The REAL Reason Arteries Get Clogged Transcript

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Introduction: Rethinking Cholesterol

You've been told that cholesterol is clogging your arteries, so you work on lowering the cholesterol number. But how do you know you're dealing with what's actually damaging your heart?

You don't wanna spend the rest of your life worrying about having a heart attack or a stroke. You wanna stay active, you wanna be independent, and you want to be around for the people you love.

I know I do, I'm cardiologist Dr. Jack Wolfson, in over 20 years I've helping people naturally with cardiovascular situations. By the end of this video, you're going to understand what the cholesterol conversation leaves out, which everyday habits deserve your attention and where I'd start making changes to protect your heart right now.

Step 1: What LDL Really Does

I'll walk you through four steps to understanding what's going wrong and how to start doing something about it. So let's dive right into it, step number one, understand, what happens to LDL.

You see, LDL carries around cholesterol. Cholesterol is very important. LDl is important, that's why our body makes it. And calling it bad cholesterol doesn't explain what's happening inside your arteries.

I want to look at the particles, the particle numbers, particle sizes and what happens when they become retained inside the arterial wall and this damage that occurs called inflammation and oxidative stress.

The cholesterol measurement, it doesn't matter much, and it certainly doesn t describe the entire process of why heart attacks happen. That's why I keep coming back to what is happening to the LDL particle and the environment around it.

Step number two, trace the drivers of the damage, inflammation, oxidative stress, metabolic dysfunction, That is the picture that I want to start really investigating.

Step 2: Drivers of Arterial Damage

I look at the person's daily life. How do they eat? How they live? how do you think? These are things I'll want on the table when we talk about real cardiovascular health and longevity.

My shorthand for all this is too much bad stuff and not enough good stuff. It's what we do and we flip the script so we get more good, less bad. So we look at what's going on in a person's life.

We look some of the tests that can really help us to determine where we're at. And that's how we move from this broad explanation of it's all about cholesterol to something we can work on.

Step number three, look beyond how you feel. You can feel well and still have risk factors that deserve attention. And two people with the same LDL result can have very different things going on.

Their blood pressure, their blood sugar, inflammation, oxidative stress, toxin exposure. These are all the things we need to look at much more in depth than just a cholesterol or an LDl number.

Step 3: Looking Beyond Symptoms and LDL

So don't panic over a single result. And if your result looks pretty good, I don't want you to feel reassured that

everything is fine on the inside. We need more information.

we need to look at all these things that can be contributing to cardiovascular disease. And then we can start connecting things into your daily life and start making changes.

You may already be working hard to protect your heart, but if all you've been given is a cholesterol number, you can be left wondering and you should be wondering if you're working on the right things.

That's why we have the free Heart Attack Risk Quiz. It's only seven questions and it helps you look at the things you may not be considering that are driving your heart attack risk.

So if you wanna get a clearer sense of what you may be overlooking, check the link in the description below for the free heart attack risk quiz. So now let's get back to our final step, step number four, and how we put this into practice.

Heart Attack Risk Quiz Callout

Because you don't wanna suffer from something known as FTI or failure to implement. You want to be able to implemented these changes into your life. Let's make something that is tangible.

So one thing you can certainly do is make sure that you get outside after a meal. It's one to say, I'm going to exercise more. Another thing to come up with something that's concrete that can choose.

So for at least one meal a day, make that sure you are going get up after the meal and you're going for a walk.

Step 4: Practical Changes You Can Start Now

The evidence says a 10 to 15 minute walk after a meal outdoors ideally is going to be a great way to keep your blood sugar under better control, lower inflammation, low oxidative stress, better blood pressure and all that that goes along with it.

you want to come up with things that you can do in little bite-sized chunks. Maybe it's replacing a certain food. maybe it is skipping a thing that your doing.

May be it assessing your home for different toxins. may be every day you wake up and say is there something else toxic in my house that I can eliminate.

So these are tangible steps and that's the difference between understanding the information and implementing the So you do not suffer from FTI or failure to implement.

So what I definitely would do is I would take the heart attack risk quiz, click the link below and take a look. But now you have an actual concrete plan on how you can stay on track for the 100 year heart living your longest and your best life.