The Best Supplements: Are You Taking The Right Nutrients For Your Heart? Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Supplement-Based Heart Attack Prevention

Hello, everyone. Cardiologist doctor Jack Wolfson here. And I'm back with 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 Thrive All Nutrition, Thrive All lifestyle. And then you get into the supplements section.

And that's under rival biohacking. So evidence based supplements and other biohacking strategies. But the foundation is that concept of eat well, live well, think well or thrive on nutrition.

Thrive a lifestyle, thrive on mindset.

How Supplements Fit Into the 100-Year Heart Method

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 that gut microbiome, we can use supplements to bind up toxins.

We can use supplements to repair the gut microbiome. Obviously that would be things like pre and probiotics. We can also talk about the leaky gut and intestinal hyper permeable tea.

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 oxidative stress, plenty of supplements that can help with endothelial dysfunction, autonomic dysfunction.

And then finally, there are plenty of products that can also help with plaque formation and coronary artery disease. So let's talk about 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 are so many different products that are 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 more than then selling supplements, recommending supplements for about 16 and 17 years.

So all of our products that we use at Natural Heart Doctor and recommended 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.

Top Five Heart Health Supplements

Some people and those 20 supplements I'll be asking to take even more. They'll say, what's next? And those people who are taking 2 or 3 supplements and they're saying, this is craziness.

So where were you fit? These are evidence based strategies for you. Now from my line up, 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 and histamines, along with all the vitamins, minerals, proteins, and fats.

CoQ10, glutathione own that are inside bison, liver and heart. These are absolute primo products. Wild Salmon Row is what I would call a fish oil killer.

Again, this is all the proteins, vitamins, minerals, fats, cholesterol that are inside of a wild salmon egg or the row 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 of vitamins, other essential fatty acids, and it comes from the Australian bird, the emu.

And they utilize the entire animal and nothing goes to waste. But one thing that we get is the emu oil specifically is very high in vitamin K2, and K2 keeps calcium in your bones and out of your arteries, and actually can help remove calcification through your arteries.

Prevent heart attacks. Really cool strategy there. Next in my top five is our product, a natural heart doctor called lipid that has seven different plant based nutrients that are also shown to help with lipids, but also blood sugar, inflammation, oxidative stress, anti-aging nutrients.

And there are things like berberine and ginger and psyllium and green tea extract. There's a lot of great things that we have inside of there. Quercetin is also one of my favorites.

So up the lipid is at the top of my list. And yeah, we named it after lipid 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 its, effects regarding anti inflammation and, antioxidants. Finally, in the top five, we've got our terrorist cell, our terror cell.

The sponsor is Kilroy 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 arteries. So plus some other ingredients optimized to support cardiovascular health. So that's one of my favorites as well.

I threw in, I made this a top ten because, again, I'm a supplements, person. I love the supplements. Heart helpers. How do you do your heart shake, which is great for heart helpers is our ten strain probiotic that I created specifically for cardiovascular health. 100.

Your heart shake is just that that'll help repair the leaky gut, heartbeat and vessel support.

Additional Supplements and Probiotic Support

Is a combo, of products where that helps to increase nitric oxide levels, improve blood flow, circulation, anti-inflammatory. And Shivaji Tahir 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, put inside of a glass jar. It's a really unique product. I add to my water every day. I add it to my cardiology coffee every day and then magnify.

It is our proprietary magnesium product as well. So that's my top ten. But don't you forget again our methodology here is the 100 year heart method the travel nutrition, travel 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.

Heart Attack Risk Test and Closing Remarks

Easy to repeat. It's really, really exciting. It 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. So you're going to love what that is. So make sure it's not your turn to suffer from a heart attack.

That's the heart attack risk test.com where you're going to get all that information. So check out heart attack risk. Com. Hopefully there's a button below me that you can click that will take you to that link.

Heart attack risk.com. So again thank you for watching this mini talk and all of the talks inside of the 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 doctor Jack Wolfson. Until then, be well.