Introduction to Heart-Gut Connection

Welcome back to another episode of Reversing Chronic Gut Conditions. I'm your host in Sinclair Kennally, and today I am joined by the phenomenal author, Dr. Jack Wolfson.

Not only is he a board certified cardiologist who uses nutrition, lifestyle and supplements to prevent and treat heart disease. He's actually something of a phenomenon.

If you're not familiar with his name. He's quite the luminary in the spirit of spearheading the charge. On really looking at the current issues today.

What has actually gone wrong with our hearts and what is going on with heart issues that may be different today than it was even a few years ago. So really excited to have him on.

I really wanted to give him a chance to talk to you about the heart gut connection today and unpack some of these hidden factors together. Welcome, Jack.

Sinclair. It's an absolute pleasure to be on. Thank you so much for having me on the summit. And I guess I got to tell you something, and I don't mean to be childish about this and certainly not sexist about this, but I am definitely partial to redheads.

My mom is a redhead. My father apparently was very attracted a redhead. So and Bruce Springsteen actually has a wonderful song about it's called Redheaded Women.

And it's it's hilarious. So but certainly on a more serious note, it's it's a pleasure to be on cardiovascular disease, number one killer worldwide. And we got to get the truth out there, because clearly mainstream medicine doesn't have the answers.

But the good news is, I think practitioners like you and I do. So I'm happy to share. Awesome. So let's unpack some of the biggest factors then and the connection between gut health and the impact it has on the cardiovascular system.

What are those? I'm sorry you broke up there first. Oh, I was saying the connection between gut health and the impact it has on the cardiovascular system.

Talk us through that. Let's unpack it. Yes. So when I first became a holistic practitioner, it was told to me by the woman who converted me into a holistic practitioner.

That's my wife. And she's a D. C. doctor of chiropractic or DC doctor, of course. And she told me early on, it's about the gut. It's about the gut, it's about the gut.

And I was like, That's crazy, because as a cardiologist, we're just trained in that silo of of cardiovascular disease, right? Somebody has got hypertension, someone's got abnormal cholesterol, someone's got coronary artery disease, cardiomyopathy, whatever these medical labels are.

And then once you start to dove into it, you see how the gut from the mouth to the rear is. That portal into the body. And when you interfere or disrupt that portal, now things happen to the rest of the body from that area.

So yeah, it truly does start in that gut area. And the whole concept of leaky gut was new to me at that time, and she mentioned leaky gut and I said, What did you come up with that bogus, you know, natural diagnosis?

And she said, you know, go read about it, smart guy. And, you know, she's like, you went through ten years of training. You never heard about leaky gut. I said, no.

And so I went to go look in the medical literature, and there wasn't a lot in the medical literature, but the concept made sense. But over the last 10 to 15 years, intestinal hyper permeability or leaky gut has exploded on the medical literature.

The ability to test for it is there and therefore test people in the beginning. Test people as you move along and as that gut starts to heal, you find that cardiovascular issues start to get better.

Leaky Gut and Leaky Heart

And, you know, ultimately, I will take credit for a term that or a phrase that, yeah. I think is catchy. Other people may not be, you know, think so. But again, leaky gut leads to leaky hearts.

And when your heart leaks, that's how you develop atrial fibrillation, coronary artery disease, cardiomyopathy, palpitations, people get strokes and heart attacks because that same lining of the guts that leaks, which is called the epithelial barrier, is on the inside of blood vessels and the heart itself, and it's called the endothelial barrier.

So the correlation between dysfunction of guts and dysfunction of heart is very clear. Yeah, I totally agree. So let's let's unpack that a little further.

How specifically does Leaky Gut actually lead to Leaky Heart? You know, getting that bombardment of glyphosate every day, even there in organic foods, you know, maybe at lower levels, certainly in our air and water, they're like, what, 75% of our air samples in the United States are contaminated with glyphosate. That's insane.

So clearly, like we're getting exposed. So we understand how leaky gut is happening, but how does that actually translate to leaky heart? Yeah. So right.

So as, as the intestines are being bombarded in so many different levels, it's destroying the gut microbiome. You destroy the gut microbiome now you interfere with the epithelial permeability and how things get into the body that don't belong.

Well, now they're in the bloodstream and the immune system is activated and said, what is this poison? It looks at everything as the foreign invader that it is.

And now you start producing immune system activation and you've got immunoglobulins that are being produced, you've got excess of monocytes, eosinophilia.

You get all these what really should have been infection fighting cells. They're now activated from just the toxins getting into the body. So once all that starts to circulate around this immune system activation, you get inflammation, oxidative stress.

Those are happening with all the particles and that all leads to a dysfunctional arterial lining. There's what's called the endothelium, and that is a one self-check barrier that lines every single blood vessel and the heart muscle itself.

So now when you have dysfunction of that lining and things get into the inside of the blood vessel that don't belong, that's where you start to have things that develop, such as coronary artery disease.

And that process, what happens is that the is this inflammation inside of the blood vessels drives more recruitment of these immune cells. And the immune cells that are there, they recruit more immune cells and they start to engulf different particles that are, you know, for example, oxidized LDL.

So you have oxidized LDLs. Those LDL particles are damaged and LDL are good and are beneficial. They all have a purpose. But now the LDL is are getting inside of these infection fighting cells and eventually those start those

becoming necrotic, apoptotic, they die.

Calcium is left in it's way. You've got calcified coronary artery disease. The the when the endothelium is dysfunctional, you're not making nitric oxide.

Therefore, the blood vessels don't dilate and therefore they're more prone to disease. You get a lot of what's called hyper coagulate ability, and therefore that damages the endothelium.

So it's really just this whole kind of toxic soup that happens on the inside of a blood vessel, but it's really starting from the inside of the food tube is where that is, is really all stemming from you're not going to have disease on the inside of a blood vessel unless you have dysfunction and disease in the intestines.

Yeah. Wow. That's really helpful to hear. So when we look at gut health and fighting inflammation and you brought up cholesterol, you brought up LDL and other lipid markers, what else too does the audience need to know and understand about their cholesterol issues and what their conventional doctor is pushing them to do about that?

Well, when it comes to, you know, you know, cholesterol, you know, gets totally vilified and that's all pharmaceutical companies speak. So when someone says your cholesterol is high and now we need to make it low, that's just the way the medical doctors are trained, the way I was trained, the way all the other cardiologist are trained, whenever we speak to the audience. Right.

And we're like, oh, you know, if I say the word cholesterol, what do you think? And they're all like, oh, I think about, you know, you know, cheesy, you know, substance. I thinking about fads.

I think about too much butter, too many burgers. I think about these things that are clogging up my arteries, you know, and cholesterol is a life giving molecule.

And all mammals, in fact, all animals have cholesterol. Eggs have cholesterol, because that's how a baby chicken comes to life. You can't raise a baby chicken on an oatmeal.

You have to actually do so on the egg yolk, where all the nutrition is at all milk that contains cholesterol, because that's where the you know, the babies get the milk from, you know, from that nutrient, from the cholesterol, from that actually does to make things cholesterol makes up all of our hormones.

Cholesterol makes up our cell membranes. Cholesterol makes up your brain. It makes up our digestion. Cholesterol coursing through the skin and the sun hits it and turns it into vitamin D, which obviously most people know that Vitamin D is incredibly important.

So what happens is, is that cholesterol levels go down, vitamin D levels go up.

Cholesterol, LDL, and Statins

So I think a lot of people who would say is they've got abnormal cholesterol levels that they actually have a sunshine deficiency syndrome where or again, they are deficient in sunshine.

And when you get sunshine now, you start to make that conversion. There with cholesterol. So cholesterol is this life giving molecule. And the pharmaceutical companies, again, they control all medical education.

They'll say cholesterol is bad. The only way to deal with it is with a statin drug, which is a horrific policy. And it's literally led to millions of people dying because they take statin drugs.

They think they're safe. Statin drugs according to the compromised literature. You know, the science we laugh about the term science these days. Right.

And you know what really is, you know, the science that term is totally compromised. Well, the science and statin

drugs shows that it lowers numbers down, but it has very little benefit as far as outcomes.

And if you say, well, statin drugs reduce the risk of someone in certain categories having a heart attack from 5% to 4%, we've failed the 4%, we failed the 4%.

And that means statin drugs, as far as I'm concerned, have been directly responsible for millions of people dying because those 4% of people still die and we failed them.

We know what mainstream does and it's not good enough. We can do so much better in the comments dense space. I mean, this this is the side of common sense.

It's not we're not alternative, we're not natural, we're not holistic. It's just it's just a common sense arena. And yeah, that's what works. Yeah, common sense arena doesn't have to or can't answer to big pharma boards.

Yeah. So I really appreciate you highlighting that piece and I just want to give you a chance to discuss any further, you know, LDL, HDL, how what is the relationship here between gut health?

How should people be thinking about these if they're not if they shouldn't actually be afraid of cholesterol, high cholesterol is a healthy, normal part of life functioning.

Where should the ranges be? Is there a range we should be looking at? Or, you know, how can we be thinking about this? Yeah, those are all great questions as it relates to, you know, LDL.

LDL is a purpose. The pharmaceutical companies, again, to bash them, they label that the bad cholesterol, the HDL is the good cholesterol. Nothing could be further from the truth.

LDL is a purpose. HDL is a purpose. And we need to embrace that purpose. And if we would say that your lipids are often the best test for that is as you know, is the is the she's been APO B to APO A ratio and APO B APO A ratio is the one we should be looking at total cholesterol is worth less LDL is HDL is have a little bit of value based on their ratio.

But the most important thing are lipoprotein things are the stitching on the baseball, if you will, so we can measure the amounts of that stitching in the able be a way that's the ratio we're looking at.

But if that ratio is abnormal, say it's greater than 0.6. We need to figure out why, right? Why does someone have abnormal lipids? Because the LDL is are there to to do a job.

The LDL is a transport vehicle that transports cholesterol, triglycerides, fat soluble vitamins such as ADIC Coke. You tend it transports it around the body and those LDL can become oxidized, which means they're part of the antioxidant system.

They're serving a purpose in that arena. LDL is and feels are part of the immune system. So if your levels are abnormal, you again, you need to dove into the why and that's we're really going after the healthy gut assessment is going to be incredibly impactful to try and figure out your why people are not deficient in statin drugs.

They have leaky gut, they have gastrointestinal disorders, they've got toxins in their lives, whether they're food related, environmental related stress and and emotional related toxicity that leads to that gut hyper permeability that leads ultimately to disease.

And just to wrap that up, again, I'm anti statin drug. I have not written a prescription for a statin drug in a very, very, very long time there there.

You know, I mean, again, it's just it's just not helping the situation and, you know, ultimately, we want to give the body what it needs, take away what it doesn't in the body that is not, again, deficient in statin drugs not deficient.

And aspirin is not deficient in blood pressure drugs. There's a reason why millions of millions of people are suffering. And I mean, darn, I mean, there's there's millions I mean, tens of millions of people who take statin drugs and their people are dropping like flies on a daily basis.

And it's it's a problem. Yeah. And the statistic that got my attention is that there's no actual reduction in cardiac events when you go on a stent like, oh, okay, that's a good confirmation.

That's super helpful. But you know, what happens, right, is that, you know, you just don't hear this from your traditional medical doctor. It's like they don't even discuss all this stuff.

It's all just about lowering the numbers down. And, you know, we could say, you know what, Sinclair, I've got I've got a perfect way to lower your cholesterol levels down lower.

I'm down so low, you'll never have a heart attack. We're going to remove your liver. We're going to remove your liver. And just it's gone from some excellent problem solved.

It's like we've got a surefire way to prevent heart attacks and make sure nobody will ever go into atrial fibrillation. And again, we're going to actually remove your heart and give you an artificial heart.

That's the mindset of these people. That's the really the mindset. And that's what they're trying to do, you know, with their pharmaceuticals, you know, with their ablations, with all the observations for atrial fibrillation, people wind up with pacemakers, you know, all the time.

You know, again, I've got so many case, you know, stories of people, again, just with just damage charts from the medical system. And I lived it again.

I worked in the hospitals as a hospital based cardiologist and the biggest group in the state of Arizona for 16 years. I saw it all. I saw them on aspect, the financial aspect.

They saw what we did and it was just wrong. So I think in a lot of ways I'm that ultimate cardiology whistleblower, you know, from what I saw. But, you know, I appreciate, again, everything you guys are doing here, you know, in your summit to be able to get the truth out to people.

And, you know, really, it's it's it's, you know, whatever whatever you're sicknesses, whatever your ailment is, if you do those strategies to improve gastrointestinal function and diminish that intestinal hyper permeability, that's that's the strategy.

And again, this is something we were never, ever, ever taught in our medical training. Yeah. Thank you for laying it out so clearly because it's it's a really big deal for people when they get the so much pressure from their cardiologist and they have like white coat syndrome.

And they're looking at this person's like, Oh, you must know more than me about my own body. I don't want to go on. I they have a strong, intuitive feeling that they don't want to, you know, they're looking for alternatives and they're still getting that pressure and they're being told you're doing it wrong if you don't give in.

So very interesting. And you mentioned. Oh, go ahead. Add to that. Well, you know, it's just I mean, the medical doctors are bullies. And listen, don't get me wrong, there's a time and a place for emergency medicine and trauma centers.

And God bless the men and women who work in emergency rooms and trauma centers when it comes to real prevention. They've got you know, the medical system has nothing.

They've got nothing for before trauma after trauma recovery from drama. You know, before heart attacks, after heart attacks, they really got nothing. So they're great in emergencies and really horrific everywhere else.

And, you know, the medical doctors are really just that they're just bullies. They just you know, they learn one way. And if you try and challenge them on that methodology, they're just not trained to have the debate.

Blood Pressure and Autoimmune Triggers

And I think now more than ever, really, in a 21st century world, we need the freedom of discussion of these things. We need the freedom to talk about our health and and freedom to talk about everything.

But certainly, as it relates to health, we need to have these discussions happening openly, freely, whether it's, you know, at dinner, you know, with family and friends or it's on social media or on news media.

I think that questioning the mainstream narrative has become more important than ever. I agree, especially with what's happening in Canada right now. It's really appalling how health practitioners are being held and censored in a way that makes it so that you can't actually discuss what you need to in terms of alternatives and options with your patients.

So sending a prayer for for them up there, because this is a really big deal and it's happening right now. Yeah, it's I mean, it's certainly, you know, we kind of, you know, bash what happens in the United States.

But, you know, it's it's probably one of the better countries certainly in the developed world, where where freedom at least rings, you know, somewhat.

But I think enough people are waking up to to what has happened over the last few years. And there's a lot of people who are very, very angry. They trusted and they got burned.

They got burned. And it's you know, there is there is well known actors and actresses and people who are starting to speak out. And I think that the more people share their stories, the more people tell their truth.

I think it's you know, it's it's certainly going to, you know, continue to win the day. But the pharmaceutical industry is a multi trillion dollar industry between, you know, big pharma and big military and big oil and big banking.

They're not going to grow a big tax. They're not going to go quietly into the night. And we'll just have to continue to be, you know, prepared. But chance favors the prepared, a healthy enough person.

So I think it's really that much more important just to get as healthy as possible, because when when you are unhealthy, when you're judgment is clouded because of health problems and of course, you know, pharmaceuticals, you just don't think clearly you're not in a in a coherent state to be able to fathom all the things that are happening around us, which is of course, that's exactly what they want.

Right. They want you know what? Why didn't they close the liquor stores and stuff like that? Right. They just wanted us dumbed down, you know, as they legalize all the pharmaceuticals and I'm sorry, all the you know, all the drugs and stuff like that.

And frankly, I'm a freedom guy. So it's like, okay, I guess if you're an adult, do you want to smoke yourself to death? I mean, that's up to you. It's not really my thing or what I recommend.

And I don't think it's healthy for your heart. You know, medical marijuana, you know, or other is. But it's just a way to. Yeah, I mean, just control the situation and we need to be vigilant to to stay awake.

Yeah. Yeah. And to your point about that, I think all the time when I when I was going through my own chronic illness issues, the last thing I was able to do was stand up for myself and actually direct the course of my life and ask the bigger questions.

And I certainly couldn't contribute because I had such an energy deficit. And of course that translated into brain fog and, you know, it's just trying to survive the day.

So I love that we are we have people coming to this event right now listening to this conversation and really asking, what is the next great step for me?

Because the more we take our health into our own hands, that's when we get our culture back. That's when all our free will gets to be exercised. That's when you get to actually be the contributing citizen, the loving, generous, creative person that you really are underneath all the symptoms and bullshit.

Yeah. And I think, you know, once again, the just, you know, go for a second opinion. If you're if you're with a conventional medical doctor who is just pushing more pills and procedures and you're not getting better.

My father told me this when I was starting my medical training. Like, the best thing anybody could ever do is to go get a second opinion. And you may disagree with that and go back to the first person and that's up to you.

But just to kind of hear a different approach, a different side, and I think that's what most people are interested in. You know, the there's this kind of younger generation.

I believe they saw the sickness in their parents. They don't want to live like that. They're going to they're going to, you know, be just like that. And worse because of all the toxicity on planet Earth, you know, going on right now on on on so many different levels.

You know, food, environmental, spiritually, the whole thing. But they're they're going to want something different when they get sick and they're going to say, well, I know that my father was on these pharmaceuticals and he died young.

I know that my mom had stents or I know that so-and-so suffered from heart failure. And, you know, it was on all these different pharmaceuticals. And they're not going to want that for themselves.

So whoever's listening, certainly, you know, go seek out a second opinion. I think that'll be, you know, pretty pretty important for you. Yeah. Well, let's talk a couple other things that I'm sure you get asked about all the time.

And I want to hear your thoughts on them. You mentioned blood pressure, and I'd love for you to share your thoughts on how gut health actually impacts blood pressure.

Yeah. So, yeah, I mean, so, you know, when someone's blood pressure is high, there's a reason for it, right? There's many different reasons for it. And it's really it comes a lot back to the gut health.

So when the gut is dysfunctional and now you have the dysfunction of the gut that leads to dysfunction in the blood vessels, you don't make things like night, you know, like nitric oxide, which is the body's main diesel dilator.

You start to damage the lining of the blood vessels, which is the endothelium, but it's also called the glycol, Calyx, which is inside of that and the glycolic Alex's like these finger like projections or I like to say seaweed that's kind of like floating around the inside of the blood vessels.

And as that all gets damaged from a whole variety of mechanisms, then the person develops high blood pressure. And I think a lot of what what drives the high blood pressure is that the body senses that there is under perfusion in certain areas.

The body is sensing that there is, again, this under perfusion and there is a deficit of getting the nutrients to the tissues that need it. So what happens when you have a kink in your garden hose?

You know, it's you know, again, like the pressure builds up behind that or if, you know, you may be inclined to turn the power up more, you know, and the water flow even more.

And again, that's what happens in these blood vessels. They kind of clamp down, trying to increase pressure.

Heart Attack, Stroke, and Lifestyle Factors

But it's all this this dysfunctional reaction of what's happening, you know, in the body to increase perfusion. So a lot of that, again, starts from the gut which which ultimately is a problem, whether it's, you know, one thing I love to talk about to Sinclair is I love to talk about the gut analysis that show is an anti actin antibodies.

So when your immune system makes anti actin antibodies, it's a sign where your immune system is attacking that particular protein called actin. Actin is in all cells that divide and it's an all muscle cells.

So we're talking about the muscles of the you know, biceps and triceps and quads and glutes. We're talking about the muscles that propel food from your mouth to your rear.

And we're talking about the heart muscle and the smooth muscles in the arteries. So if your immune system is attacking the actin protein in your heart muscle, you're going to develop heart rhythm problems such as atrial fibrillation.

You're going to develop congestive heart failure cardiomyopathy. If your immune system is attacking the smooth muscle of the inside of your blood vessels, you're going to develop coronary artery disease.

And we can test for that and we can fix that. And a lot of times, yeah, it's it's clearing out gluten and on other unnecessary food particles. And you mentioned glyphosate early on.

So again, all of the obviously all the pesticides that kill the, you know, the microbiome of the intestines, you you eat foods that we should not be eating, such as gluten.

And then you don't eat other foods. We should be getting plenty of like seafood and free range grass fed, nose to tail animal products and again keeping everything organically.

But as you consume things that have the pesticides and the plastics and the phthalates and the parabens and of those and those are just the p words, right?

And then you get all the viruses coming in there, and then you get a major, major, major offender, which is one of my favorite topics, which is on mold.

And you and I were both at an event recently, you know, where we spoke and my topic was 45 minutes and mold might go toxins from water damaged buildings.

Yes, from food to components, moldy foods, but all but the mold mycotoxins from water damaged buildings. How it leads to destruction of the gut microbiome, intestinal, hyper permeability, inflammation, oxidative stress, immune system activation, and then tying it into hyper coagulate ability, blood clots, etc., tying it into autonomic dysfunction and people with parts postural orthostatic tachycardia syndrome, people with common fainting, people you know, with just the really, you know, any cardiac condition coming from from this these mold, micro toxins.

And it's all in the literature, you know, for the people who said, oh, my presentation at that at that professional event, all those all the slides are there, all the references are there.

Why aren't the mainstream cardiologists? Again, it's just it's just not something that they're interested in. They're just not it's just not in in their their area of expertize.

It doesn't fit their model. It doesn't fit their reimbursement. I mean, the whole thing. But but there are, there are many other, you know, other integrative cardiologists, you know, such as such as myself.

And I think there's more and more people that are waking up to the reality of, of of what it know truly means to be healthy and well. And, you know, when you went into medicine because you want to help people and then you find out you're not.

And at the end of the day, you're like, I'm just sitting in a room and pushing people to the highest dose of statins or some other brand new pharmaceutical PCSK9 inhibitors.

And I'm it's just for me, it was such an epiphany moment. It was such a moment to kind of pull me out of the matrix. And it was it was really exciting.

And, you know, but nonetheless, I think, you know, ultimately our philosophy of natural heart, doctor, you will live well think well test. Don't gas evidence based supplements the biohacking strategies but there's a time and a place for certain pharmaceuticals but you know and procedures but it should be at the end of the program let's try and meet people in the beginning.

Yeah, I think that's beautifully said. I really appreciate you unpacking that piece for us. So I want to talk to you about some of the elephants in the room, you know, heart attack and stroke risk and what we can do from a gut health perspective.

And I also don't think in this day and age that we could talk about the gut health impact on heart attacks, the stroke risks, without talking about other recent factors involved.

So can we unpack those two together? Let's start with gut health, heart attack and stroke risk together. And then what? What else might be driving those numbers up?

Yeah, well, I think that, you know, certainly I love to start with, you know, eating the right foods and avoiding the wrong foods. And no matter what diet you follow, everybody agree to make it organic.

Like whether you're vegan, vegetarian, paleo, keto carnivore. Just make it super clean if you drink coffee, which I love, drink organic coffee. If you want to eat wheat bread, just make it organic.

If you want to have ice cream, it just make it organic. And I'm not pushing ice cream and wheat bread, obviously, but people do it just, you know, again, you know, you can a life has to be celebrated and everybody's got their vices and just do it without the chemicals, without the artificial sweeteners flavors.

Me personally, for a sweetener, my favorite thing, of course, is, is raw honey. And then again, we do eat a lot of seafood. We went I went fishing with my boys yesterday and we caught just just because it was probably about a £4 tuna, a £2 mackerel.

And we just brought it home and we put it on the grill. And after we coated it in some beef tallow, put on some sea salt, and that's what we did. So great strategies there.

Also big fan of intermittent fasting and extended duration fasting. I do believe that 72 hour fasting helps to heal a lot of things, including coronary artery disease and plaque reversal.

So I think that's exciting, but we always get caught up in the food story. What about the, you know, the live well part of the story, getting the appropriate sunshine, getting to sleep, going to sleep with the sun down, awaking before the sunrise, watching the sunrise, watching the sunset, understanding that our skin is a solar panel.

And the more our solar panel is in the sun, the longer we're going to live. When you listen to people who tell you to avoid the sun, they are idiots. They are ignorant.

They don't understand common sense. They don't understand that all animals and all plants live outdoors in the sun. Why do the humans have to stay inside?

Sinclair Right. It's like they want us to be sick. They want us to be sick and miserable. And then over the last three years where they told everybody to stay inside and stay safe.

Wait a second. Vitamin D, low levels of vitamin D was one of the biggest risk factors for said COVID. So how can

you get vitamin D when you're sitting inside all day long?

You can't. You're going to die. So people with the highest levels of vitamin D have the lowest risk of everything. You get vitamin D from two places, from natural sunlight and from animal products.

So if you don't get sunlight and you don't eat animal products and seafood products, you're going to die. You're going to die. So ultimately, again, that part of the live well sunshine, good quality sleep being physical activity, you know, physical activity movement and avoiding those environmental toxins.

At the end of that I'll throw and everybody has to be on a chiropractic care. Everybody should see a holistic dentist and that's that. But I don't want to lose sight real quick as I'm on this role here.

As far as, you know, thinking well, the thinking well is just as important as the eat well, live well as people over the last few years have lived in fear and anxiety and social isolation.

Literature is very clear on this. It's a death sentence. People who identify themselves as socially isolated before 2020 had four times the risk of cardiovascular events in a certain time frame.

You don't want to be alone. You don't want to be alone. You don't want to be afraid. You don't want to be isolated. Bad, bad thing. We need our community.

We need our tribe. We need our spirituality. We need our self-acceptance, our gratitude, our gratitude. So easy to get caught up in. And I don't have this or I don't have that or even like my health is bad.

Woe is me. Well, I think in some ways we can be grateful for the health that we do have, you know? So if we do have high blood pressure, well, then we can be thankful for the fact that, you know, we've not had a heart attack or have not had a stroke.

We could be grateful for, you know, for for for natural treatment solutions. So I think that's absolutely, you know, critical spirituality, I think is very important.

I think it helps kind of helps us navigate in a crazy, crazy world when there is a sense of something greater out there and that greater entity has a plan for us.

And and that and that outcome will be will be good for the people who follow the good and follow the light. So and I guess to make close that up with also again with like that you know tests don't guess practitioners in holistic practitioners offer some of the most advanced testing in the world so get tested garden you know the 1970s tests from standard medical doctors that's not going to get you anywhere that's just going to get you in pharmaceuticals.

Fear, Stress, and Medical Freedom

We got to get a lot more detailed, a lot more granular. What are your metal levels, your toxic metals, if you will? What are your good metals? You know, magnesium, you know, for example, manganese and molybdenum and copper and iron.

Like, what are your levels of selenium? What are your levels of of those that are so critically important? What are your levels of intracellular glutathione?

There was an article that came out in 2020. I love this article. And it said Endogenous glutathione iron deficiency as the number one risk factor for COVID Endogenous Glutathione Deficiency.

Listen, people, we could talk about glutathione all day long and how important it is and where does that what he just said. What's blue with iron? Test it, test it, read about it, learn about it and find out natural strategies to boost it.

That's the salvation strategy. But when someone writes an article that's in the medical literature, that that's the

number one risk factor. So now you start looking at vitamin D, you start looking at glutathione on people with the highest levels of omega three from eating seafood, had the lowest risk of morbidity and mortality from cold.

All right, Jack, you're not allowed to talk about those things on some of the biggest platforms in the world. You're not allowed to mention some of these natural factors because there can only be a pharmaceutical.

It's there, but even even it's like when they when they when they talk to Fouchier about it. And Fouchier would say, yeah, you know, it turns out that Vitamin D was I mean, he would pay some brief lip service.

Right. You know. And he got kicked off of YouTube for saying that, for saying, you know, work on your vitamin D and vitamin C levels during COVID that mean the center.

Yeah you're and it is real. And how people don't see through that but you know and it's just like and what are we doing Sinclair Right. We're quoting what's in the medical literature.

I like to say this. When people come out to visit me as patients in Arizona, I'm like, I'm not telling you to chew on the bark of a saguaro cactus. It may be beneficial, but I'm not aware of it in the medical literature.

And people would say, Oh, that's just a bunch of, you know, snake oil. There's actually some literature that says that snake oil, it's in the medical literature, that it does have some benefit for a variety of conditions. But I think, you know what?

We operate really is that, you know, so much of this stuff is commonsensical things. You know, we're like, what does someone so tell me to avoid the sun?

And you're like, What happens to a plant when you take it out of the sun? It dies, you know, why do people the further you live from the equator, the more likely you are to be dead.

And it's it's just so, so obvious. Sunshine makes nitric oxide of sunshine into your eyeballs. And why? Artificial technology is bad certainly at night.

Certainly. And I'm having this conversation right now. I'm outside. You can hear birds and insects that are in the background here when when we are in the natural light that primes our body, that gets into the eye, goes back into the what's called the super charismatic nucleus in the center of the brain, because the pair of ventricular nucleus up and down the cervical spine and the cervical chain ganglia back to the pineal gland where we make melatonin and where we release melatonin from.

And the melatonin is the hormone that melatonin is the master hormone that controls all the other hormones thyroid, estrogen and progesterone, testosterone, you name it. Melatonin controls at all.

It's a central clock in the brain. And you get that from the sun, you know, and people aren't deficient in melatonin supplements. They're deficient in sunshine and sunshine and they're toxic in artificial light. And yeah, and it's just, you know, so what happens?

People stay up all night, they're eating a tub ice cream. They're watching their favorite news channel. They're getting sold their latest fear story. What's going on, Sinclair? Let me tell you another story.

There is a patient I saw, you know, some time ago because the story will give the date to this for people who kind of remember it. But there's so much trauma and tragedy in the world, people may not remember.

But a few years ago, I saw a guy I'm like, How are you doing today is a guy. My blood pressure's high this morning. I'm like, Why? What's up? He's like, Oh, I didn't sleep at all last night.

I'm like, Why didn't you sleep at all last night? And he said, What you didn't hear? You didn't hear about all the church bombings in Sri Lanka? And I said, no, I didn't hear about the church bombings in Sri Lanka.

It's just, again, I don't watch the news and I missed that. But, you know, while we're talking, let me get on to Google and I'll pull up the news. Oh, my God, this is horrible.

You know, these you know, these these these arguing religious factions, you know, and they bombed, you know, these churches in Sri Lanka and hundreds of people died.

And and I was up watching the news all night. I'm like, that's horrific. What happened was absolutely horrific. That useless, needless loss of human life.

The tragedy is beyond belief. But what are you going to do about it? You're a 70 year old guy living in Scottsdale, Arizona. What are you going to do about this tragedy?

Are you going to go there? You're going to go and volunteer. And if you do listen, man, I'll give you some money. I'll give you support. You know, whatever you need to take over there, you know, are you going to donate money to the cause?

And if you do, great, you know, good for you. But this whole tragic episode and the fear and the anxiety, the only thing it did is keep you up all night.

And now your blood pressure's high. And now your higher risk of having a heart attack or stroke. And the purpose of the news media is to do just that.

It's to keep you in a fear state, to keep you watching the channel. So when you're awake at 2:00 in the morning watching the news channel and no one's having a broccoli salad at 2:00 in the morning when you're up having ice cream or cereal at 2:00 in the morning, watching what's going on and the tragedies now they're ready to sell you something to deal with your fear, with your anxiety or your sleep disorder.

And, you know, again, it's you know, we live in a world that is totally dedicated to sabotaging our health. And again, I so appreciate being on with you and being part of this summit to be able to, you know, really wake up people's eyes.

And obviously, most people are going to be listening to this. But, you know, you know, they know a lot of these things already. But this is an opportunity really to tell people now is the time that we need to shout this information from the rooftops in this.

Now is the time when you watch this summit and you tell ten friends or 20 friends your entire friend list and you're going to upset people, oh, my God, my doctor said I need a proton pump inhibitor forever or I've got, you know, you know, I've got Barrett's esophagitis or I've got this, you know, I've got celiac and I've got, you know, Crohn's ulcerative colitis or a million different labels of which US medical doctors are really good at passing on people.

But now is the time really to share the information, because that's the only way we're going to save this planet is by freedom of speech, talking out loud, having the conversations.

You're going to lose friends, you're going to make new friends, right? Sinclair I've lost a lot of friends. I've lost a lot of my MD, you know, buddies over the years.

So many people, you know, who I've lost. I left the biggest group in the state of Arizona with 40 other cardiologists and cardiovascular surgeons who didn't believe what you know what I did.

But I knew when my wife would tell me this all along, you're going to meet so many new friends. You're going to have a whole lifetime of new friends. And you and I are refreshingly connected and you and I are friends, and I'm happy for that.

I'm very grateful for that. Too. I totally agree. There's something about having to show up for yourself and your own health and the health of your family that gets your priorities really clear.

And if it means that you have to graduate from the paradigm you're in right now and you got to grow up a little bit and you got to see through some of the structures.

They keep fat cats fat and keep, you know, sick people sicker, then so be it. And, you know, there's a little bit of a shift that happens. But on the other side, there's some really deep friendships where people have that have made real decisions for themselves around this as well.

And it's it's deeply rewarding. Like you guys are doing me just fine. If you listening to us this far, I know that you resonate with what we're talking about and we're cheering you on.

We believe in you. We absolutely know that it's possible for you to heal. We expected of you to show up and do the work, and we are here to cheer you on.

Thank you so much, Jack, for joining me and for bringing the fire, as you always do. You're such an inspiring presence, and I love that you're not only capable of, but you're courageous enough to speak the truth about some of the factors that are happening right now.

And I just want to make sure people know where to find you. Welcome in so many people. I mean, obviously, I mean, like, you know, I mean, the people need us, right?

You know, it's like the children need us. The adults need us, the people who are just being absolutely abused by the medical system and and they don't know it.

You know, we talked about the statin drugs, you know, before Lipitor is the number one selling of all time. Number one selling. And the drug has very little, if any, reported benefit.

And I've seen a lot of toxicity. I think it's one of the things that killed my father at an early age of 63. So, yeah, again, the ability to get this information out there, my website is NaturalHeartDoctor.com.

I've got myself and I've got other doctors who work with me. I've got a wonderful team of health coaches and yeah, cardiovascular disease is our jam. And you know, and again, anybody who needs my help, certainly I'm I'm available.

I understand there's not a lot of people who do what I do, but I'm in more and more people, you know, join in the movement sharing the truth. You know, so many people, again, you've got, you know, with, you know, family members who are on and are suffering from these drugs and they're dying quickly or they're dying slowly, but they're dying.

And now we can give them any advice to allow them to live. And there's information is the gift of of life and longevity with clarity and vitality. And yeah, again, Sinclair, I truly appreciate you having me on.

Thanks, Jack. Thanks. Keep up the good work. Thank you.