend outside, the longer you live. It really is that simple. And it's also free to get outside in a world where all the food and all the different supplements and biohacking strategies where everything costs money.

Spending time outdoors is free. Being more active outdoors is free. Walking, hiking, jogging, If you, of course, do a stand-up paddleboard or a bicycle or horseback, yeah, that can cost some money.

But I'm telling you right now, the more time you spend outside, the longer you live, spend more time outside. Now, from a physiology standpoint, here's what happens is that the sun hits the solar panel skin And coursing in the blood vessels in the skin is something known as 7D hydrocholesterol.

This is cholesterol that is coursing through the skin that when the sun hits it, it turns it into vitamin D. Cholesterol levels go down, vitamin D levels go up.

People with the highest levels of vitamin D naturally have the lowest risk of everything, including heart attack and stroke. And I'll show you that data in a second.

What if your heart could actually get better, not just managed? What if your recovery didn't depend on adding more prescription drugs, but on finally understanding why your heart is struggling in the first place?

I'm Dr. Jack Wolfson, cardiologist at Natural Heart Doctor, and we believe heart disease isn't random, it's a message. It's a 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 and 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.

Vitamin D and Heart Attack Risk Data

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. So from a biochemical standpoint, a physiological standpoint, that's what happens when the sun hits the skin, we create vitamin D.

Now the other thing the sun does is that it increases nitric oxide. Nitric oxide is a vasodilator. It opens up blood vessels, helps blood flow better, makes the blood vessels less likely to form clots.

And this is all very protective to and the blood vessels. Vitamin D is very protective to the blood vessels. Every blood vessel, the arteries, have receptors for vitamin D.

They're influenced by nitric oxide. And then the sun also helps to create melatonin.

Natural Heart Doctor Call to Action

The sun exposure in the morning, during the day, during the late afternoon hours helps to set the foundation for serotonin and then ultimately melatonin released from the pineal gland in the evening when we are set to go to bed, which unfortunately is blocked by artificial synthetic light, which is why we teach people to go to sleep earlier, to go to sleep on time.

So the sun does some magical things. The sun works very congruous synergistically with our bodies to help us prevent heart attacks and strokes. This is data from 2016, heart attacks six and a half times more frequent in people with low levels of vitamin D.

If you look at the vast majority of the literature, people who have low levels of vitamin D have a much higher risk of heart attacks. So you wanna get your vitamin D levels up by getting sunlight, and by eating regenerative, healthy animal foods that are naturally high in vitamin D.

Animals need vitamin D and they make vitamin D, so do humans. You cannot get vitamin D from plants. Gotta get it from the sun and or from animal products.

So it's the skin to win. Smart sunshine. So you don't go get a sunburn, you gradually build up your sun exposure. And it works when you do everything else that we talk about.

You eat the right food, you get your sleep, you get away from the toxins, you stay physically active, you have a good healthy mindset. So you do it all together.

And that's what helps you. get the best results from the sun. If you're gonna be out in the sun for a long period of time and you feel like you need to wear some cover up, an organic sunscreen, that's fine.

If you wanna put some organic sunscreen to protect your face, you can also wear a hat. But the majority of your solar panels should be exposed as much as possible.

Now, if you're interested in learning your heart attack risk, One measure that you can do is our home test called the heart attack risk test, because the sun exposure actually helps to decrease oxidative stress.

And that's what we wanna test you for, your oxidative stress levels with our heart attack risk test. Remember, it is a simple test done at home, no blood draw needed, no doctor's orders, and it's very easy to repeat.

So you can check your levels at time zero and then repeat it down the road and see how you did, how you improved your heart attack risk. So it's a simple at home urine test for oxidative stress.

There is a questionnaire that comes with that. And we get to see what your status is on that questionnaire. And we use all that data to review on an expert call.

with one of our team members at Natural Heart Doctor to help you see what your heart attack risk is and then help come up with strategies to lower that risk.

So if you're interested in more information, head over to heartattackrisk.com for your test. And I think you're gonna be very impressed with the information that you see over there.

So again, very appreciative of you paying attention to this third installment. of how I recommend you prevent a heart attack or stroke, how to help you recover from my heart attack or stroke.

And that is my goal of being the co-host along with my partner, Eric Zielinski, in making this all happen for you. So again, I appreciate you paying attention.

We'll be back tomorrow with another mini talk about how to prevent a heart attack or stroke. Thanks for listening to the Natural Heart Doctors 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.