The Worst Offenders: Expert Advice for Reversing Heart Disease With Diet Modifications Transcript

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Introduction to Heart Health Goals

Would you like to be younger, trimmer, fitter, mentally sharper, have better sexual function, and prevent or reverse heart disease? When I ask him that, let's face it, 99% of people say, sure, yes, I would.

What do I have to do to eat healthy plant-based food? real food, you're gonna meet your nutrient needs, You're going to be active and you are going take steps to manage your stress.

If you do those four things, your going achieve all those wonderful goals. This is Dr. Talks. Well, everybody hold still, buckle up, don't move. I brought you one of the best clinicians that I could ever imagine inviting on Reverse Heart Disease Naturally Summit, a friend for a decade plus and really authentically an expert on the topic we're talking about and that's Dr.

Stephen Massey. How are you, Steve? I'm doing great and delighted to be with you. Thank you, and we'll officially introduce Steve at a little brief bio in a moment.

But I had to say, when we were putting together the list of people to interview, I actually believe there are under 50 clinicians in the world that can say I've seen plaque shrink.

I have seen disease reverse. which is of course the very topic of this summit, building belief and strategies. And you're one of those people and you've been watching and doing that longer than me.

So let's dig into that. But I do want everybody to appreciate that you are a physician, you were nutritionist certified. I know you and I have talked and i've seen you prepare food, you're a trained chef and you did that before it got a little trendy for docs.

You can handle knives and cutting boards like no other. And you are a very successful author, 30 Days to a Younger Heart being the book that you can share so easily in terms of a cardiac topic and then you just dominated the PPS world with your PBS special by the same name.

I mean, you're a fellow of the American Heart Association, American College of Nutrition, and you are in St. Petersburg, Florida. And with the last few months of unsettling weather there, I'm glad you were safe and fine and here with us today.

Dr. Stephen Masley and Clinic Background

So thank you for being here. My pleasure. So tell us, there is a wonderful clinic in St. Petersburg, the Masley Optimal Health Center Clinic. Tell us a little bit about how long that has carried your name and how you have evaluated patients for the presence of plaque in their arteries, because you can't reverse what you cannot see.

So how did you find plaque and your clinic? Tells us about it. Well, I started using carotid IMT testing back when I was the medical director on the at the Pritikin Longevity Center 22 years ago.

And about 20 years I moved back to St. Petersburg, Florida and formed my own clinic. That was one of the hallmark things I measured from day one was how old are your arteries?

Are you growing plaque? Is it shrinking? I've followed patients over the last 17 years looking at arterial plaque growth and We had hundreds of patients shrink their plaque by more than 10%, a 10 year typical plaque growth period.

And you know, our average patient shrunk plaque. So we know that over time that most people are growing plaque at about one to one and a half percent per year, their arteries are closing and our patients were shrinking over.

So I actually have to say, honestly, but embarrassingly, I didn't realize you were at the Pritikin Center 22 years ago. Nathan Pridikkin, his name has come up, aerospace engineer who changed the world with the belief that he could teach lifestyle medicine and got a group of doctors and published over a hundred papers and developed the famous Prittikine Longevity Center.

So, wow, you have so many interesting hats that you've worn that have culminated in you being the superstar you are. Just in case the audience didn't get carotid IMT, take two minutes and break down what is the abbreviation, what's the test, What are we looking at?

Carotida IMt is carota intima media thickness. We're basically looking the thickness of the plaque growing in your arteries, which reflects the important age of your artery.

So I've met many people who've had plaque their age or 20 years older or 20-years younger. And, you know, so over time, as I said, most people are growing plaque at about one and a half percent per year.

So every decade they've blocked about 15% of their arteries. That's not good. I met 20 year olds who had the plaque of 40 year old. So I think it's the most important test we did in our clinic.

17 years. I'm in my eighth year at my preventive clinic, so you've doubled plus, and I give you credit for that. This is a simple ultrasound test. No injection, no needles, not iodine, No x-ray technique, done in an office comfortably, pretty much seated or lying.

Anybody's capable. Takes about what? 25 minutes, 20 minutes? Well, maybe 10 minutes to get the data and another 10 to 15 minutes, to analyze it. And in case anybody's thinking, yeah, I'll just call up my local doctor or my hospital.

How is it different than the prescription a doctor writes for a hospital-based carotid ultrasound, which it is different, but you and I know that.

Carotid IMT Testing Explained

Joel, that's a really good point because most 95, 99% of the time if your local doctor writes for it, they're going to do a carotid duplex study looking at blood flow.

The hospital setting, their hoping to find your arteries blocked so they can do procedure to open them, which has real risk to. This is measuring the thickness, the lining of your artery, something Almost none of the clinics or hospitals have the software to analyze.

So you'd have to find a doctor, Google, crowded IMT and find someone who can do that kind of testing. Right. And it's so important people understand that because they're disappointed when I show them, though their insurance may have covered the hospital-based carotid study, it'll say less than 50% narrowed.

It doesn't tell you if that's 5% or 45%. It does measure that thickness that you're talking about. One or 2000 publications in the research world. That's nothing you developed or I developed, that something we've adopted as a tool.

So you will make a baseline intimal medial thickness carotid measurement. And what's the earliest you've seen improvement? You bring people back about a year?

About a years. So we've looked at precision and you need, if you did the test multiple times on the same person over and over, your precision rates about 4%. So the quickest, so I've had people shrink their plaque by 10. I think my all time record was 16% in one year.

And so you would need, so by six, you could in a rapid shrinker, or you can look at it in six months. But for most people, I think what's practical, realistic, and cost effective is to do it yearly and measure your plot gauge over time.

And I agree with that. That's pretty much the protocol here. You don't turn a ship around that's been going in one direction for 40, 50, 60, 70 years.

you don' t do that in a month, but a year is a good time point. And again, I just want to stress, i don t want anybody to be sitting anywhere but on the edge of their chair.

We've got a clinician we're talking to who for 17 years has proven, and you talked about it in your books, you've talked it on PBS, you've proven that plaque can be reversed as measured by this ultrasound thickness.

It's radical that people should run to their family doctor. I still get excited about this opportunity to help and ask, where can I get a carotid IMT?

And this is real that you can reverse plaque. Help me do it. Find me somebody to do. Now, you said at a month, we're not going to see a change in plaque, But I love a month.

That's why I called it 30 day heart tuna because at a mom, people's cholesterol profile is better. Importantly, their blood sugar is improved. Their blood pressure is improve their losing weight.

They feel better, they sleep better and their sexual function has improved with their circulation improvement. So you can see a ton of improvement by a.

But, I'm total agreement. If you're going to check credit, IMT, you should wait a year. Absolutely. There have been some interviews. We have the new advanced coronary CT angiography, even with artificial intelligence.

It's an amazing tool, but it is an x-ray tool with a fairly measurable dose of radiation and injection of iodine being used in research projects and inching into clinical practice.

you know, more expensive, a more invasive chance of allergic reaction. This carotid IMT scan has so revolutionized my ability to help people, and you're a thought leader.

Now, I just want to shift a little bit because, again, i'm going to put you on a rare pedestal. We've got a Dr. Ornish with a book on reversing heart disease and a Doctor Esselstyn with the book On Reversing It and then a doctor Joel Furman and not too many others, Nathan Pritikin, that actually talk about that.

But your dietary approach is a little different and I've heard you talk about two foods and you are a certified nutritionist in addition to being a physician.

So you're an authority to foods or food groups that you think just bugger up arteries and cause plaque. Share with us your thoughts on your top two. Well, number one would be sugar.

Sugar to me is the number one cause of heart disease that we see today in arterial plaque growth, that whole insulin resistance issue.

Sugar, Flour, and Arterial Damage

And number two is ground up flour. I don't think most people realize that when you grind flour, and when your grind a grain into flour or grain flour it has the same glycemic load as table sugar.

So if you had three bowls, one of sugar, on of white flour and one whole grain of flour One tablespoon causes the exact same rise in blood sugar levels.

So those are the two foods I think are most important to get out of our, it's not fat, healthy fats we want to cut out,

It's the sugar we wanna cut our.

So let's go into sugar a little bit. We have not talked a lot about sugar in various segments of this summit. Distinguish for us, if you believe, an apple and a cookie with a tablespoon of white sugar.

Do you find there's a difference in those added sugars? It's enormous. An apple has fiber, so it blunts the blood sugar rise and you get energy rising slowly over time.

A sugar is a big spike that's going to cause an insulin spike as well, an Insulin resistance. So an apple is loaded with nutrients that blocks inflammation and oxidation.

And you don't get any of that with sugar or flour. We'd probably agree sugar sweetened beverages. People are, I'm amazed when I take a dietary history from my patients and it's still a soda and energy drink, you know, an orange juice off the shelf of the grocery store that has no pulp and no fiber in it.

Would you agree with me, probably the biggest sugar spike to have added sugar in a liquid form? Yeah, the worst thing is to drink it in liquid. And the only thing I would throw in is I am not sure that chemical sweeteners, the blue, pink and yellow packs are better though.

So yes, they're toxic, but those dietary chemical added ones, NutraStreet, Sweet'n Low, Sucralose, Splenda, those impact the bowel and kill off the good microbiome.

So we don't want sweetener in our drinks. I think we should drink real water, herbal teas, I'm fine with tea and coffee, even red wine, but give up the sweetened drinks, please.

And you and I know there are wines that are as sugar-loaded as some sodas, and then there more natural, dry-farmed, cool European wines. They don't have to be expensive.

Good old Flask of Chianti is typically a very or no-sugar wine. So be snobby in particular if you do enjoy a glass of red wine, Go a little deeper. Where are hidden sugars in the diet?

I mean, Dr. Masley, okay, I get it. I'm going to swear off my Mountain Dew, but what are the next few that people need to be really, really focused on?

Well, when you read ingredients, what the companies do is they divide it up hoping to keep sugar from being one number one. So they'll put like, they will split it and so there'll be rice syrup and rice flour.

And they could be, you know, honey is mostly sugar. Yes, if you're going to have a sweetener on occasion, and honey's probably the best one because it has some probiotic to it, but it's still 98% sugar, all these still add syrups.

It's kind of like an endless list. So there's, probably sugar goes by at least 20 names and includes some of the starch like tapioca starch. and cornstarch.

So all these things are just other names for sugar that you have to be cautious about when you look at these ingredient lists for food. But the advantage is when your eating real food, like an apple, black beans, lettuce, you don't have read the ingredients.

That's what it is, real foods. Wonderful. What do you think is the pathway by which a high added sugar diet. I mean, of course, it's often associated with others.

A donut has more. Donut has your refined flour. a donut may be fried in poor quality oil that's been sitting in the fryer for hours. And of, course a doughnut has added sugars.

So, you know, is it that added Sugar is associated With so many other factors or is there some pathway By which you would explain to the group that sugar itself can promote these carotid plaques that you so carefully measure?

Well, when we get a sugar spike in our bloodstream, it causes an insulin spike, which has a cascade of biochemical events. It makes us inflamed. it makes our arteries constrict, ingrates more turbulence.

There's nothing good about a sugars spike unless maybe you're trying to outrun a predator. You need that short burst of energy. But generally speaking, we don't want These spikes in sugar, spikes and insulin, which results in insulin resistance.

And insulin resistant, especially that increase in not, not just inflammation, but it shrinks our brain cells. It gives us brain fog, it increases cancer risk.

There's nothing good about insulin-resistant that comes from sugar spikes. So the problem is not eating an apple that has fiber and nutrients. It would be drinking apple juice, as you were saying, juice.

There's not much difference between a soda and apple that just causes that very large spike in blood sugar level. All right. And it probably ultimately, I think we'd agree, is damage to the endothelium, maybe advanced glycation end products from repeated sugar spikes.

I'd think many people on the summit have heard us talk about the Endotheliom over and over, and you keep pounding your Endopheliam with high blood sugar, spikes after meals, after drinks.

You get damage and damage over and over leads to plaque development. Really good point because within 20 minutes of an unhealthy meal, the endothelium becomes dysfunctional and it literally constricts and you lose about 20% of your blood flow for up to six to eight hours from one bad meal.

So every time you have a bad meal, it decreases your athletic performance, your circulation, sexual performance. All of that plummets.

Nutrients, Supplements, and Omega-3s

But when you eat real food like blueberries and black beans and kale and that apple, you enhance the endothelial function and your blood flow increases.

So every meal gives us the choice to construct our arteries or to dilate them. And obviously we function better with better circulation. Yes, I want everybody listening to take this advice to heart, literally.

The food industry is doing pretty good. There are a lot of no added sugar foods that you're probably not buying. I love barbecue sauce. I will put barbecue on many odd food items.

My wife cringes at her well-cooked meals. get covered. But there are so many additives in most barbecue sauces, and they're under those names, those maltodextrins, high fructose corn syrups, rice syrup.

There are a lot of no sugar barbecue sauce. You just got to do the work, search it out on the big box stores or your local store and become a fan of them.

And you can still enjoy all the usual tastes. If you are going to use the sweetener, the ones I think are probably benign are things like Stevia, mugfruit sweetener, or in small doses, a little erythritol or xylitol.

And certainly there's nothing controversial at all about what you said about being an expert on the difference between refined grains and whole grains.

If it's not crunchy, bumpy, brown, you probably shouldn't eat it as a grain because research in the last few months has shown refined grain are heart toxic, whole grain is heart beneficial.

So it is not just you and I teaching the world this. It's well founded. Like steel-cut oatmeal. That's a grain that has a low glycemic load in contrast to instant oatmeal, which has been ground into flour and has high glycymic loads.

Got to slow down that slow cooking movement. So Mr. Jones, Mrs. Smith is at the Masley Optimal Health Clinic. They have signed up for the I will add no sugar, I Will Avoid and Eliminate Refined Grain program.

But Dr. Masly I want to get my abnormal carotid IMT you just did. I wanna come back and be a star in a year. Are there any vitamins you found in your clinic?

Are their some medications you've found your in clinic. Of course, we're not going to smoke and we are going teach body movement fitness. Anything off the shelf that you say has been a winner?

Yes, so we did an analysis on our thousands of patients who went through and when we first met them and those people who are getting adequate doses of specific nutrients like magnesium, stink, fish oil, vitamin K, vitamin D, and fiber.

If they were getting those nutrients at a good intake level, their arteries were younger than if they weren't deficient. And up to 70% of people are deficien in things like vitamin B, Vitamin K magnesium.

When we looked again over time, who is shrinking? Which minerals predicted shrinking plaque? If you went from low to an optimal level, in particular the same nutrients, magnesium, zinc, vitamin K, fish oil, Vitamin D, flour, When you added those and potassium, when people added them as a supplement or from food, they were much more likely to shrink their artery plaque over time instead of grow it.

So we noticed that your nutrient intake was much important than your cholesterol level. Now, so are these food-based? I don't mean to say your cholesterol doesn't matter.

It does matter, but nutrient intake is more important than your cluster level from the data published from our clinic. But is a patient going to walk out of the Masley Clinic with a bag of zinc or a multivitamin?

What they're going walkout with is the recommendation to eat well, the right food, to avoid sugar and grain flour, to exercise both aerobic and strength training and manage their stress.

And if you supplement that with like a good multivitamin that includes the vitamin D, the Vitamin K, and the zinc, that can all come from your multavitamins.

Then magnesium, you're probably going to have to add on the side and some form of long-chain omega-3. If you're not eating seafood, then you can have to look at algae as a supplement.

Thank you. I was going to say, I show up at your clinic and say I get it and I want to optimize my omega-3 fatty acid level. Do you mind if I do it with algal-based capsules?

They're great. They are awesome. And flaxseed, chia seeds, hemp hearts, walnuts. Tom, i don't think you are going change your long-chain omega 3s with chia seed and flex seeds.

they're a great fiber. They have ligands.they have all sorts of healthy benefits. But if you really want to have the long-chain omega-3 benefit, you're going to need to use some form of sea fat, like from seafood, which includes algae.

You could either eat an algae salad four or five days a week or take an allergy oil extract. Right. Like a seaweed salad or if doing vegan sushi, the nori roll has all that.

But of course, many providers online provide algal-based omega 3 capsules. I think that's the easiest way to ensure you're getting it because probably most people aren't eating adequate seaweed salad five days a week.

I agree. Ethically Asian, it's an adaptive taste. A multi-magnesium and an algae supplement. To me, along with a healthy plant-based Mediterranean diet is really the optimal way of meeting your nutrient needs and your food needs.

Now that's just excellent. Tell us more about, I know you do focus a bit on hormone measurement and optimization at your clinic. Any observations? Do you have a sense that has facilitated the anti-aging and restoration of more normal arterial vascular age in your patients?

We looked at testosterone levels in men and estrogen levels and women, and we did not find a relationship to carotid IMT.

Hormones, Microbiome, and TMAO

But having said that, in terms of quality of life, For people who have low levels, they feel dramatically better if you restore them to normal. I'm not trying to make teenagers out of 60-year-old men, but I do believe that if your levels are low and you have symptoms, your quality of life, energy, zest, sexual function, and mental function all improve dramatically if we restore to them normal for men and women.

Excellent. I share that view. How about you're an expert on the microbiome and the link between all disease begins in the gut. Now, of course, we're talking a lot about food for plaque reversal, but specifically the micro biome, are there measurements?

Are there probiotics? How do you handle those patients in your clinic? Well, I had to rewrite this book, The 30 Day Heart Tune Up, because I didn't have anything on the microbiome when I wrote it in 2016. And in the last six, seven years, there's been a ton of published literature, thousands of articles showing that your gut microbiomes, when you add the right species, can lower blood pressure, lower, blood sugar, help you lose weight, lowering inflammation and lower your cholesterol.

All the major risk factors for heart disease. except for quitting smoking. So, and there's two ways to do that. We can either add these species in. And I mentioned, you know, the specific ones that I like the best in the book, but, we're looking at multiple ones, not just a single one, at least 10, preferably 25 to 30 billion a day for several months to restore the gut.

And then you need to eat fiber long-term, plant food, vegetable, fruit, beans, nuts. Those are the fibers that don't raise blood sugar levels. They help to stabilize them and they feed the gut microbiome.

And we need eat at least 10 servings a day of these fiber rich foods to support the got microbes that are good. The last thing is we now know. that people who eat a lot of red meat make a compound, TMAO, trimethylamine oxide, that increases your risk of heart disease by 62%. That's three times the risk for high cholesterol.

So avoiding redmeat following more of a Mediterranean plant-based eating program lowers TmaO and helps restore the gut microbiome to a more natural state.

Well, thanks for sharing that. We're talking to Stanley Hazen from the Cleveland Clinic, who is obviously the king of TMAO research, and it's great to hear it from multiple people all over.

Just in case the audience, big audience didn't see the cover of your book, it is the 30 Day Heart Tune Up, published in 2015, but I know it has been re-released in 2021, all updated.

You did a lot of work. It really is what the title calls it, a breakthrough medical plan to prevent and reverse heart disease. And I would highly recommend that people look for it.

You held back a minute on the comment that in the book you list some specific strains or products in a probiotic world. If you have them on that tip of your lips and you want to share them, that's fine.

People are always hungry for… Especially the lactobacillus species and the bifidobacterium and plantarum really has been shown up with weight loss, blood pressure, and blood sugar control.

That's right. I think somebody out there is probably asking the question, all right, you've got 17 years of this carotid

reversal data. You've identified factors, You actually pioneered the field and all.

What about the heart though? And you know, so talk a bit about your experience, the relationship between these carotted IMT studies and what's going on in your patient's coronary arteries and how you believe that benefited them at the same rate.

Well, at first, back in the beginning, I was doing a heart cath and a carotid IMT the same day. So initially I did both, but after having done that for several years, actually never had a patient who had significant difference in their two scores.

And every time I get a hard cath, that was exposing them to a dose of radiation that over time will increase tiny increased risk for cancer. So, and then there was data that came out where they compared angio-cath data, you know, probably our strongest look at the arteries, although it's invasive and it has like a 1% major morbidity risk with carotid IMT and they got 97% the same result.

So yes, there could be 3% of people who have something different going on in their heart than they do in the carots. But there's no risk, as you said, you explained very well, there is no rest to this ultrasound technique.

There's, no radiation. It's lower cost. No dye. I mean, it's simple and beautiful and reflects the plaque growth throughout the artery. You're not just growing it in your right arm and not your left.

We're either growing in all over or not going in at all. So the data to me was really strong. And so I would. Rarely look at both. I usually just look it cry at IMT.

Yeah. Fascinating. You had experience with lipoprotein little a, is that a routine measurement in your lab panels? Your lab panel pretty broad. Always looked at advanced lipid profiles.

If you just looking at total cholesterol, you're going to miss at least 50% of people at risk. People with heart disease, 50%, have normal cholesterol.

We need to be looking at the size of your cholesterol. If we're really looking less like, and that's a problem with sugar, sugar and grain flour.

Coronary Plaque, Lipids, and Stress Management

When you eat them, not only are you more inflamed, you get that sugar spike, but it It creates small, tiny little bubbles of LDL cholesterol that are much more likely to be oxidized.

And the worst of them all is LP little A. That's a very small shrunken form of LDL that causes more clotting, more inflammation, and is really a marker for heart disease.

But here's the good news. If you have high LP, little a, And you follow a program that you and I would recommend, You can still shrink your plaque over time, despite that you still have high Lp little a, it's only a small percent of your cholesterol and doing most things right allows you to shrink plaque.

But if you have a high LP little A and you follow the sad standard American diet, you're gonna grow a lot more plaque than the average person. So watch out, that should be a real motivator that have the potential to grow plaque much faster.

than other people if you have high LP little A or really small LDL particle size. Fantastic. What do you surround your patients with? Have you found any health coaches?

You're a chef, but you don't exactly have the time to get in the kitchen. Too much nowadays, I'm sure. Busy life, busy writing, and busy practice. But what has pushed them down the road after that initial couple visits at the Masley Clinic?

Well, I do cook often. I think that the most important thing I'd do in my life is to prepare food and eat delicious, healthy food. So I believe in cooking, all of us, no matter how busy I am, i'm still going to take the time to prepared our meal with real food instead of something that comes out of a package.

And my wife and I both cook probably half the times. I mean, my goal when I meet someone in the clinic is I usually ask, would you like to be younger, trimmer, fitter, mentally sharper, have better sexual function, and prevent or reverse heart disease?

When I ask them that, let's face it, 99% of people say, sure, yes, I would. What do I have to do? Well, you're going to eat healthy plant-based food. real food, you're gonna meet your nutrient needs, your gonna be active, and you gonna take steps to manage your stress.

And if you do those four things, You're going to achieve all those wonderful goals. That's the motivation tool I use for my patients. And again, I know that you and I share obviously the constant recommendation of fitness appropriate for the patient and their physical condition.

I think we also share an interest in a device that the listeners have heard a little bit about, but a stress management tool off your phone or laptop called HeartMath.

And maybe just a bit from you about your experience in the clinic. Maybe you use Heartmath, what do you got to say about that? Well, in the initial probably 10 years, I wasn't aware of it.

And then I started recommending it casually. But in last few years I had becoming much more committed and I did it like a vital sign, just like measuring a blood pressure.

I would check my patient's heart mass score every year. It's that important that it's HeartMath is a biofeedback tool that looks at your heart rate variability.

It should be going up and down and up, and a gentle, smooth slope as we breathe. And when we're stressed, it tends just to be elevated and flat and stiff, just like your arteries get stiff if you don't have that appropriate variability, so And it's lovely in that it gives you a score.

You're either green, you know how to get calm, yellow you're stressed or red you are frazzled. So you can use it and you put it on like you clip it your finger or you click it in your ear.

It measures your heart rate and it give you score so it teaches you how do you get calmed and relax. And I think that's a beautiful thing because many people are just frazzle all the time and they're clueless.

And that's really harmful to them. They're burning out. So I think it's a wonderful tool for people to use. And I thought it was important enough that I used it as a vital sign to assess cardiovascular health.

No, I think it's great. Heart rate variability as a vital sign as measured through using this application, this wearable called HeartMath. It's brief.

That's 10 minutes, once a day, twice a, day little clip, a little smartphone breathing program. And I, think, you know, we're both attracted to it because of the research going back 40 plus years, children and PTSD and VA hospital patients and school performance and blood pressure response and resilience.

I mean, really for something that's inexpensive, because there is a little cost for this clip-on to the ear, but well worth the benefits. And some of you can do sitting in a chair on an airplane before you go to bed as really Don't do it while you're driving.

That might be the one place to be fully aware when you are driving." Well, any last comments? Because I think this has been fabulous. You're a pioneer.

Your a heart disease reversal slayer and there's not a lot that I can bring on like you to fire up people's commitment to healthier, better lives and investigation of their health.

The problem is, I had a final point I want to make is that most people are in denial. And they're procrastinating and they are thinking, I don't need to make a change until something happens.

But with heart issues, that's a really bad choice, as you know, because the third of the time, your first symptom is you're dead. A third time your person is, you've had a stroke or a heart attack and maybe now you are in heart failure permanently.

Final Advice and Where to Find Dr. Masley

I've heard of people get diagnosed with symptoms or on a test like you and I might do, but That means two thirds of the time something really bad happens to you and your family.

And we can avoid that. Not only can you prevent one of those events, but you could feel better. You can have more energy, better sexual function, and better mental function.

All of these things improve when you follow a lifestyle that matches your genomic makeup. And so don't procrastinate, get started today. And within 30 days, you're going to feel fantastic for doing it.

Well, I'm going suggest we take that last minute as a public service announcement, create a ad that's played all over the world. I think we'll make more impact.

That was so passionate and spot on. So thank you, Dr. Stephen Masley. Tell everybody where they can most easily find you and read your books and enjoy your wisdom and experience.

The books are available wherever books were sold. For more information, join me and look at my blogs and recipes at drmasley.com. Thank you so much. All right.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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