The Top 3 Foods To Prevent Heart Attacks (And One To Avoid!) Transcript

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Introduction to Three Foods for Heart Attack Prevention

Hey, it's doctor Jack Wolfson here, cardiologist and founder of Natural Heart. Doctor, I'm going to talk to you in this under ten minute video. Three foods to Prevent a Heart Attack.

This is part of the Heart Attack and Stroke Prevention Summit. So let's jump right into the conversation about three foods to prevent a heart attack. Now one of these foods is not oatmeal from Quaker Oats.

I think there's a lot of industry propaganda that has led to this being part of the recommendations. I do not believe in eating oats or oatmeal on a daily basis.

It is not our ancestral food. Most people that who were hunter gatherers never ate this kind of food. I think it is okay sporadically when done organically and when done we are as gluten free, as well, so make sure you source wisely.

I know a lot of people. They love their oatmeal.

Why Oatmeal and Cereal Are Not the Answer

They hold it near and dear. Maybe they believe that their ancestors over the last few hundred years have been consumers of that. But I think it's cheap food in order to allow people to survive.

But it's not survival, longevity food. Again, I understand this is very controversial and people hold it near and dear. I'm not saying never eat it. I'm saying choose organic.

Typically steel cut high quality and make sure that it is gluten free as well. Another thing I'm not a proponent of are these boxes of Cheerios. People say it lowers cholesterol.

Well, eating the box could actually lower your cholesterol even more than actually eating the food. Caveat I don't recommend eating the box, and I don't recommend eating this as a food either.

I think it is all propaganda from the General Mills Corporation. Another thing we've been wrong about is going low in saturated fat. This is a total mistake.

Coconut oil has been vilified as a source of saturated fat. Yet people in the islands and the Pacific, they eat coconuts and coconut oil as a large part of their diet, and they do not suffer from early onset coronary disease, despite the fact that a large part of them smoke.

So we are loaded with saturated fat inside of our cells and tissues as humans, so we're best off consuming high quality saturated fat. More on that in a minute.

And there's a lot of literature that actually would be contradictory to what the typical guidelines say to get rid of saturated fat.

Rethinking Saturated Fat and the Food Pyramid

I think a lot of this stems from the coconut oil vilification to get coconut oil out of candy, and to use partially hydrogenated trans fat oils. That was bad.

The Got Milk campaign. I'm not a believer in raw and in dairy. You know, we can drink our mother's milk. Cows can drink their mother's milk. I do think that there is medicinal benefit to raw dairy.

And I'll tell you about that in a second. Now, ultimately, we get to the food pyramid. And this clearly is something that was designed by the big ag industry, where you have large components of grains and dairy, for that matter, is part of the diet.

What planet of delusion would people be from where they think that the green category should be bigger than the vegetable category? That makes no sense whatsoever, and bigger than the fruit category.

There's no mention of seafood on here. Eggs are super nutritious. We'll talk about in a second. So, again, I think that this led to the damage and destruction of so many different people as it relates to real health and wellness.

Listen, I didn't write the, the story. God did. And, in this story, we were hunter gatherers and the hunter gatherers just did that. They hunted and they gathered or foraged.

And this did not, of course, include processed foods and GMO foods and chemically laden artificial ingredient foods. This was hunter gatherer foods. And the more the hunter gatherer foods that we consume, the better off we're going to be.

So let's dive into three foods to prevent a heart attack. Number one, eat organic food. No matter what diet you follow. Vegan. Vegetarian. Paleo. Keto.

Mediterranean. Carnivore. Get the chemicals out of your food. And that should be something that just about all of us agree upon.

The Hunter-Gatherer Diet and Organic Food

Surprisingly, people don't see the link between glyphosate, organic phosphates, organic chlorides, atrazine to disease in humans, but that would be at your own peril to believe in that.

Now what happens is these pesticides, they damage our gut microbiome, those delicate bacteria and fungi and other things in our intestines that help to nourish our bodies.

They are symbiotic with us. They help to digest our food. They create all of these vitamins, minerals and other nutrients to help us lead the healthiest life that we can.

So no matter what your food is, make it organic and I'll even throw this out there. If you like chocolate, eat organic chocolate. If you eat ice cream, eat organic ice cream.

If you like French toast with jelly on top or sirup. Again, just make things organic. Get the chemicals out of your food. That's very easy to do. There shouldn't be too many people around who like, oh, I got to eat these artificially colored, artificially flavored Fruity Pebbles like I grew up on.

You know, this is not to pass judgment on people. It's about, hey, how do we move forward and go with organic food? Always choose organic. Talk to your local farmer.

Talk to your local vendor. Grow some of your own food. Ask the questions. That's the best thing to do. The other thing I would tell you is eat fat. They told us that fat was bad.

They said, go low fat. Big, big, big mistake. Fat is the most nourishing thing that we can eat. And so I would tell you to do is eat the foods that are on this screen.

I've got a picture there of the wild salmon row that is the egg of the salmon that contains all the vitamins, minerals, proteins and fats that a salmon needs to come to life.

Eat Fat: Seafood, Eggs, and Healthy Animal Foods

It contains essential nutrients like choline and inositol that are critical for cellular function, cellular signaling. Neurotransmitters. Brain health. Heart health.

Heart attack prevention right there. So seafood is always at the top of my list. So even if you don't eat number two, which is land animal meats like bison or lamb or beef, chicken or turkey, please eat the seafood and find ethically source.

Now ethically sourced also pertains, of course, to animal products. There is no scenario where doctor Jack Wolfson or his family would eat unethically raised meats.

The animals, as we've been doing for many years as hunter gatherers, they are sacrificed for our benefit. We bless them, we thank them and that is our best health and wellness longevity plan, especially eating the organs, the liver, the heart, the kidney.

Those are just super dense, nutritious foods that our ancestors for years have been consuming. Eggs have been vilified as a source of high cholesterol.

Eggs are again a cocoon for a baby chicken with everything that that baby chicken needs to come to life. Loaded with those fat soluble vitamins 80 K are another great source of choline to help our cell membranes.

This is all anti-inflammatory antioxidants, lower risk of heart attack, stroke, and dying. Now, some of these plant based fats are also critical. The avocado often I call it the avocado, coconut, coconut oil, olives.

Everybody knows that people do best when they eat olive and consume olive oil, the nuts, the seeds. And then if you do dairy, raw butter, raw cheese, raw yogurt, kefir, ghee, which is clarified butter, raw milk.

Vegetables, Starches, and Heart Health

I don't think that this is a staple of our diets, but if you consume it a lot of people do well on raw dairy, not homogenized, not pasteurized from ethically raised animals.

Number three eat veggies. I am not the carnivore cardiologist. I'm certainly not the vegan cardiologist. I am a hunter gatherer cardiologist. And to this end, onions and garlic is a wonderful source of sulfur and many other nutrients.

Green leafy vegetables, of course. Brassica vegetables. The broccoli, the cauliflower, the Brussels sprouts, capers, as you see pictured on the screen, is a wonderful source of quercetin.

Quercetin is a tremendously anti-inflammatory nutrient contained in many supplements. Another one of my favorites is artichoke. Great for liver health as well.

Along with that, maybe throw in dandelion greens is a great source of liver health. And if you have a healthy liver lowering inflammation, lower oxidative stress, improved lipid profile, less LDL, small dense particles, lower risk of heart attack, stroke, and dying.

Treat food. I'll throw in potatoes, sweet potatoes. Russets. Yams. Those are also okay when cooked appropriately. Pair it appropriately. I think that those have medicinal value as well.

Very good source of vitamin C. So those are some of my top three, foods. And listen, if you're concerned about having a heart attack, one thing you can do, no matter what diet you follow, is check out the heart attack risk test.

This is a simple test done at your home. No blood draws necessary. No doctor's orders are necessary.

Heart Attack Risk Testing and Closing Advice

And what you do is, is that you change up your plan based on the results, especially if you have oxidative stress, and then you repeat the test down the road.

So when you order the test from us, you want to make sure it's not your turn to have a heart attack, which is so common. These days. Number one killer people worldwide go to heart attack risk outcome.

You'll get more information about our at home test for heart attack risk, along with our 100 question questionnaire, which takes about 10 to 15 minutes.

And then you get a review call with one of the professionals at Natural Heart Doctor. So I hope you like that information. I'll come back in tomorrow's episode, and I'll give you more advice about how not to have a heart attack be well.