The Heart Attack You Won’t See Coming (Even With “Good” Stats) Transcript

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Why Normal Cholesterol Can Be Misleading

You can feel great, exercise every day, and have a typical cholesterol panel within normal reference ranges. And you can still have the cardiovascular risk that the panel does not reveal.

That is the danger of treating normal cholesterol like in All Clear. By the end of this video, you will understand what the standard panel leaves unanswered and why better information can lead to a smarter plan and better outcomes.

I'm cardiologist Dr. Jack Wolfson, and across more than 100,000 patient visits, I have seen how easily reassuring numbers can distract people from the bigger picture.

Most doctors check total cholesterol, LDL, HDL and triglycerides.

What the Standard Panel Misses

Those numbers provide information, but they do not tell the entire story. Cholesterol is data. LDl is date and so is HDl. But they are not diagnoses and they certainly are guarantees that your arteries are healthy.

A standard cholesterol panel does not tell you whether oxidative stress is damaging your protein and your fats. It doesn't tell about inflammation and whether or not it's affecting the arterial wall.

Doesn't identify the toxins, things like insulin resistance, gut dysfunction, nutrient deficiencies, or what's going on in the endothelium, the lining of the blood vessels that you need to know about.

So you can eat well and you stay active and maintain a healthy weight and feel perfectly fine while important cardiovascular risk factors are developing beneath the surface.

Feeling good is certainly important, but it's not a laboratory test and one normal result should never be treated as proof that everything is fine.

Root Cause Cardiology and Hidden Risk

This is where conventional cholesterol thinking gets it wrong. It focuses on a few numbers while ignoring the internal environment producing those numbers.

Root cause cardiology asks a different question. Instead of asking only what is your cholesterol, I want to know why does your body look the way it does?

And what is placing your blood vessels under stress? What is really leading to risk? The pattern usually begins with too much bad stuff and not enough good stuff.

Too much processed food, artificial light, poor sleep, the chronic stress, toxins, indoor time. You're not getting enough real food movement, sunshine, quality sleep.

and purposeful connections with your community. These inputs all disrupt the gut microbiome leading to a leaky gut, activate the immune system, now you get things like inflammation and oxidative stress, and now blood vessel damage occurs.

So the diagnosis is not necessarily the beginning of the problem, it may be a late stage label placed on a process that has been developing for years.

Better Testing for Inflammation and Toxins

That's why I say, test don't guess, go beyond the standard cholesterol panel. I want you to understand, oxidative stress, inflammation, blood sugar abnormalities, insulin abnormality, toxin exposure and other markers that may be much more important than total cholesterol alone.

Oxidative Stress, for example, tells us what's going on with the fats and the proteins that are getting damaged. That's what we want to know. Toxin testing tells us why, what is the mold exposure, the environmental toxins, plastics, phthalates, parabens and so much more.

More data is useful only when you know what questions you are trying to answer and the goal is to identify and recognize the patterns that are driving heart attack risk.

One test is a photograph. Repeat testing creates a movie, tells you the whole story about what's going on internally in your body.

The 100-Year Heart Method

And that's what we do at Natural Heart Doctor, we provide the information you need to get to the root cause using our 100-year heart method. We talk about the eat well, the live well the think well.

we talk the test don't guess, evidence-based supplements and we talked about biohacking strategies that you need in order to really prevent heart attacks, strokes and give you the longevity and the vitality and vigor that so desperately deserve.

It's not just about one number. it's just not about a cholesterol number and how do we drive it down with pharmaceuticals as low as possible. That's NOT the answer.

Its like the LDL and cholesterol, that's like rain and then you've got the roof. The problem is not too much rain, the problem IS the ROOF. Your body is the roof.

Your blood vessels are the roofs. Fix the Roof. Build a strong bulletproof roof and that's the strategy.

Free Webinar and Final Call to Action

Now if you want to learn more about this, I suggest you tune in to my free webinar called The Truth About Cholesterol. We talk about cholesterol. We talk about the markers you need to know.

We talked about pharmaceuticals and ultimately we give you a plan for root cause cardiology and the 100 year heart with longevity, vigor, vitality and health that you deserve.

Click the link, watch the webinar and get healthy.