“Tired But Heart Tests Are Normal? The Hidden Calcium Block You’re Not Hearing About” Transcript

(Transcripts are generated by AI and may contain errors)

Kevinu2019s story

Kevin was 59, private, determined, quite Kevin was 59, private, determined, quite strength, but even stairs defeated him. strength, but even stairs defeated him.

One flight left him winded, not fear, One flight left him winded, not fear, something deeper. Doctors run tests on something deeper. Doctors run tests on Kevin. Heart rhythm looked mostly Kevin. Heart rhythm looked mostly normal. While wasn't working with ease, normal. While wasn't working with ease, but it wasn't urgent yet, so they but it wasn't urgent yet, so they watched and waited. Meanwhile, Kevin watched and waited. Meanwhile, Kevin kept slowing down. His chest felt tight.

kept slowing down. His chest felt tight. His energy disappeared quietly like His energy disappeared quietly like something inside him stalled. Then something inside him stalled. Then something invisible shifted. His calcium something invisible shifted. His calcium rhythm returned and his heart came back rhythm returned and his heart came back online. Something inside him lost online. Something inside him lost rhythm. It wasn't just feelings. It rhythm. It wasn't just feelings. It wasn't simple tiredness. A quiet signal wasn't simple tiredness. A quiet signal had stopped. But his body already knew.

had stopped. But his body already knew. I'm Dr. server, MD, PhD in molecular I'm Dr. server, MD, PhD in molecular biochemistry and genetics. What you will biochemistry and genetics.

Your heart needs flow

What you will learn today? First, your heart needs learn today? First, your heart needs flow, not just muscle, not pressure. flow, not just muscle, not pressure.

Second, energy drains from inside even Second, energy drains from inside even before symptoms feel serious. Third, before symptoms feel serious. Third, repairing flow rebuilds strength.

repairing flow rebuilds strength. Without pushing, without pills, each Without pushing, without pills, each beat starts with calcium. It enters and beat starts with calcium. It enters and says contract, then exits and lets go.

says contract, then exits and lets go. This happens every heartbeat. Quiet, This happens every heartbeat. Quiet, constant, without delay. But when exit constant, without delay. But when exit is blocked, your heart starts to resist.

is blocked, your heart starts to resist. It fights its own bit. The muscle can't It fights its own bit. The muscle can't relax easily. That pressure turns into relax easily. That pressure turns into fatigue. Over time, it forgets how to fatigue.

Energy drains from inside

Over time, it forgets how to breathe between beats. Ever felt this breathe between beats. Ever felt this kind of tired, not sleepy, just worn kind of tired, not sleepy, just worn down? You feel trained without reason.

down? You feel trained without reason. Breathing feels shallow or tense. Your Breathing feels shallow or tense. Your chest feels tight, unsettled. It's not chest feels tight, unsettled. It's not in your head. It's calcium cludging your in your head. It's calcium cludging your cells, especially where energy is made.

cells, especially where energy is made. You have tried eating better. You have You have tried eating better. You

have added movement, tried supplements, but added movement, tried supplements, but pressure still doesn't shift. Why? The pressure still doesn't shift. Why? The vessels don't soften. They stay tense vessels don't soften. They stay tense from misfired flow. Your heart may still from misfired flow. Your heart may still pump, but it doesn't feel light. It's pump, but it doesn't feel light. It's not emotion. It's internal traffic not emotion. It's internal traffic inside cells. How breakdown happens?

inside cells. How breakdown happens? Your heart is a symphony. Calcium keeps Your heart is a symphony. Calcium keeps the rhythm steady. But if flow speeds up the rhythm steady. But if flow speeds up or pauses at the wrong time, the whole or pauses at the wrong time, the whole system gets off bit inside mitochondria.

system gets off bit inside mitochondria. Energy drops. In vessels, flexibility Energy drops. In vessels, flexibility disappears. In pacemakers, disappears. In pacemakers, timing goes uneven. You may feel okay timing goes uneven. You may feel okay sitting but one flight takes everything.

sitting but one flight takes everything. You may look healthy but feel like power You may look healthy but feel like power is gone. A small change can help.

is gone. A small change can help. Morning sunlight and short walks. When Morning sunlight and short walks. When soft rays hit skin, they release stored soft rays hit skin, they release stored nitric oxide, a gas that tells vessels, nitric oxide, a gas that tells vessels, "Relax now. Loosen gently." Even without "Relax now. Loosen gently.

Repairing flow rebuilds strength

" Even without changing vitamin D, gently UVA lowers changing vitamin D, gently UVA lowers blood pressure in clinical trials within blood pressure in clinical trials within minutes. Best timing before 10:00 a.m.

minutes. Best timing before 10:00 a.m. or after 400 p.m. Direct light on lower or after 400 p.m. Direct light on lower legs or forearms legs or forearms 10 minutes daily. Stop before skin turns 10 minutes daily. Stop before skin turns pink. Fair skin, use shorter time.

pink. Fair skin, use shorter time. Darker tone stay slightly longer but Darker tone stay slightly longer but still avoid burning. Use sunscreen on still avoid burning. Use sunscreen on the face. It ages faster under light.

the face. It ages faster under light. After breakfast, walk 3 minutes. Just a After breakfast, walk 3 minutes. Just a slow calm stroll. Moving muscle clears slow calm stroll. Moving muscle clears sugar gently keeps pressure of the sugar gently keeps pressure of the vessels. Even micro walks stabilize vessels. Even micro walks stabilize glucose more than one big workout.

glucose more than one big workout. Calmer sugar equals calmer arteries. Calmer sugar equals calmer arteries. Less inflammation, less plaque growth. Less inflammation, less plaque growth.

This combo works silently. Sunlight plus This combo works silently. Sunlight plus motion equals flexible vessels. Easy, motion equals flexible vessels. Easy, free, and deeply effective. Three bigger free, and deeply effective. Three bigger truths. First, heart trouble starts truths. First, heart trouble starts early. Before weakness, there is early. Before weakness, there is restriction. Second, calcium doesn't restriction. Second, calcium doesn't disappear. When it leaves the bone, it disappear. When it leaves the bone, it finds new places to settle like your finds new places to settle like your artery walls. That's why brittle bones artery walls. That's why brittle bones and hardened arteries often go together.

and hardened arteries often go together. Third, too much calcium inside cells is Third, too much calcium inside cells is more damaging than outside loss. It more damaging than outside loss. It blocks energy. It triggers silent blocks energy. It triggers silent inflammation. It makes tissues hard and inflammation.

Back to Kevinu2019s story

It makes tissues hard and tired. Back to Kevin's story. He didn't tired. Back to Kevin's story. He didn't push harder. He didn't chase more mats. push harder. He didn't chase more mats.

He gave his body rhythm with AIC He gave his body rhythm with AIC therapy, anti-orbital ionic calcium. therapy, anti-orbital ionic calcium. This therapy untangled the traffic This therapy untangled the traffic guided calcium back to balance and guided calcium back to balance and reactivated his own hormone that reactivated his own hormone that restores natural calcium rhythm. The restores natural calcium rhythm. The result, his energy came back. His chest result, his energy came back. His chest felt open again. He walked without felt open again. He walked without needing to stop. No extreme effort, no needing to stop. No extreme effort, no surgery, just smart inner balance. If surgery, just smart inner balance. If you feel tired even doing everyday you feel tired even doing everyday things, if your chest feels heavy, but things, if your chest feels heavy, but no one sees it, it's not always in no one sees it, it's not always in arteries.

arteries. arteries. It's what gets trapped in cells. When It's what gets trapped in cells. When calcium flow is disrupted, your recovery calcium flow is disrupted, your recovery can slow down. But when rhythm returns, can slow down. But when rhythm returns, your strength begins to rebuild. Not by your strength begins to rebuild. Not by force, not by guessing, by listening to force, not by guessing, by listening to what's underneath. If this information what's underneath. If this information helped you feel seen and gave your helped you feel seen and gave your symptoms a voice, tap subscribe to stay symptoms a voice, tap subscribe to stay connected. For more tools that respect connected. For more tools that respect your body and more stories like Kevin's, your body and more stories like Kevin's, share this with someone who is ready to share this with someone who is ready to