The Difference Between Detecting and Predicting Heart Disease Transcript

(Transcripts are generated by AI and may contain errors)

Advanced Risk Testing Overview

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

So these are some of the most advanced tests you can get and you 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 HSCRP, abnormal cholesterol ratios or types of lipid protocols like LP little A and blood sugar measurements like hemoglobin A1C, homocysteine levels are important.

But then also looking at things like environmental toxins, things mold microtoxins, the plastics and phthalates and parabens.

Natural Heart Doctor Intro

Also looking pesticides. And then we can look at gut integrity or leaky gut. We can also look intracellular nutrients. 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, welcome back to my mini talk about heart attack and stroke prevention. And in this final mini-talk, again, I'm Dr.

Why Common Cardiac Tests Fall Short

Jack Wolfson, cardiologist and founder of Natural Heart Doctor and one of the co-hosts of The Summit. 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 ECG or EKG for example. The EKJ tells you about old damage. that was done, it doesn't predict future damage.

An EKG or ECG is good for when you're having symptoms at that moment, like if you are in the emergency room or in a doctor's office and you have 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 CTScan also does not predict your future events. It's really good for future risk of events, and it is 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 good future risk predictor of heart attack or stroke.

Broader Risk Markers and Root Causes

And neither is cholesterol. 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 good predictor of future heart attack risk.

Now, there are many tests that can be helpful to determine not only future cardiovascular risk, heart attacks, and stroke risk but also risk of cancer or risk dementia or other movement disorders like Parkinson's, for example.

What if your heart could actually get better, not just managed? What of your recovery didn't depend on adding more prescription drugs, but on finally understanding why your 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 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. 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. These are some of the most advanced tests you can get and you take a screenshot of this.

At-Home Oxidative Stress Heart Attack Test

You can see this information of course on our website and things like oxidative stress I think is the best thing you could do to actually determine your risk markers of inflammation like HSCRP.

abnormal cholesterol ratios or types of lipid protocols like Lp little a and blood sugar measurements like hemoglobin a1c homocysteine levels are important but then also looking at things like environmental toxins things, like mold microtoxins the plastics and phthalates and parabens also, looking a pesticides and then we can look at gut integrity or leaky gut And we can also look at intracellular nutrients.

So vitamin K2, for example, K-2 keeps calcium in the bones and out of the arteries. Doesn't it make sense? You'd want to know your levels of K 2 and other fat soluble vitamins like A, D, and E.

Of course, the B vitamins and things like choline and inositol, omega-3 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 antioxidative.

Pro-Oxidated forces are going to be deficiencies of good food and an excess of toxins in 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's is a urine test, so it does not require any blood.

No doctor's order is needed. And it easy to repeat. So you can test it now and you test at some time in the future. One month on the road, three months down the roads, six months on road and see if your score is improving.

so, it was an at-home test for urine oxidated stress It also includes a heart questionnaire. We call it 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.

How the Test Works and Call to Action

So you want to make sure it's not your turn to have a hard attack or stroke. Maybe you've had one already and you don't want another one. I think this is the Best at-home test that you can do.

Get the answers you need. HeartAttackRiskTest.com. Check it out. The test is $197. Ship 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 doctors.

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