Introduction and Dr. Wolfsonu2019s Background

– Well, Dr. Wolfson, thank you so much for joining me on this episode here, the regenerative Medicine summit. Thank you so much. – It's a pleasure to be on and you know you and I have spoken before and it's a great again with you. Was like minded people gotta stick and I appreciate this information out. – Yeah, I'm really excited.

Yeah, we we had a great discussion in the past on my radio show and and this is such an important topic to to dress. I want to a duel intros of the audience are familiar with all the amazing work that you do. Jack Wolfson is a board certified cardiologist uses nutrition, lifestyle and supplements to prevent and treat heart disease.

It completed a four year medical degree, three year internal medicine residency and three year cardiology fellowship. So 10 years in addition to bachelor and all these things, he served as a chief fellow of his, a cardiology program managing all of the other cardiology trainees. Dr. Wolfson then joined the largest cardiology group in the state of Arizona and spent 10 years as a hospital based cardiologists, performing angiograms, pacemakers and other cardiac procedures.

He was the chairman of medicine, Director of cardiology and director or cardiac rehabilitation. He was selected by his peers as one of Arizona top docs in 2011. In 2012.

Dr. Wolfson founded Natural health doctor to offer patients the ultimate and holistic health care people worldwide, consult with Dr. Wolfson, traveling to Arizona or virtually for natural heart care. Dr. Wolfson has appeared on every major news station, major newspaper along with hundreds of appearances at live events, podcasts and online interviews. He has taught medical doctor and practitioners from all over the world. Dr. Wolfson was recognized as one of the top 50 holistic medical practitioners. The paleo cardiologist.

The natural Way to Heart health is the first book by Dr. Wolfson and it's an amazon bestseller and he is also contributing author to the textbook of Integrative Cardiology.

You have been busy? – Yes, I've been very busy obviously from a professional standpoint, I'm very busy in my personal life with my beautiful bride of 16 years and our four amazing Children. And again, but my passion is to bring help to the entire world.

The model that we have a natural heart doctor is your path to the 100 year heart, your home for the 100 year hearts. And that's what we believe. Everybody deserves 100 years and beyond with a healthy heart and healthy brain and everything else. So, again, I appreciate you giving me the opportunity to share this message. – Well, thank you.

And that's the thing when you have your own Children and you are moving a legacy forward and you want to leave the world better than when you entered into it and give something to your Children that you know that they are going, that they have the information that they need to do better than what you're able to do.

– Well, I think a lot of times. Listen, it's it's everybody else's Children and the Children don't have a voice in this whole equation. It's kind of like, again, they're at the will of their parents and their parents of course, or at the will of what they've learned and their parents and the government and corporate interference in health and wellness. So if we can educate the Children on the best food, the best lifestyle, you know, being outdoors in nature, and just kind of, you know, free to roam.

I think that's what's going to create not only the healthiest Children, but also the happiest. And again, we're so passionate about not only our kids, but everybody else and I think we're all making a difference.

– So what made you do the shift? I'm sure you explained this plenty of times, but I don't think it's important still for the audience to recognize kind of where cardiology is right now and why you felt it was so important to shift away from, from that model. – You know, you pointed out my bio on board certified cardiologist, just like my father before

me, as you said, 10 years of medical training after undergraduate and you know, all we really learned is the pills and procedures model.

And that's again, this is the way it is from day one, that's what it's all about. We're never told told about the cause of illness and that all came to my attention really after kind of, you know back in 2004 when I met the woman who would become my wife and she pulled me out of the Matrix and opened up my eyes to health and wellness and she said listen you know if you really want to help people you gotta focus on neutral, you got to focus on lifestyle, you gotta focus on the things that really matter.

And you got to get out of the pharmaceutical and surgical realm and again really find the cause of why people have a drifter relation by blood pressure, abnormal cholesterol levels, cardiomyopathy palpitations.

You know you know on and on and on. You know those medical doctors are really good at putting labels on people. What we're not good at is finding out why people have labels. So the stuff I was learning of course was 20 different types of dermatitis and 15 different types of hepatitis and all these exotic uh you know you know blood pressure cardiomyopathy issues.

But again it doesn't get to you know because so my wife said to me and my wife is a doctor of chiropractic. She said you've got to become a D. C. And I said wait a second you want me to become a chiropractor. I just went through 10 years of medical training and she said no not dc doctor of chiropractic, Doctor of cause and that's what I did. I would eventually leave that big cardiology group and we had over 50 practitioners in our group, biggest group in the state of Arizona.

Again, hospital based cardiologists for 10 years dealing with the stick and the stick and pacemakers and energy brand surgeries.

Why He Left Conventional Cardiology

But again, I would leave all that start natural heart doctor and you know, we've got an amazing, beautiful office with incredible staff down in Scottsdale Arizona and you know, exist online as well to be able To share this message.

So it's really exciting to to really be someone who has seen both sides. And, you know, there's a time and a place where analogy, you know, sometimes people need sense when they're having heart attacks and sometimes people need bypass surgeries. But again, our goal is to create a 100 years apart while reducing and eliminating pharmaceuticals.

And that's what we do and that's also what people need, – Absolute because there's no pharmaceutical obviously without any and I'm not gonna say side effects cause it's not a side effect because it is an effect.

You know, it's something that it does to the body. And so obviously any time that you do not have to take a pharmaceutical, you're much better off and you're not and you do not then interfere as much with normal physiological function, which is what oral pharmaceuticals do.

– Yeah. Listen, if we take a blood pressure, blood pressure down in many cases, but as you mention, it doesn't, it does have other effects that the pharmaceutical does.

And but ultimately, whether, you know, we're taking a drug for diabetes or for blood pressure or cancer, it's just not addressing the cause of why these abnormalities exist.

And again, if we continue to address the cause of that, if we can figure out, okay, why does someone have my blood pressure? Not only can we can we treat things naturally, but people do better because the pharmaceuticals are ineffective or or very very little efficacy.

They, for example, statin drugs, the most recent statin drug review from john, the Journal of the American Medical Association showed that statin drugs in their review of 21 different trials and this large metal Analysis, again, one of

the biggest medical journals in the world showed that on an annual basis, statin drugs reduce stroke risk by 0.1% heart attack by 0.3%. And they reduce your chances of dying by 0.2%.

So that is the data that they show us. And it's not about, Hey, how do we reduce someone's heart attack risk from 3% down to 2.7 per se. It's about how do we get close to 0%. We know they don't offer that and I believe in the natural holistic integrative, whatever you wanna call it space we do.

So again, we know their data and their data is an abysmal failure and that's why we do what we do to give people better because not only are we doing this for our patients but you know listen we want our families to live longer. We want our brains to live longer we got to get across. – And what's interesting is that I mean these the statins I mean they really because studies show them that they really don't improve longevity.

Don't reduce risk or or do anything of that. So what it does and what the doctors can say well I'm lowering your cholesterol you know bringing down your cholesterol.

So it does have that effect. And that is the only. So now the patient is looking to see well my cholesterol is better and so I must be at you know better heart health because my cholesterol looks better. So is that beneficial for an individual than to have a lower cholesterol? Does that impact their risk for dying?

– Yeah like we just said you know it's it's you know in that particular meta analysis the benefits were very small. So undoubtedly cholesterol drugs have the ability to lower cholesterol because they turn it makes cholesterol the H.

M. G. Co. A reductase. And so with this you know the statins do is inhibit that particular enzyme. Now unfortunately we inhibit the cholesterol and we're gonna suffer the side effects from it or as you said the effects from it. So what happens is that when you block that enzyme they're not making cholesterol. Well it so happens that all mammalian species make cholesterol for a reason. Right eggs contain cholesterol for a reason.

The breast, milk cow's milk contains cholesterol for a reason. And the cholesterol again is necessary for you know, for brain health is necessary for digestion. It makes up its converted by the sun which is also very healthy, you know, to get into that later maybe.

And how the sun converts cholesterol, vitamin D cholesterol makes up all of our sex hormones, testosterone, estrogen progesterone, el cortisol. So it's a very important molecule. And if we stop the production of it with a pharmaceutical, all bets are often and we see people of course that suffer the downstream effects of that kind of blockade. Now that also that enzyme is also very important in making something called CO Q 10 from mitochondrial energy.

It also makes a protein called A and A is part of the cytochrome C oxidase Days, part of the mitochondria. So again it's we're hitting the mitochondria and the electron transport chain From multiple different areas.

Again, we're not making co Q 10. We're not making the the he may and then again, cholesterol itself is part of the mitochondrial membranes of what we're talking about.

So it's just this assault on mitochondrial function which of course when we talk about regenerative medicine which is the subject of this, you know, some of your having here. This is all critical information.

And again, my father again with your cardiologist, he passed away of a disease called that it was labeled as progressive super nuclear palsy. It's similar to Parkinson's and it affects the substantia nigra of the mid brain.

There's something that is very plentiful in that part of the midbrain. The substantia nigra and that's called Dola call it. Just so happens. Dola call comes from cholesterol and it's interfered with by statin drugs. And sadly enough, my father took a statin drug. So you know, ultimately, you know, the whole the whole cholesterol, The statin drugs lower the numbers down. But nobody, nobody gets an award for having low cholesterol. You want to know if I take a pharmaceutical, there's a lower my risk of having a heart attack stroke or dying in the case of statins.

That evidence is very as I mentioned before. And then in addition that everybody should check out the article from Jama in 2017. That is called the all hat LLC trial. And they all had LLC trial showed that actually people 65 and older For primary prevention given Statin drugs had an 18% higher risk of dying over the course of the study.

And in fact if you were 75 and older, your risk was 34% higher. This is scary, scary information. But it's all there in color and the biggest medical journals in the world. But you know, going back to the rich, I don't think that that medical doctors are just trained in one way and when you're a hammer, everything looks like a nail.

When you're a conventional cardiologist, then you're only trained in pharmaceuticals and surgical procedures, that's all, you know, because we certainly get zero training on real costs. – So as a cardiologist, something like you're saying you only have so many tools that you can use.

So if you would jag you know, the the statin drugs out of their toolbox, you know, because looking at all the studies, you know, you then, you know, one its ineffective and and preventing things and to it is actually causing harm. It is creating more mortality and then also impacting physiology, like you're talking to steroid hormones, you know, we need the testosterone estrogen for our bones, for our heart, for our brain for all, you know, for our drive excitement about life.

And so if we shut down the production of that or shut down the the existence of raw material that produce that, then obviously that that has a huge impact on us.

But with cardiologist, so we jiang then that tool away from them, what else do they have left other than checking hypertension drugs, which Yeah, and that's what other functions do they have.

– It's really sad. I mean, again, it's it's really sad in that scenario because again, you go through all that medical training and most people would not accept what I accepted that, you know, your career is worthless.

You know, you're totally on the wrong paradigm on the wrong, you know, path and you're not helping people. And I've been very vocal about saying statin drugs kill millions of people and not because it vertically, Okay, well, they swallow Statin drug and then they die.

The Limits and Risks of Statins

But what happens is again, is that if all statin drugs do is reduce your chances of dying from 5% to 4.8% over a period of time? Well, that means that we've missed the opportunity. I'm 4.8% of the participants.

And if you look overall At the tens of millions of people who are on statins in the United States alone, and hundreds of millions around the world, we're missing the opportunity for 4.8% of those people and therefore the statins and the medical model that supports statin use is directly responsible for me.

millions of people dying because the people got the wrong message. So, again, you know, this is why, you know, summits and events and doctors like you and I exist to be able to spread that truth. But unfortunately, we're just up against a medical community that is brainwashed willing to accept that brainwashing because that's that's how they get paid.

So not many doctors are gonna step out like, like I have, and you know, ultimately, but, you know, we're trying to get that message out there as much as possible, and then hopefully the truth will, will today, I think also too, is that a lot of people are just, you know, they see the thickness and their parents and their grandparents and they see them swallowing a handful of pills and they see them walking hunched over and having back surgery and open heart surgery. And the next generation doesn't want that the next generation wants to be very effective. Which I think, – Yeah, I mean, the next generation, we we don't want to be dealing with dementia, we don't want to be dealing with, you know, the cholesterol medications, statins, drying out our brains, you know, so, because, you know, most of of the brain has cholesterol in it. So, you know, we we don't want to be dealing with that four people out there that are dealing with, you know, they go to the cardiologist, their number, cholesterol numbers, let's say to 70 you know, it's high, you know, and and the cardiologist say, oh, you're gonna have a heart attack at any

moment.

You know, we we gotta fix this, what, what words can you say to that individual, so that they look at the number and they don't feel that they're gonna keel over at any moment.

– I think what I would say to anybody is, unfortunately, you have to educate yourself as much as possible and you don't have to become a cardiologist in education, but, you know, again, when you're trying to talk to a cardiologist and you're trying to question their model, their paradigm, they're, you know, they're drugs, they're not going to agree with you, they're not gonna want to have that conversation. They don't they don't need to have that conversation. They gotta, waiting from a waiting room full of people that are waiting to smile, swallow statin drugs, like somebody else swallows Eminem's. So they're not gonna have that argument with you and you don't need to go find a holistic doctor again, you can come to my website, naturalheartdr.com myself, my team of practitioners are all fantastic. Of course, you can always see Dr. Michael Karlfeldt, you know, experience as well, and I'll give you that same information.

So, you know, again, the days of being bullied by our medical doctors is gone. It should be gone. This is a time of partnership, This is the time of education. And if you don't feel comfy with your position, you're best off finding a new position, just like if you don't feel comfortable with your dentist or with, you know, someone who you employ or employed you, we gotta get out of these situations that sometimes have no resolution.

But, you know, again, the total cholesterol to 70 so much more goes into that cholesterol is important, it's something again and that we should actually celebrate.

And what we try to do is that through lifestyle through nutrition, we try and find the perfect cholesterol for each individual person. And sometimes I call that the caveman or cave person cholesterol.

If you were walking around plan another 1000 years ago, 5000 years ago, what would your cholesterol level B? And that's what we're trying to achieve. And you know, again, it's not about trying to drive down the cholesterol numbers, you know, down to zero. But it's it's sometimes tough argument because again, people, they're just they're so conditioned to hearing the word cholesterol and they automatically think negative thoughts about is what actually is a molecule that should be celebrated. And if we think also about cholesterol where it's located located. And cell membrane membrane of every cell is that fence that surrounds the cell and it's called the cell membranes lipid cholesterol also that it was something else uh that is even more plentiful and these are fatty acids and the most, the most beneficial fatty acids inside of the membrane that again allows for that cellular cellular communication allows things inside the cell to belong, keeps things outside and sell that don't belong. That is omega three fatty acids specifically from seafood, which is why I say that seafood is the healthiest food on the planet and anyone who is not eating seafood is missing out tremendously.

It's not natural, it's not appropriate, It's not healthy. And the literature supports that again, as well, People who would see through it are the longest lived humans on the planet. – And I want to go and I agree with you wholeheartedly, wholeheartedly. So and I want to get into the solutions in just a little bit. I just want to because it's such a big issue, you know, with the cholesterol. So is there a number that is appropriate?

Or should nobody care? It's different for different individuals and and don't even look at it? Or is there also a number that's too low? I mean you have some people that are just, you know, they have their cholesterol like 1 20.

I mean it's is that dangerous? – You know, So we know this from the 19 seventies and Mr. Pitt Trial showed that the sweet spot for total cholesterol 1 62 to 60.

So above to 60 you have increased risk of cardiovascular disease, death and overall mortality below 1 60. You had a higher risk of cancer and cancer mortality. So again, there is kind of like that sweet spot between 1 62 6 in general. Although we check it on everybody, I don't care about protocol.

To me that is a value that will say is relegated to the 19 seventies and the 21st century. The most important marker when it comes to assessment of this category called lipids that includes cholesterol would be a ratio the probie to a

po a ratio so apolipoprotein e to a ratio that is the more predictive marker when it comes to lipids, The lower the number that the lower the percentage of lower the ratio the better on that one. But there's other factors we need to know about as it pertains to cholesterol. Triglycerides remain.

Something that is very useful to be able to engage people within the lower the better and then also LP little a lipoprotein little aid, which is a genetic marker and genetic risk factor for cardiovascular disease, everybody should know that.

But back to your these people walking around with cholesterol of 1 20 you and I both know that is a sign that something is the matter. Something is deficient in that person.

And I think ultimately as well is that people who are vegan again to get under this vegan area. Your many times we see those people they're very low cholesterol, not all the time, but again very low.

And I am concerned that again, if you're not giving your body the nutrients it needs for success, then your body is going to rebel. So what should an individual do?

– I mean, what what are some of the tools, You know, if an individual's and concerned, you know, I have heart disease in my family. You know, get you know, such and such had a heart attack. Such and such.

Get an aneurysm, such and such. You know stroke? You have these factors within your family and you're concerned?

Cholesterol, Lipids, and Heart Risk

You know, So what should be their next step, I mean what what would they need to do in order to be able to mitigate some of these risks? – Well, you know you mentioned genetics and I have been pretty well, you know, I've been very vocal about not blaming our genes.

I think our genes are pretty darn perfect. I think that we have however, we got to where we are and again, is it spiritual? Is that God is an evolution? However we got to where we are.

We're pretty much perfect. We can see and we can hear and we can talk and we can smell and we can feel and we can love and we can make babies and think about how incredible that, you know, the human and animal species and how incredible the whole world.

So in that in that kind of uh you know, construct how how does bad genetics come into play? Like I'm genetically programmed to have a heart attack or a stroke or an aneurysm or cancer. It's not our teams are perfect.

It's all about how the environment uh you know, please, you know, with our genes interact with our genes and of course that concept is called optogenetics.

You know, back in you know, back when you and I were doing our our medical training again, it was all about the human genome project and it turned out they looked at all the genomes, you know, and all the genes and they realized okay, it's not the genes, it's actually how the environment and the concept of genetics and you know interact with our genes. So to me all the all diseases, all man made and we can definitely do something about it, you know, going forward. But again we don't want to blame our genes.

Now that being said, how can we really be proactive? Which is in your question. And the question is really I think the most advanced testing in the world as opposed to the 1970s testing that my conventional cardiology colleagues still do. You know, doctors like you and I are doing advanced lipid advanced markers of inflammation, oxidative stress, homocysteine, intracellular vitamins, minerals, omega three's mold, mycotoxins, environmental toxins, toxic metal, gastrointestinal you know microbiome testing and analysis and we're doing so many fantastic. And the one thing I don't do it, I don't do genetic, I think for the reasons I just said this is not that valuable if you want to get it done. There's no downside to doing it.

I just don't find it overly valuable in ensuring the majority of people uh you know, I don't have to tell you a little bit. I do test people for LP ballet again which is genetic and now you know, and then now we can try our best to do something about that particular party that standpoint. So we want to utilize the process of test don't guess and once we do the tests, don't guess, then I start to apply my principles and eat well, live well, think well and then use evidence based supplements to supplement the healthy lifestyle. And I think that is the 100 year part strategy.

– You mentioned a bunch of tests, you know, and we look at the cardio vascular systems, I mean you have the blood vessels, things flow through the blood vessels and you know, we look upon, I mean for me, I look at cholesterol, kind of like the firemen being blamed for the fire. You know, they are just there to help and they're trying to kind of patch things up along the blood vessels.

But there's a reason why the blood vessels are inflamed. So, and you mentioned a bunch of tests, you know, like mold, you know, you got heavy metals, chemicals, you know nutritional deficiencies.

So all of these things in your mind play a role and needs to be addressed in order to be able to minimize the stress that is along the endothelial lining or the lining of the blood vessels to reduce, you know, a plaque or reduce the build up of things along there.

– Yes, you know, the lining of the blood vessels known as the end of the failure. And it's really a fascinating fascinating part of our anatomy and I love to discuss that particular area. But you know to your point is that people are not sufficient and blood pressure drugs and they're not deficient in statin drugs as why they made it all coronary artery disease or high blood pressure strokes.

What people are deficient in are the things we can pass for. They may be deficient in B vitamins and one of them are all of them. They may be deficient co Q. Tanneries may be deficient in vitamins A.

D. E. U. K. They may have deficiencies and magnesium. So we do know again from so many different studies that low magnesium, higher blood pressure, low potassium, higher blood pressure all these things higher risk of age defibrillation. So again there's so much causation of of what the illness is. So again when you go to the conventional cardiologists and your blood pressure is high. They take out their prescription pad and they write you a prescription for a drug, I'll give you samples because they just had lunch.

You know courtesy advisor or emerge. But when you come to see a doctor like myself and like yourself again we talk to the person okay we talked about the principles of think well we did the most advanced testing in the world.

We say okay your blood pressure is high because of this and this and this and this and this and this and this. So wouldn't you rather go after the you know let me say this to it that unfortunately a lot of people would say you know what But I don't want to change my diet and my lifestyle. I'm just gonna take this, you know, pharmaceutical that's $15 a month with my copay and my insurance and that's what I think a lot of people default to. But the problem is they're not equal normalizing your blood pressure with pharmaceutical is not even close to the same as normalizing your blood pressure by addressing the cause and people just don't get this message. But hopefully, you know, we'll keep talking and people will, – I mean it's kind of like you have a car and you have all the hoses in the car and and they are starting to erode and you know, oil is leaking gas is leaking and so what's the solution?

Well the solution would be then to fix the problem, you fix the hoses in themselves, whatever measure that is another solution is that we just drive slower.

You know, we just kinda instead of going 60 miles an hour now we're doing like five miles an hour and and maybe the car can keep on going. So with the blood pressure medication we're just kinda lowering, you know that the pressure but we're not, we're not fixing the cost, you know, and that's obviously fixing it is always better.

– Yeah, I was kind of told me that, you know that analogy very early on in our relationship as well. Again, when you give someone a blood pressure drug, it's like putting a sticker or or a piece of tape over your check engine light.

So the check engine light goes on and you're like, okay, I'm just gonna put a sticker over that. All good. I can't see

the light anymore.

Testing for Root Causes and Inflammation

And then eventually your car blows up and it's a perfect, perfect analogy for how modern medicine, you know, trees things and makes it very relatable and understandable to the public.

– What is the best diet for the heart? I mean, what should an individual eat in order to supply support the cardiovascular system, support the brain, the nervous system from all your research and studies.

I mean, you mentioned veganism may not be it. And the key is to have enough of the omega three fish oil, you know, because of the membrane, because obviously then the thallium as well, because then the thallium has a membrane, you know, that that needs to be protected.

And so what in your mind should should a person eat in order to be able to be heart healthy? – You know, obviously there's there's so much debate going on in the world right now about nutrition.

And it's really unfortunate because amongst lions and tigers and gorillas and chimpanzees, there is no debate about what the perfect diet is, they just eat their native foods when given the opportunities, our ancestors in the dawn of human existence have been hunter gatherers.

We eat hunted foods and we gather certain foods as well. And again, that was the subject of my book, the paleo cardiology, you can call it paleo ancestral, you can call it hunter gatherer, you can call it prime well you can call it whatever you want.

But to me the healthiest food on the planet is seafood and there's no second place because the reasons we mentioned the omega three people, the highest levels of omega three fatty acids only obtained through seafood have the lowest risk of everything.

And you talk about that and ophelia lining again and the end ophelia lining is in the feel yourselves. Of course that is very important to have cholesterol and the omega three fatty acids and those but of course that takes us to the subject of sulfur and salvation and the way that the end ophelia layers that Alex negative charge to them. And again that allows the red blood cells but also enjoy the negative charge to kind of, you know again, you know where things bounce off each other, things below better in that kind of scenario.

And a lot of that again, is driven by light and interfered with with artificial light. So that's why again, we always talk to people about getting as much sunshine as we can onto our solar. But back to the food story, seafood again is number one and kind of like number one A is nose to tail animal foods.

And this may again come to surprise to a lot of people that are hearing this plant based message. Well I'm not plant based on animal based and well, seafood based. So we enjoy those detailed nutrition of course, one of the cleanest healthiest animals in the world.

We just developed a new product actually for those people that may not be interested in eating liver or heart. We have a new product called kickstart my heart, which is about American, grass fed grass, finished bison.

And against the liver heart product our ancestors knew how important liver and other organs were animals in the wild who eat other animals all go after the organs First, they go after the heart, the liver, the kidney and spleen and so on and so forth.

And really the vegan is the only purely plant based uh thing in the world only because if you can think about a giraffe, giraffe may not hunt other animals, but giraffes, certainly plenty of insects and sort of monkeys and baboons and whatnot.

So all humans either eat animals or insects is only the vegan that does that particular experiments. But again, if we

can, if we can get to this point and say, listen, no matter what died, you're on and just make it organic chemicals out of our food and get the pesticides out of our food and our official color, the flavors, the, you know, just just anything that is not man, man made, you know, anything that is man made. Again, we want to typically avoid, we want to be truly hunter gatherers as much as we can in a 20% of the world.

So again our family, it's nose to tail nutrition. Other families may not be able to do that. Maybe your Children are eight years old and they're not going to eat the liver at this point and you know you try and force them and all those things but can I swallow a liver heart capsule kickstart my heart from the healthiest animals in the world. You know, the answer is yes.

You know, again, what I follow is just like I said Hayley and nutrition always organic. I'm always gluten free and you know, plenty of seafood, plenty animals.

I think that's the best way to go. And again like you know, grass fed liver has the highest nutritional content. You can't compare that to oatmeal or or brown rice or any of these plant based foods. There's no comparison with the levels of vitamins A. D. E. K, all the B vitamins B 12 and you cannot get from plant based sources. Plants have prot effective mechanisms in them that essentially make their you know, things that they produce called anti nutrients.

So those can be the elections that can be obsolete. Those can be again, certain things that the plant wants to prevent you from eating it. Animals don't have that once you kill a bison, it's got no defense mechanisms and therefore all of this nutrition just gets soaked into the human body and we enjoy the benefits from it.

So, I hope that's understandable, relatable. And but again, no matter what anyone's opinion is, please make it organic. Let's get rid of Monsanto and Bayer. And these companies who are poisoning our, our farmland, our world, you know, polar 200 chemicals in their body, newborn babies have over 200 chemicals in their body is an absolute tragedy.

Unless we all understand, we we as you know, the doctor, the doctor's Wolfson, my wife and I and our family, we never cheat. We do not eat food that is not organic. We don't eat pesticide foods.

We never go out to a restaurant that we have, those kind of foods. We don't spend our hard earned money that people spend with us and then we turn around and spend somewhere else. We don't support the evil empire if you will.

Again, all, all natural lifestyle products, personal products like I'm wearing an organic t shirt right now, as we speak, organic cotton t shirts from the company packed were packed dot com. And the more we do this, the more business people are going to come online and say, hey this, you know, this clearly is the revolution and we're going to be in support of it.

– That's the thing is that that business pivots based upon the dollars that we spend. Yeah, so it is, it is crucial as a consumer to recognize that you are in power and this is not just you know like you were talking about doctors before, you know you are the consumer going to the doctor and you have the choice to retain that doctor or go to somebody else because it's your dollars that that that that's paying for that doctor existing and it's the same with food manufacture.

You know, people producing products if we then make choices that support organic that support good practices, you know, then we are then using our dollars to create a better world and create better health for all of us. – Yeah, I'm in total agreement.

You can see that sometimes, you know, you know for example we go to the small mom and pop grocery store sometimes when we're traveling through moab Utah and small organic grocer and they've got some fantastic products and we were in there one time and then we saw organic recess, peanut butter cups and organic Hershey bars.

So I would never eat that personally. I would always support some kind of small local vendor than any of those

foods.

Diet, Seafood, and Nose-to-Tail Nutrition

But it just shows you how big business is paying attention to where the people are going and they're not doing it because of any altruistic reasons they're doing it to fuel their bottom line but you know again the more we support these local growth. You know, you and I talked before that you know that I'll be coming up to voice the Idaho and when I travel, I call ahead, I ask my friends on social media, I ask people like you that I know support that and say, hey, where can I eat in your town? Where is the local mom and pop grocer where the farm to table restaurants, Where's the organic coffee shop?

You know, should I desire a cup of coffee? That's what I do and I don't cheat from that. And so I'm the guy who opens up a can of sardines on the airplane and nobody likes that guy. Nobody likes the guy who opens up starting an airplane. But that's how I live and that's how I have to deal with. And I do have a lot of patients who are pilot.

And I asked him, I said plan for eating sardines and invariably they say no. So it's uh, but we need more people again who really who talk the talk, but then walk the walk. And I think even amongst some, if not many integrated and holistic practitioners, we don't do that enough as well.

So, you know, here's, here's a shout out to all of them and continue to really push push the truth. – Yeah, I appreciate what you're doing and appreciate, you know, you pushing this message and, and and living the message, you know, that that allows other people to model what what is, what is correct and the more that do that, obviously we kind of set that pattern on a bigger scale. So we talked about food, you know talked about you know stay away from toxins obviously GMOs and glyphosate and and talked about light, you know how important light is also the electrical charge you know along the blood vessels. You know how that is important for fluidity of of the blood. You know some red blood cells can kind of move through more easily and that has a lot to do than with the cell wall membrane.

Also the light you're exposed to a kind of water you're drinking and and there there are so many factors that come into play. But then also looking at as you mentioned, some supplements are really important.

You know you have you know, livers is crucial all the nutrients that has their heart, heart supplement. You know talked about bison that has more mitochondria per cell than than any any organ I think.

I mean anywhere else everywhere, you know, So by eating hard capsule from a bison you you get so much fuel, so much energy. Yeah it's insane. – I think you know we chose bison for our product line only because it's just it's just a healthier, hardier, more nutrient dense animal than a cow.

And I'm not against eating free range grass fed cow and nose to tail cow but again we chose bison for that particular reason. We do eat a fair amount of bison kind of gathered this fact that I read a few weeks ago a few months ago That 35,000 bytes and are sacrificed every year for human consumption for human benefits.

A 125,000 calories are sacrificed every day. So it's a it's a it's a different animals and majestic animal. My wife and I have been to these bison farms and just done the most amount of research to bring products, you know, to people, but you know, supplements to overrule supplement, supplement the healthy life. So if we talk about a high quality multivitamin or we talk about probiotics or we talk about digestive enzymes, we talk about extra, you know, and that's where you know, the test don't guess model comes in and then supplements for detoxification.

You know, for example when we do find people that mold mycotoxins, environmental toxins, Yeah. Step one is to get out of that environment and to change that. Number two is to start the detoxification process. But I guess they kind of finish up this this string of thought is that everybody loves to debate the food, but understanding the food story important than the sunshine story or the sleep story or the environmental toxin story or the physical activity story or the emotional happiness side of things. Again, whenever I see someone who's had a heart attack and stroke, I asked them what was going on before the event, what kind of stressor was there and every single time there was some kind of emotional stressor that tipped the tip tails on that person that all of a sudden turn them into

you know, heart attack victim or a stroke victim or anything else.

So uh you know, addressing that emotional component is ab absolutely critical. So there's so many different things. And of course I would be remiss without saying you know, obviously tremendous standard chiropractic care, vertebral subluxation, correcting spinal hygiene.

How using the chiropractic adjustment to influence changes in the brain called neural plasticity to improve neurological function and really hits home when you think about the autonomic nervous system, Parasympathetic sympathetic six that control every every organ body, all of our hormones and our hearts and our loans are hitting that back again.

It's all based on the autonomic network chiropractic comes into balance the autonomic nervous system and also about the importance and how dental you know, poor oral health, cardiovascular disease, every cancer that's out there.

So people again, you need to find a good holistic dentist. – Yeah. And that's an interesting point because you have oral health. And and they directly correlated it with cardiovascular disease. I mean it's so if you have poor oral health then you're more prone to cardiovascular disease.

So you know, things like root canals obviously, you know there there's no root canal that is not infected. And but then also was fascinating was talking to Dr. Brian in regards to nitric oxide, you know, so you have all these people that do a mouthwash, you know, and and think that that is healthy and and now what you're doing it, you know, it's like in it as to taking antibiotic on a daily basis.

I mean, you don't you have a bio min you're in your mouth and you don't want to kill that bio mall the time. And by doing that, you're then reducing the amount of nitric oxide you're producing, which and obviously have an impact on your whole cardiovascular system.

– Yeah, most certainly, you know, again, it's you know, we talked about these nitrate rich foods and those, you know, the classic example is is the beach of the that is very high in nitrates and other vegetables are uh and certainly animal products are but you know, what happens is just like you said, that oral bacteria converts the nitrate nitrate into nitrite and then in the acidic stomach, which nobody has either because uh you know, antibiotics and the because they've taken acid blockers and just unhealthy lifestyle, which everybody has liberation and all that kind of stuff.

Now, they don't convert nitrate nitrite, excuse me, uh into nitric oxide and ultimately they suffer the consequences from it. So you never think that something is like mouthwash would be benign, you know, it would be dangerous but it surely is in fact, got a 15 year old son and he's kind of got this uh this little girlfriend for the first time, he's really excited about that now he's kind of concerned about his threat and I said first of all your breath is fine because you need healthy and live well but that being said you don't want to do mouthwash for all the reasons you just mentioned and even some of the natural mouthwashes again like they're better than scope and and Listerine and other stuff that you and I will be able to grow up on.

But yeah I think when you eat healthy eating this kind of probiotic rich foods that support healthy now that we've got microbiome microbiome that's the that's the strategy.

– So talk to me a little bit more. I mean I for an individual that is just looking for what are some general supplements that I should do. I mean I know we want to look under the hood and really can I clear out and we want to detoxify we want to see what nutrients are missing and then address those but for the normal joe out there just wanna order some supplements online and you know you mentioned like co Q. 10 you know omega what are some of the things that you feel that this should everyone should be to consider these type of supplements.

Supplements, Sunlight, and Lifestyle Foundations

– Well you know again I think the multivitamin is a pretty darn important foundation to a healthy supplements

regimen again it's just a little bit of everything in a healthy format, obviously there's quality multivitamin, there's cheap multivitamins but you know, again get a good quality source and then from there, you know, again, does someone need a probiotic? Does someone need a digestive enzyme?

Does someone need liver support of products to someone? You know, I'm not a big omega three fish oil supplement person on a big eater of seafood a lot of times we can get rid of a lot of vitamins if we just do nose to tail nutrition if we're eating the liver heart or we're taking, you know if you take a liver heart capsule, it's not like fish oil, the royal is not fish, but if you take a heart liver capsule, it is the actual animals just freeze dried animal.

So it's an animal minus the water. So I think that's a good place. But in addition, you know, I'm a big fan of a supplement called B. E R B E R. I N. E, which important you're familiar with and burberry and I think it's like this swiss army knife of supplements if you go online and made back of whatever condition someone's suffering trauma, it seems like there's the study that shows that bourbon could be beneficial in that and that goes from cancer that goes to blood pressure cholesterol abnormalities to blood sugar, to Covid, I mean there's data in all those different areas, you know regarding that and you know, vitamin D. Is another one as well.

Kind of, you know, again I'm a huge proponent of sunshine. I believe the more time you spend outside, the longer we live, all plants and animals are outside in the sun. So we should be as well as I mentioned for skin as a solar panel, our eyeballs or a solar panel. Very interesting facet.

But again, most people like, oh the sun causes cancer and no lack of sun causes cancer. It's real simple. You know, I'm at so again, but when you're smart about the sun and when you do the other things that are congruent, you get sleep and the foods and all those things like omega threes we talked about are very protective to the skin. Vitamin A.

Is very protective to the skin into the ice. So that's again from eating animal products. So when you do it all appropriately there, that's really the key.

But again, like vitamin D. Supplementation sort of listen if it's January and you are up in Idaho, well maybe a good time to supplement with vitamin D.

But that being said again, I love getting a vitamin D. Lamp. These companies who produce the quality vitamin D lamps, I would rather get it from again using the animal products that are loaded with vitamin D. We can do it that way as well.

I usually reserve vitamin D. For supplementation. Maybe if I'm feeling down and out, maybe if I feel like something's coming on whatever that may be. I'm not feeling well then it could be a good time to mega dose vitamin D. But otherwise I don't do much much of it.

But you know I mean you and I both talked about all the different vitamins and minerals and support cardiovascular health. You know, again, you know, and why do we live optimal lifestyle? Why do we need the supplements?

Well again we test don't guess we see the deficiencies but also lived in fatalistically the air, the water, the soil is depleted, the world is poisoned for the 1st 35 years of my life I'm a Chicago, deep dish pizza Italian beef hot dog guy.

I've got a lot of catching up to do and therefore again I got to take some of the supplemental nutrients which I'm very thankful for and I'm very thankful that kind of you know you know is important. – I mean Chicago eating hot dogs, that sounds like a recipe for disaster.

Talk about stress, talking about you know, the worst possible food that you can do and and I have no idea what your blood vessels would look like just after that.

You know, that's insane. So talk to me a little bit about you know so you have people dealing with you know things like a Febreze and you know, all these different, we talked a little bit about blood pressure and and and cholesterol

and all of these kind of things. But these other conditions are they fixable as well just through through nutrition or do they? You know, when should an individual then consider? I really need to see a cardiologist?

– Well, you know, certainly we can reduce or eliminate the need for many pharmaceuticals and we can reduce or eliminate the need for many interventions and surgical procedures. But you know, sometimes they're you know, they are necessary. But you know, again, if we eat well, live well thing well and do these other things that we can certainly minimize the need for a person to be on three medications or five medications, for example, can we reduce that to one or two?

Can we make the person, you know, the healthiest version of themselves possible at that particular time. Now, for the trick of relation. And again, that's the number one reason why people consult with me is break up their relation. There is a time and a place place for ablation to actually burn that cardiac tissue and sometimes people have to do that fortunately it's not very often that my patients need to go down that road.

But the evidence to tells us that if we make the person the healthiest version of themselves before the ablation, then they have the most amount of ablation success.

So for example, inflammation is linked to a tip. If you have a lot of inflammation, it is also linked to a lower chance of success with an ablation. So if we get rid of the inflammation, but yet the person is still gonna go for an ablation.

Have we increased the chances of success without as much risk for long term toxicity? So if you're going for an ablation and you're gonna have a lot of radiation exposure, as the cardiologists are doing that particular procedure, they have to visualize inside. So you get a lot of radiation exposure.

So can we reduce the negative effect of that radiation in the short term and the long term? But again, becoming the healthiest version of ourselves, having high levels of bio, low levels of inflammation, high levels of omega three having all these additional antioxidants on board. Does that help?

The answer is yes. So again, like doctors like you and I can help absolutely positively and you know this uh anybody and everybody, no matter what their situation is, because once we start to really, You know, talk about nutrition, lifestyle and addressing the positive, why people are sick in the first place, that's that's the key.

If you take a person and they keep living the same lifestyle after a bypass surgery after ablation, after a heart attack, after a cancer diagnosis, they're doomed.

They will never see the 100 year part ever. – And seems seems to me I like what you're saying is that it's never either or you know, it is always you create the foundation with a healthy lifestyle, you maximize your epa genetics.

When Procedures Are Necessary and Closing Thoughts

You know, you make that as as you know, so all the genes are working in your favor simply by living healthy thinking, healthy, being toxic free and and by when having that as a foundation, then whatever you need, you know, if you need an ablation, if you need this medication, that medication, it's always going to minimize the risk and also maximize the effect and then also reduce the need for doing long term. – You know, sometimes people ask, you know, doctors like you and I about stem cells for example.

Well, you know, again, stem cell data, some of its positive, a lot of it is neutral and some of it not really much negative, but again, you take sense and you put them into an unhealthy person.

You're not going to get the results. That if you put them into a healthy person. And ultimately, that's what we need to become, is that if we're the healthiest versions of ourselves, that is the ultimate path to, to success.

And I'm very grateful that, you know, certainly to my wife to opening up my eyes, you know, to this because I was getting pretty frustrated the conventional cardiologist and looking back on it, I don't know how I ever did it for the 10 years that I did in practice in Arizona. But, you know, again, I appreciate the opportunity to get on here and spread

this, you know, truth to people.

But again, there's always the cause for your illness. And if you find the cause and causes and you get rid of those, then you have to to ultimate longevity. And you're just you're not going to hear that from the conventional men medical doctors because we are just not trained that way.

We're not wired that way. And the medical doctors, they just unfortunately, they don't have a common sense approach to health and wellness and it's frustrating. But I think the revolutions on and I think more and more people are gonna start to believe in what we believe doc and that's gonna win today.

– Yeah, I love it. Well Dr. Wolfson thank you so much for spreading the message of what we can do to get the 100 year heart the 100 year healthy heart.

Thank you so much for sharing your message. – You got it. My pleasure. Thank you so much