The Simple, Free Habit That Can Slash Your Heart Attack Risk Transcript

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Introduction to Sunshine and Heart Health

Hello, everyone. Doctor Jack Wolfson here and in the spirit of this presentation called sunshine to prevent a heart attack in my seven part series about heart attack prevention and stroke prevention.

I'm recording outside in the sun, so let me tell you in the next 5 to 10 minutes about why sunshine is so beneficial to preventing a heart attack. Again, I'm Doctor Jack Wolfson, cardiologist and founder of Natural Heart Doctor.

So in the beginning God said, let there be light and there was light. That is in the beginning of the book of Genesis. And it just fundamentally goes to show you that there was darkness and there was light.

And we really need to appreciate both facets of that, which in, of course, includes sleeping when it's dark and being outside when it is light. So we appreciate that.

And how all life formed on earth in the sun.

Why Humans Need Sunlight Outdoors

So please understand that I want you to understand that your skin is a solar panel built to collect light this skin. The purpose of the skin is not just to hold together a bag of bones.

It's not for esthetics to put cream on. It is has a lot of different functions, but fundamentally it is a solar panel built to collect sunlight. Very, very, very important to understand that.

And I'll talk more about that. All life is outside. It is only the human that is sitting inside all the time working inside. You know, whether it's inside of an office, inside of a factory, inside of your home, or wherever it may be.

You're watching this right now, and more than likely you are inside. But the rest of life, all plants, all animals are outside in nature's light, the light that God created.

So when we get outside, that is an ultimate health strategy to prevent a heart attack or stroke. I'm telling you right now, getting outside will help you prevent a heart attack or stroke.

I know you may live in a colder climate. I know this time of year it is cold out, but get some good clothing on and get outside. Our ancestors understood this.

Our ancestors were always outside. Here is a woman back in the day, hunting and gathering. Just outside. Whether you were a shepherd tending to your flock, you were a hunter.

You were a gatherer. You were a forager. You were a child playing outside in the light. Very little time was spent inside of the home.

Sunlight, Vitamin D, and Nitric Oxide

This is my quote. The more time you spend outside, the longer you live. It really is that simple. And it's also free to get outside in a world where all the food and all the different supplements and biohacking strategies where everything costs money, spending time outdoors is free.

Being more active outdoors is free. Walking, hiking, jogging, if you of course do a stand up paddle board or a bicycle or horseback. Yeah, that can cost some money.

But I'm telling you right now, the more time you spend outside, the longer you live. Spend more time outside. Now, from a physiology standpoint, here's what happens is that the sun hits the solar panel skin and coursing in the blood vessels in the skin is something known as seven D hydro cholesterol.

This is cholesterol that is coursing through the skin that when the sun hits it, it turns it into vitamin D, cholesterol levels go down, vitamin D levels go up.

People with the highest levels of vitamin D naturally have the lowest risk of everything, including heart attack and stroke. And I'll show you that data in a second.

So from a biochemical standpoint, a physiological standpoint, that's what happens when the sun hits the skin. We create vitamin D. Now the other thing the sun does is that it increases nitric oxide.

And nitric oxide is a vasodilator. It opens up blood vessels, helps blood flow better, makes the blood vessels less likely to form clots. And this is all very protective to the blood vessels.

Vitamin D is very protective to the blood vessels. Every blood vessel, the arteries have receptors for vitamin D, they're influenced by nitric oxide. And then the sun also helps to create melatonin.

Smart Sun Exposure and Skin Protection

The sun exposure in the morning, during the day, during the late afternoon hours helps to set the foundation for serotonin and then ultimately melatonin released from the pineal gland in the evening when we are set to go to bed, which unfortunately is blocked by artificial synthetic light, which is why we teach people to go to sleep earlier and to go to sleep on time.

So the sun does some magical things. The sun works very congruence synergistically with our bodies to help us prevent heart attacks and strokes. This is data from 2016, heart attacks, six and a half times more frequent in people with low levels of vitamin D.

If you look at the vast majority of the literature, people who have low levels of vitamin D have a much higher risk of heart attacks. So you want to get your vitamin D levels up by getting sunlight and by eating regenerative, healthy animal foods that are naturally high in vitamin D.

Animals need vitamin D, and they make vitamin D, so to humans, you cannot get vitamin D from plants. Got to get it from the sun or and or from animal products.

So is the skin to win smart sunshine. So you don't go get a sunburn. You gradually build up your sun exposure. And it works. When you do everything else that we talk about, you eat the right foods, you get your sleep, you get away from the toxins, you stay physically active.

You have a good, healthy mindset. So you do it all together. And that's what helps you get the best results from the sun.

Heart Attack Risk Test and Closing Remarks

If you're going to be out in the sun for a long period of time and you feel like you need to wear some cover up and organic sunscreen, that's fine. If you want to put some organic sunscreen to protect your face.

You can also wear a hat, but the majority of your solar panel should be exposed as much as possible. Now, if you're interested in learning your heart attack risk, one measure that you can do is our home test called the Heart Attack Risk Test, because the sun exposure actually helps to decrease oxidative stress.

And that's what we want to test you for your oxidative stress levels with our heart attack risk test. Remember it is a simple test done at home. No blood draw needed, no doctor's orders, and it's very easy to repeat so you can check

your levels at time zero and then repeat it down the road and see how you did.

If you how you improved your heart attack risk. So it's a simple at home urine test for oxidative stress. There is a questionnaire that comes with that.

And we get to see what your status is on that questionnaire. And we use all that data to review on an expert call with one of our team members at Natural Heart Doctor to help you see what your heart attack risk is, and then help come up with strategies to lower that risk.

So if you're interested in more information, head over to Heart Attack Risk. Com for your test. And I think you're going to be very impressed with the information that you see over there.

So again, very appreciative of you paying attention to this third installment of how I recommend you prevent a heart attack or stroke, how to help you recover from a heart attack or stroke.

And that is my goal of being the co-host, along with my partner Eric Zielinski, and making this all happen for you. So again, I appreciate you paying attention and we'll be back tomorrow with another mini talk about how to prevent a heart attack or stroke.

You will.