Introduction to the Natural Heart Doctor Show

I have not prescribed statin drugs in over 12 years. I never have, never will. They don't work certainly as well as people think. They have side effects and they give the false sense of security.

As people are swallowing down Lipitor, they drop dead because they're not doing what you and I are talking about. they are not addressing the root cause.

People are deficient in sprouts. 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. Welcome everyone another fantastic episode of the natural heart doctor show I'm cardiologist Dr. Jack Wolfson and I am very excited to speak to Doug Evans and Doug evans if you don't know him.

He is a co founder of a sprouting company he wrote a book called the sprout book. He knows all things related not only to, well, certainly to sprouts, but he is a wealth of knowledge and we agree on so many different things.

We have agreed not to really get into any kind of debate about vegan versus paleo versus carnivore, But we're going to discuss a lot of things, including the glory of the miraculous sprouts.

So Doug, welcome to the Natural Heart Doctor show. Hey, thank you so much for having me, Dr. Wolfson. And look, the most important thing that we agree on is eating whole foods and having movement, and then also opening up your heart so that you're not carrying bitterness and anger, which just prevents proper sleeping, prevents properly rest and the mind.

So I think we need to be in harmony when we're healing. And we're now at a stage where the greater portion of the population and the people who are listening to this probably are suffering, truly suffering from a chronic illness that is most likely lifestyle caused.

Doug Evans and the Origin of Sprouting

And that's an opportunity that if the lifestyle causes it, shifts in the life style can turn it around. And you can articulate that and speak from a medical view.

And I can speak, from, you know, a lifestyle view and from research perspective. Excellent. And, you know, for, again, from people who are listening, we'll put all these links in the comment section and emails and stuff like that about where you can find out more about Doug, about his book and about us company and.

Getting a home sprouting kit, which is super cool. I'm in Costa Rica right now. Was not able to receive the kit. But we gave it to Sarah Rose Glazer, who is our in-office health coach.

And I know that she is excited to unbox and show everybody the kit. And, I've actually, over the years, many times I was turned on to sprouting. I love it.

It's easy. it's so delicious. So maybe why don't we get into how you got into the concept of sprouting? How did you become such an expert? Yeah. So 30 years ago, I started to sprout and I was exposed to sprouts in the Union Square farmers market.

Out of everything that was growing there, being sold there as I meandering through the market, you know, would see dirt, plants that had infestations on them and that were challenged.

I saw things that we're wilted and when I see the sprouts, They were so fresh and unadulterated. And so the curious part of my mind asked the grower, the farmer, to tell me about sprouts.

I'll never forget what he told me. He said, these things grow without soil, without sunshine, and without fertilizer in days and that the seed contains the minerals of the soil in the parent plant.

And that I was like so blown away by that. So I started to sprout. But then when you live in, you know, some people live food deserts. Some people in food swamps.

I living in a swamp where there was so much food and options that sprouting just was at best for me a garnish or a side dish. And then 20 plus years later, I moved to Wonder Valley Hot Springs near Joshua Tree.

And turns out that was an environmental desert, Mojave Desert, and it was a food desert. There was no health food stores, no grocery stores at all. That was one bar in town that looked like Star Wars.

I asked the universe, what am I going to eat? Right? Because it takes a long time to grow edible farm. You know, the only animals there are coyotes and rattlesnakes, you know and some field mice.

And so the universe said literally, and I'm a very spiritual person in communion with a billion stars, As I'm hallucinating in front of the stars, they start to sprout in from of me.

And the universe said, you could eat sprouts. So in one cubic foot with six jars, I started to sprouts and within a month, believe it or not, i was getting thousands of calories a day from sprouts And I was doing alfalfa, radish, clover, broccoli, chia, lentils, green peas, and garbanzo beans.

And it was such a, like a mind blowing thing because it like fasting on the opposite of ultra processed food. This is original ancestral food, so I got concerned that maybe I deluding myself, maybe was having other hallucinations and this was not safe.

So I called up people that you know, right? Dr. Joel Kahn, Dr Dean Ornish, Doctor Josh Axe, doctor Mark Hyman, dr Joel Furman even called Dr Mehmet Oz.

And I, and I asked these people, you what do you think of sprouts? And it didn't matter where they were paleo, functional medicine, plant-based, they all loved sprouts.

that they loved more than the others, and that was broccoli sprouts. And that became the beginning of the research for my book, right? So I wrote the sprout book.

I went to New York, I pitched one publisher and the publisher said, there's no market for sprout books. No one cares about sprouts, And I said, I will do the work, and the book became a top 100 bestseller on Amazon.

It was in the top one hundred of all books on amazon. it sold over 80,000 copies and turns out right now netted out seeds contain an endosperm and an embryo.

They are in a dormant state. They have a testa around them to protect them and seeds can last and still germinate 1200 years later. Like it's a miracle.

And what it takes to turn a seed into a vegetable is water, oxygen, carbon. But the only exogenous input from you or I is just you add water. And so I was so blown away by that, that I just decided, you know, I had just turned 50. Now I'm turning 60 in 30 days.

Sprouts, Kids, and Nutrient Density

And I decided I, was going to share this message. The reception about sprouting has just been unbelievable. I couldn't even name all the different types of people that sprout, whether it's preppers or perimenopause or people going through cancer treatments on radiation, on chemotherapy, or not taking chemotherapy or radiation, to people that have lung problems, they've been exposed to benzene and air pollutants, the sprouts detoxify them, and to elite athletes.

I'm talking about Djokovic consuming sprouts to reduce inflammation after playing hard. ultra marathon runners, the yogis, like CrossFit, that the range of people now that are sprouting and sharing this, you know, quarterback football players, it's definitely, I mean, certainly a lot of.

I feel like a. Lot of you have been talking about this for a long time, but that's in the network that you and I run in. And it. Before it catches up with the entire world, most people, of course, think it s a garnish and they'll push it to the side.

And that's really unfortunate. And I think you mentioned this too, because we were talking about kids beforehand and so many kids are like, again, they're in school and they are learning out of textbooks and whatever they were doing.

But how amazing this really is for children to kind of reclaim that understanding about how to grow your own food and really this science experiment of what parents can do with their kids at home to show them such a simple, easy and extraordinarily healthy way to growth food.

Yeah, I mean, when I grew up, they were taking a single bean, right, and sprouting it, And now in the schools, They're using the kits and they're growing it and eating it.

And, you know, if people have, like during World War II, about 40% of Americans were growing their own food and had these victory gardens. And today it's like less than 1% of people growing their own food.

So the idea that you could have a countertop garden, right, and grow the food, vegetables in days without soil, sunshine, or fertilizer for under a dollar a serving.

And those vegetables contain the meristematic stem cells of the plants. And they're up to a hundred times more nutrient dense than their mature vegetables.

Lower counts of heavy metals, arsenic, lead, cadmium, because they are cleanly grown in a glass jar with a stainless steel filter. This is something that we're seeing without exaggeration.

Let me ask you this, there is another woman who I'm friends with this woman for quite a while, and I am pretty sure you're gonna know who she is. And she's just as on fire about her product as you are about sprouting.

So I wanna ask in the context of like, you know, we all like the idea of debates, right? Let's debate this versus this and this is this. What if we have a debate between you and Catherine Arnsten of Energy Bits, where she will go to bat with Chlorella spirulina as nature's most nutritious food, and you'll take the side of sprouts.

Who's going to win? Well, look, I think from a level of feed the world, spirullina will have a hard challenge of feeding the word because it's very hard to grow and to keep in a sanitary environment.

because of how the algae, spirulina, is algae. So I love spirullina. I'm building. You know, I have a few hundred acres of land. We're building a spirallina farm, you know in a pond.

But the fact is that you can take spirulina as a supplement, the way she's doing, you know, her tablets are very powerful.

Sprouts vs. Spirulina and Fermented Foods

I love them. Yet it's very hard. Like no one's eating spirullina meals. No one is going to live off of spirallina. You're not going put a tahini sauce or marinara sauce, or other stuff on a plate of of Spirulino.

So I look at Spirlina… Let me ask you… Okay, let me ask you this, fermented foods. I love fermented food. Uh, I've really gotten away from recommending a lot of various probiotic, you know, type products and just telling people to get it from their food to the best of their ability.

Is there any way to kind of bring out an actual fermentation process as it relates to sprouts? Is that, is that a valid question? How I would assume that there's fiber, it supports the gut microbiome.

It's a prebiotic. Uh, it's a, you know, potentially producing probiotic, butyrate and stuff like that. We can probably go down that, any thoughts around that arena while I got you, while thinking about it?

Yeah. What, what my, my signature dressing is made with a fermented, either fermented pickle brine or sauerkraut brined or taking saurkrauts and pickles and blending them with the sprouts.

to activate the digestion. Sprouts contain soluble and insoluble fiber and they're the most tender part of the plant, so they are the easiest to digest.

I think fermented foods go really well with it. You could take any sprout, you know, no matter how bitter or mild it is and mix it with your, mix with a fermented food and the salt in the ferment and alive enzymes of the fermented lactose bacillus make it very palatable.

So I really see fermentation and sprouting going hand in hand. And the interesting part that I like about fermentation is you take regular cabbage and salt and you make sauerkraut.

Right, two ingredients, you make sauerkraut, the fermentation process pulls the water molecules out of the cytoplasm of cabbage and it's making something valuable.

I love that one plus one. With sprouting, You start with 10 grams of seeds and you get a hundred grams in sprouts in five days. It's exponential, multiplicative, and its mind blowing.

It's one of the coolest things, no doubt, in food growing. You know, you had mentioned before, some of these, because of course, here in the medicine world and in this supplement world, a lot of lab testing, or a of lot these supplement companies, they'll try and isolate out the super ingredients, the sulforaphanes, that the glucose fanins that are in there.

But, when I think about, anything that contains sulfur, is just like medicine, obviously natural sources. Natural sources of sulfur are just so medicinal.

And I think that maybe you can touch on some of the other things inside the secret sauce of sprouts, but maybe start with the, um, uh, you know, sulfurophanes in there and maybe focus in a little bit on cardiovascular benefits of, of.

The sprouts containing that particular compound. Yeah, I think that's great. By the way, and I don't think we have to have a debate. I'm happy to the debate about spirulina, but LDL reduction, there's more randomized control studies about LDR reduction with spirullina.

There's several studies showing HDL increases with So on, you know, the blood glucose levels, very little impact from spirulina and very strong, well-supported in diabetic populations, from sulforaphane.

On inflammation, I think strong mechanically, and the clinical data is building on the sprouts and oxidative stress, which we're now going to talk about sulferaphine will lead into very strongly because of NRF2, on on this sprouts.

And let me say this too, I just want to be clear, and my audience knows this, but I could care less about LDLs and

HDL. I agree with you. All about the oxidative stress component.

Whoever built us, call that God, the universe or whatever, gave us LDLS and HTL for a reason. This whole construct of LDls are bad and the HDLS are good.

As you know, that's purely to sell pharmaceuticals. I'm a huge fan of the oxidative stress and essentially it sounds like we have all these pro-oxidative forces.

And I think what you're going to tell us here is that here comes this absolute super food to kind of combat all that pro oxidated forces and really bring us back into balance.

Yeah. Look, the main thing, and I don't know if you've talked to your listeners about the NRF2 pathway. But in practice, a lot of people are taking exogenous glutathione and various supplements, whether it's creatine or protein powders and the like, or antioxidants.

Sulforaphane, NRF2, and Heart Health

Broccoli, it's well known, cruciferous vegetables are healthy, have these compounds, the isothiocyanates, and in particular, glucosinolates. Some, like radish, has glucoraphanin.

Broccoli has glucorafanin, which is the most researched of all of these plant compounds. The reason why is, I think, because they've had the most 30 years of research on, you know, from Dr.

Jed Fahey at Johns Hopkins, primary researcher with Paul Talley, may he rest in peace. But sulforaphane is the more potent natural activator of NRF2. So it means it upregulates glutathione production, your body's primary antioxidant, and then turns on detoxification enzymes in the liver and the blood vessels.

So that as a result, which is most important to you, it reduces oxidative stress, the core driver of heart disease. Oxidative damage is central to heart diseases and so furfane doesn't just add antioxidants.

it teaches your body to make your defense system stronger. And that's unique to healthy heart world, right? Because everyone else is adding something else and this is just not the antioxidants, not like a vitamin C or something.

This is causing the body maybe to respond to its defense mechanism, to the hormesis, And healthy arteries, right, depend on the endothelium and the inner lining of the blood cells.

increased nitric oxide availability, improved vascular flexibility, and reduces endothelial dysfunction, which is a key marker of heart disease that we both can agree on as opposed to HDL and LDL.

So better blood flow, lower vassal resistance, reduced risk of plaque formation. This is all happening by taking something, you take some high glucoraphan and broccoli seeds, a quarter cup of these seeds will grow into a massive jar of sprouts in five days.

But in three days, They are the most potent and most active because the seed has gone through a metabolic transformation from a dormant seed into a living organism.

And in the sprouting process, you reduce lectins, reduce phytic acid, and reduce enzyme inhibitors. The seed just comes alive. and the dormant meristematic stem cells start converting starches into proteins, fibers being formed.

So this is something that chronic inflammation drives plaque buildup, arterial stiffness, and cardiovascular events, strokes and heart disease. If you're able to incorporate food into your diet, along with your other lifestyle things, breathing, cold plunge, sauna, you know, meditation, yoga, weight training, you inhibit an NFKB, a key inflammatory signaling pathway, and you reduce your markers, your CRP and the inflammatory markers.

So NetEffect, You're building a healthy heart by adding a simple daily habit into your life. 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. Fantastic, fantastic stuff.

Doug, say I, what if I just go to the grocery store and buy sprouts? Tell me the pros and cons of that. Because again, it may be most realistic for a lot of people.

They go, okay, you know, I went to natural grocers and they have a whole variety of sprouts that are there. Maybe the most common that people would recognize is probably alfalfa sprouts, right?

But, um, farmers markets I think are another, good source. But how do we, How do we make sure they're grown the right way? Are there questions that we should ask at natural grocers or inquire thereof?

And then we can get into how we do it at home. Yeah. Look, I think that if you, if the difference between economically, financially between buying broccoli sprouts versus growing them is about, you know, a one to five ratio, like it's 80% less expensive to grow them on your own.

If you are. affluent or you're needy and they have them fresh, you can buy them. The challenge is it's unpredictable when you go to natural grocers or Whole Foods or Air 1 in LA, whether they will actually have it on that day.

There are no national or international sprout growing companies. So there's no like Del Monte or Dole for sprouts because as John Mackey, the founder of Whole Foods said, they're a shit business.

Short shelf life. low margins that no one is growing these and distributing them. So where you are, if you're in Texas or in Miami or New York or LA, you could get sprouts in the grocery store.

But most of the country does not have sprouts in their grocery store, you know, period.

Buying Sprouts vs. Growing at Home

So if you do find them in the grocery stores, then the question is, how long have they been there? Right? How fresh are they? Are they organic? Who grew them?

And there's this whole other levels of questioning behind them. But I have to say, if I'm traveling, I will land and in my hotel, I have called them in advance to say, strip out all the junk from the minibar.

Here's my Instacart order and load my refrigerator. with broccoli sprouts, alfalfa sprouts whatever other sprouts you have you know and some sauerkraut and keep things really simple because I won't have temptation but I want room in the refrigerator and I don't want to be charged for taking their mini bar junk out so I wanna start with zero.

Yeah, I'm definitely with you on that. A thousand percent. And you mentioned the ratio of like one to five, you know, regarding spend. Then you also mentioned Erewhon.

I think if you talk about Erowhan, it's probably a one-to-ten spend regarding growing it on your own versus that place. But that is a total candy store for health-minded people.

That's for sure. No, no, go ahead. I was saying, you know, Air One makes people feel good. A lot of people can't have the Lamborghini, or the house, but if they're getting a $20 smoothie in Air 1, it's a status symbol.

They get to be around rich people that otherwise they'd never be round. So, It's club. It is a club with free membership. Yeah, I'm with you. I'm with you.

For those of you who are in the LA area and even now, I think they're expanding into Orange County. It's definitely, it's kind of worth a trip too. I am sure you'd say the same thing, Doug.

You know, if you're thinking about like a foodie vacation to go out there, It is always a lot of fun. So walk me through this. Brand new at sprouting.

How do I get started? I mean, the best thing, you know, look, I started the sprouting company because there were no intentional mechanisms for growing sprouts.

People were using pillowcases, cheesecloth, mason jars. Like, Mason jars were used for canning. So even the shape and the angles. And then they were use iPad stands and drip trays.

I wanted to design something intentional. for the sprouting, which I did. I checked every angle, so I had optimum airflow. air exchange, drainage, and materials.

The only thing in the sprouting company kit that touches the seeds or the sprouts is glass, lead-free glass and stainless steel. And then on the seed front, seeds are a commodity.

You could buy them anywhere, but as a result of a commodities, the standards ranged from not germinating at all, sitting around in dubious conditions to what I wanted to have was certified organic, tested for pathogens, testing for germination rate and filtered out so there would be no sand or debris or other parts.

The purpose is having a standard. So then on the sulforaphane, we actually are using You know, we did the research and I chased down the grower that was growing the seeds over 30 years, you know for the supplements and for medical testing, the randomized control trials, clinical trials.

And for first time ever made those seeds available to consumers in the form of high glucoraphanin, high sulforaphane seeds. So to get started, for $100, $120, you get a sprouting kit and some seeds, and you could start growing and get your first crop within a week.

I mean, it's that easy. And I feel, you know, I went on Shark Tank, Dr. Wolfson, last year in June, and it was really funny because the sharks, they're sharks obviously, but they ate all of the samples I brought.

I had dishes, made smoothies, dips, entrees and salads. And they ate a hundred percent of it and they both made offers. Mr. Kevin wonderful, Kevin O'Leary, Mr wonderful and Damon John.

They both may made. And when I said to them from the heart, I say, guys, like you're, oh, you want to invest in my company, but I don't feel seen. Thank you.

But no, thank you And that was such a seminal moment for sprouting. Kind of interesting though. Yeah. You know, for, yeah, you know for Damon John too, cause he's so into biohacking.

He's spending all this money on all the different tech and stuff like that, that he is doing when so many people, they

forget like this fundamental stuff.

Like you don't need red light beds and you need all these various gadgets and gizmos when you have such perfect food, coming from nature. Yeah.

Starting a Home Sprouting Routine

Well, look, I think people are looking, you know, we have in this remote town of Joshua Tree, there's a corner location, used to be a juice bar. It was now replaced with an IV therapy place.

So people were getting drips of glutathione and Myers cocktails and other stuff, where there used be juice bars. so it's different kind of juice now. Yeah.

You know, I like to say this too, because right, you know you and I, could talk for the longest time and we could, talk about the food and, we can talk, about this sleep and the sunshine and outdoor activity and gratitude and community and spirituality.

And we, can, talked about all these different, okay, You got to grow your own sprouts and do this and this. Most people. They're going to say, but my cardiologist is just telling me I could take a statin drug.

I can just take blood pressure drug, so that seems like the easy way. But my response to them is, is that it's not either or. It's either you follow what you and I are talking about or you're gonna die.

Like it really is. That dramatic. Is not, either, or, you know, one thing I love to do is this statistic. Since 1980. The American male and female have increased life expectancy by three years.

It went from 73 in men to now 76 in man. So after 45 years of all the statins, all of the blood pressure drugs, the chemo, stents and bypass surgeries and all things that we do from a cardiac standpoint, we have an extra three year and that is a total, total failure.

Wow. Extraordinary. So what do you recommend? I guess there's two recommendations. If someone already has heart problems, what's your recommendation? So are you still recommending the statin?

and they get off the statin by lifestyle and changes. You know, where's your stance on that? Yeah, I have not prescribed stat and drugs in over 12 years.

I never have never will. And I don't use any of the other pharmaceutical drugs to lower the numbers down. Why? Because They don't work as certainly as well as people think they have side effects and they give the false sense of security as People are swallowing down Lipitor they drop dead because they're not doing what you and I are talking about They're, not addressing the root cause people are deficient in Sprouts they are not deficients in Lipit or Crestor Zocor And that's always my message.

And again, I'm so appreciative to you to be so enthusiastic about this food. What percentage of your diet would you say is made up of sprouts? Fifty percent.

Okay, let me ask you this. If I sprout mung beans, lima beans do I eat the bean or I just cut right from the sprout area? The magical thing about the sprouts is you eat the entire organism.

The root, the shoot, endosperm, embryo, testa, you consume it all. I would not recommend the larger beans. So I recommend clearly the mung beans, green peas, lentils.

Largest bean I'd recommend is the garbanzo bean. Other ones, I think it's harder to sprout the results harder to digest. So I really stick to a core and I've tested, you know, and now I have been deep on the sprouts for eight years.

You know I tested thousands of seeds and these are the ones that are most consistent, digestible, bioavailable, nutritious. Love it, love it. Speaking of love, I also love coffee.

Coffee is a seed. Can I sprout coffee seeds? Totally sprout green coffee beans. They are very medicinal. It's just not a practical part because how they behave and they They shed exudate and biofilm.

And so the process, you know, typically where the coffee bean will grow into a much larger plant. that it's not something that you could incorporate into your diet.

There are ways of soaking coffee beans and then grinding them and freeze drying them once they're sprouted. But right now, I think most people are figured out over millennial that the best thing is getting a mold-free bean, roasting it, and either getting that espresso shot under force or coffee.

Is mold? I'm going to guess the answer is never, especially when you're talking about a three-day-old harvest. I mean, mold is not a factor at all in the sprouting world.

No. Mold could have been an issue on the seeds, right? If seeds are lying around for a long time, In the rate right now that we're going through seeds, we contract growing crops and they're selling out in a cycle.

But there are seeds that are around stored just like apples. They could be very old and stored.

Lifestyle Medicine, Statins, and Root Causes

And then in the growing process, if you're growing, which is why I designed equipment to have proper drainage, proper airflow, and proper air exchange.

Mold is not an issue. You may get these white fur on the broccoli seeds and those are healthy root hairs, but to an untrained person they may think that they're mold.

But what happens is you rinse them, they go away and they never come back. So that's a detector. My next version of my app has a machine learning AI on it that will take a picture of the sprouts and say thumbs up, thumbs down, but it's just a non-issue.

So awesome. Doug, I sincerely appreciate it. Come on, blow it up for yourself. Tell everybody where to find you. So, I'm Doug Evans across all social media.

My company is The Sprouting Company, and I am here to serve. I respond to my own messages. You know, speaking, sharing, researching. We're doing the first primary research where we're taking the seeds and the sprouts, sending them out to third-party labs to validate the nutritional, both micronutrient, phytonutrion, content.

And I really feel where I want more people to sprout because I think it's the easiest, best thing that they could do for their lives. We didn't even talk about natural GLP-1 production.

healthy blood pressure and lipid metabolism, all these mitochondrial cellular protection. There's so much to go into, but what I want to do, and thank you for having me on your podcast, is plant the seed so that you understand that sprouting deserves a bigger place in the biohacking and in health world and the natural healthy heart world.

Yeah, no, that is all fantastic. It's just so fantastic to hear about a great food that does all these things. And you talk about all of the different enzymatic pathways and how we activate good proteins and turn off bad proteins, detoxification.

When you look at some of these foods, it tends to run the whole gamut of, yeah, we can apply everything you know about sprouts and then everything we know, about biochemistry and biochemical pathways and see how, Yeah, of course it's going to help with our lipids because of this.

Of course, it is going help inflammation and oxidative stress and insulin resistance. And, of course is gonna help, with natural, you, know weight loss.

and, Of course. It's gonna be beneficial to, help you clear out the brain and also for, again, detoxification and supporting the gut microbiome. And it's all right there.

But at the end of the day, we can go deep dive on the science or we could say, this is just common sense. Our ancestors knew the importance of this food and it is very easy and obtainable and really is a culinary lesson for so many people to actually get into it.

It's very rewarding. Look, and because of the nature of your podcast, where you're talking about health and heart, but you could veer off into cancer, you can vear off even into histamines.

Three-day-old to five- day- old green peas are a natural source of DAO. Who would have thought that sprouts would affect that part? And from IBS to inflammation, there's so many different things.

But look, I'm grateful that you're… I may come to Costa Rica just to bring you a sprouting kit and some seeds. Anytime. Because, yeah, no, again, a lot of people have histamine issues and stuff like that.

And you hear that sprouts really has that capability. In particular, you said the green pea. Sprout is going to be most unique in that arena? Yeah. Well, what happens is when you grow them in the dark and they're not getting exposed to sunlight, it stresses the plant.

And as a result, that stress is forming DAO and then when your consuming it.

Advanced Benefits, Mold, and Closing Remarks

So it's very, you know, this world deserves, sprouts deserve and are getting more and more research. But that was something because, I knew people were on antihistamines.

And as you know, if someone's taking antihistamine pharmacologically, there are consequences and adverse reactions that can have a cascading effect. And turns out this is a way that's the most natural way, that someone could do it.

When we talk about mold, the mold that I'm concerned with is mold exists in houses and in the air. and the like, so when you are consuming sprouts, you're actually strengthening your ability to deal with people who have asthma, people have mold poisoning, these are natural treatments.

And what I like about them more, the research is so much more profound and validated and accepted than on some of the other things, which is dubious. So there's been real high quality peer reviewed papers on this.

Super cool. I mean, the structure that we live in in Costa Rica, it's made out of concrete glass and steel up at elevation. Zero, I don't want to say zero opportunity to grow mold.

We've got no indoor plumbing, nothing like that. Will you be quiet over there, doggie? So there you go. Doug Evans, absolute pleasure. My friend, I could talk to you forever.

I hope our paths cross soon. Another great episode of the Healthy Heart Show. See you next time. Thanks for listening to the Natural Heart Doctor show.

If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next. And if you're ready for a deeper personalized approach, you can schedule a complimentary discovery call at naturalheartdoctor.com forward slash discovery.