# Why I Stopped Blaming Genes for Heart Disease Transcript

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## Introduction and Doctor as Teacher

The word doctor comes from the Latin root word docere, and that means to teach. So doctors should be teachers. And I would ask anyone listening, what is your doctor teaching you?

Everything from an illness standpoint, every sickness, ever health condition, everything is from two things. Too much bad stuff, not enough good stuff.

When I was a mainstream cardiologist, I wasn't teaching anyone anything except to rely on pharmaceuticals. The head of the group sat me down and he said, hey, listen, Jack, The problem is it's bad for business.

You got to stand down." And I said, I quit. I spent so many years on one side and then now I practice on the other side. How do we stay healthy and well?

So welcome to Coffee with Patty. We have a very special guest today, Dr. Jack Wolfson. He's a cardiologist of 25 plus years and he created the Natural Heart Doctor.

So the reason I am talking to him right now is I was having a heart scare of my own a few months ago as I looking for natural heart doctors. My husband found Dr.

Wolfson and we started listening and he said, this guy is a real deal. We listen to something that you do every day. I think you're doing such wonderful things in the world.

And so it's such a privilege to have you on my show. So thankful that are on it. Well, I'm thankful to be on it and thank you for having me on and to everybody else who's involved and Nancy and the whole production team over there.

I automatically love the title Coffee with Patty because I love coffee. Which is something we can certainly talk about. We can have a whole coffee episode, which I would love to do.

But you know, I appreciate the fact that your husband found us as well because I would say my wife is the number one real deal. Like she is. The ultimate real.

Deal. I'm number two and everything I learned stems from her most certainly. And. It's a difficult world for people to navigate because we do have more information at our fingertips than ever.

The contrary or the flip side to that is that how does a person synthesize all this information? I guess you could say life was pretty easy in the 1970s where you go to your doctor, your doctors says something, that word is gospel and you do it.

That's it. And as time goes on, people have access to more and more information, and it can lead to some confusion, most certainly. But ultimately, I think it's the best for the individual.

Definitely. Well, I definitely want to hear more about your wife, but typically I start out my show talking about you childhood, where you grew up. We weren't sure.

I'm from Michigan originally. My husband's like, maybe he's from michigan because I know you went to school in Chicago. So maybe you could talk a little bit about childhood.

## Jack Wolfson's Background and Career Shift

And in 1970, he was the first cardiologist DO at the Cleveland Clinic. So I was born in Cleveland. We lived there for two years. And then he went to the University of Iowa for further training and we moved to Iowa.

Iowa City for a couple of years, and then he met my mom in Iowa city. And that is, um, uh, you know, when, Uh, again, like they would ultimately, move to Chicago is how that all went down.

So I was raised many, many years in Chicago. I would go to university, Illinois. And then I loved my father. My father was my absolute hero and I wanted to follow exactly in his footsteps.

So, I went to University of Illinois, went into the Chicago College of Osteopathic Medicine for four years, did three years of internal medicine training, and then three of cardiology training in Chicago at a hospital called Lutheran General Advocate Medical System.

I was the Chief Cardiology Fellow. And then I said to my program director at the time, I'm like, you know, these Chicago winners are pretty brutal. I am done.

If something comes across the fax machine in 2001, comes for an opportunity for cardiology positions in Arizona, let me know. A week later, he shows me the letter.

It's placed in arizona, you know, whatever. So I go out and interview in Arizona. And I get three job offers immediately, big time money, a lot of security, anything anybody would ever want.

My career was just exploding to the positive. Unfortunately, my father was sick and dying of what would eventually be labeled as a Parkinson's like illness called progressive supranuclear palsy.

And the Mayo Clinic labels him with that diagnosis and they say, we have no reason why your father is sick. We have root cause of why you're father's sick And we have no treatment for him.

He will die on average for diagnosis in three years. Simultaneously, serendipitously, divine intervention, however you would call it, that I would say it's divine interventions.

So divine Intervention introduces me to this young woman and she's a 29 year old doctor of chiropractic. And she tells me all the reasons why my father is sick and dying, the way he eats and lives and thinks and yada yadayada.

And it was an epiphany moment, you know, beyond. And she said, if you don't want to follow in your father's footsteps to the grave, You'll change. and I didn't wanna follow what was going on with my father.

So here I saw this mighty hero of mine. Mayo Clinic has no idea why and the 29 year chiropractor teaches me all the reasons why. I started to change my life the way that I would practice and would go on to leave the big cardiology group in 2012 and start natural heart doctor.

That's amazing. What is your wife's name? My wife is Heather. Heather And of course we are now married and we have four children. And we live in the mountains of Costa Rica.

But my child again was very medically oriented. My father is a cardiologist. All of his friends were cardiologists. A pill for every ill. Multiple, multiple rounds of antibiotics.

Of course for ear infections, all the vaccines. just lousy, lousey tasted good at the time. Chicago is famous for food, but up until the age of 30… You know, three, 34 years old, I just ate garden variety, sad, you know standard American diet like most people do.

And I think what makes me pretty powerful maybe to use that kind of word, which is a big word to claim about yourself, but powerful in the sense of I spent so many years on one side.

And then now I practice on the other side. So just as eloquently, I could speak to, if I wanted to which I won't, of

course, the glories of 21st century mainstream medicine.

Uh, but I would be a total fraud. Well, I can relate because my dad died of a stroke. He had a massive stroke, um, he was an attorney right during his, a big trial.

And he slowly died five years later of quadruple bypass after he had that. So I think we're, there's so many people that are connected to heart problems, high blood pressure, heart attacks, clogged arteries.

I mean, probably everybody over 30 was told to take a statin that I know of. Yeah, it's really just a problem with framing illness and stuff like that.

And there's so many different layers to that, but I'm here to tell people that their genetics are perfect. Genetics are created or designed as perfectly.

created that way. Evolutionary version, our genetics are absolutely perfect. We can run and jump and see and feel, and we can make babies. Like, we're pretty darn special.

And we are not programmed to have heart attacks, strokes, cancer, dying. It's just, I mean, you can tell that to a five-year-old. A five year old will understand that, but the medical doctor doesn't.

But the doctor likes it a lot because it makes their life very easy. Hey, Patty, you got a family history, genetics, nothing you could do, take your statin drug.

And that is what we use as a sales tactic. Doctors are salespeople, they sell their services, They sell testing, their pharmaceuticals, obviously their office visits, sell methodology.

I'm here to help change all that. Yeah, the thing I like about you is you're a teacher. You teach us how to live. It's like, take this, I mean, change your diet, go outside, be in nature.

So I've been doing everything that you are suggesting, and I have seen such an improvement in my life.

## Root Causes of Disease and the Natural Heart Doctor Approach

Like I started taking the Kickstart Your Heart, all of a sudden I'm not taking a nap anymore. Used to be I'd have four cups of coffee in the morning, then I would have lunch, And now I'm like laying down and like, whoa, I have stuff to do.

So my husband's even noticed that I had a lot more energy. I really would like everyone to know what advice you give because it's so helpful. And I think it can help millions of people.

It's already helped a million people, but I'd like to see the world be educated on a different way to Well, that's, you know, listen, when you say like teacher and as you, as, probably allude to, the word doctor comes from the Latin word docere.

And that means to teach. So doctors should be teachers. and I would ask anyone listening, what is your doctor teaching you? Are they teaching you anything?

When I was a mainstream cardiologist, I wasn't teaching anyone anything except for teaching them to rely on pharmaceuticals and teaching to trust in the mainstream model.

The way that I view everything, Patty, in my company and the way I see the world, is that everything from an illness standpoint, every sickness, and every health condition, no matter what it is, signs or symptoms, fatigue, skin issues, gut issues high blood pressure, coronary disease, heart attack, strokes, cancer, brain disorders like my father, everything is from two things.

So we make it super, super simple. And those two are, too much bad stuff, not enough good stuff. So anytime you're talking to someone going forward, any time you hear a story or you see something on television, too much bad stuff, not enough good stuff.

Now, to much, bad, stuff may be a trauma, right? Maybe it's a motor vehicle accident. Like, that's too, much. Bad stuff obviously. Maybe its childhood trauma.

maybe it is emotional trauma maybe its PTSD. PTSD from a medical diagnosis. Your father is an attorney. Stress is a monumental, monumental You know link to heart attack and stroke all over the medical literature yet.

We never talk about it that's why chapter 5 of my book on your table there is called one nation under Prozac why the answer is not prozack you know the answers understanding.

That these are all heart related you that all these things anger fear anxiety worry they're all. You know, they're all they are all linked to cardiovascular disease.

And again, the answer is not Prozac. The answer's the root cause. So wrapping that up, you know too much bad stuff, not enough good stuff. How do we stay healthy and well?

We get a lot more of the good and a much less of bad. Then yeah, we can break it down. Well, what's good? What's bad? And that's where conversations need to go.

It's often been said the cause is the cure. So yeah, when you take away the bad stuff and get more good stuff, that's when people start to heal. Patty, if you're taking Kickstart My Heart, you are getting elk organ, liver heart, kidney.

You're getting a lot more of the good. And that in by itself is just going to supercharge someone. I mean, it's not necessary. It's nothing cure all, but for a lot of people, just these foundational nutrients that we're missing.

Just so, you know, uh, and then what do we do when we eat that way? We're getting less of the bad stuff. There's less room for the bad stuff in theory.

And, you know, again, that's, just the way that I see every single situation and I teach that to my other doctors. I taught that other doctor from the stage, I'd teach it to all of our health coaches and teach you to, people, anyone who will listen.

So it's like, no matter what your health concern is, your symptom is just flip the script, get more good stuff, less bad. Well, yeah, I start out with flow in the morning and then I do the Kickstart Your Heart 6 and I have the Salmon Row 6. At night I take the Magna 5 and this has been a game changer.

I'm sleeping great and digesting well. It's… I just love it. Thank you so much for the promo of all of our stuff and the way you have things laid out over there.

It's beautiful and I'm very happy for you. I am really proud of what myself and a team have created for Natural Heart Doctor. There are so many people that are trying to biohack their way to health, but it really is these foundational things.

Uh, it's been said for thousands of years, food is medicine. Our ancestors prized. the organs of the animal, an animal in the wild, the first thing they do is they go to the organ of animal.

The killer whale knocks the great white shark unconscious and just takes another swim around and yanks out that liver and all the innards and muscle and flesh.

But again, supplements supplement the foundation of eat well, live well and think well. Which is our 100 year heart method. Eat well live, think, test don't guess, evidence based supplements, biohacking strategies.

And yeah, and part of that, too, is the cardiology coffee. We third-party test that of course, because I don't want to drink mold. I do not want my family, my wife to, drink mould.

And of, course I want patients and clients and friends to you know, to drinking moldy coffee, testing for glyphosate, no glyphasate. No pesticides used there.

Then 5% of all revenue goes back to Friends of Honduras and Children. and I am very proud of the organization that we have vetted out well. For Hondurans, right?

Yes. Yeah. Single source in Honduras started as a women's co-op in the 1990s. And that's still what it remains to is this day, but it was really to help women to single women, to rise from poverty down in honduras.

That's where the coffee comes from. Coffee is when you do the good stuff, it's heart healthy. The literature is very clear on it. And so just drink the good stuff and don't put any garbage into it, right?

A lot of people put, you know. Coffee mate. Yeah, coffee mate and artificial sweeteners. And even a lot these kind of, these nut milks or the nut creamers with a lotta different gums and additives.

A lotta them come in plastic containers and that's why I say, we actually, when I grind the coffee fresh every morning, And we use the pour-over methods.

You know, I mean, listen, it's a lot, right, Patty? I'm listening. It's lots for all of us to do this way, but it is not either or. The life expectancy of the American male is 76. Female, 79. If you want that, stay in mainstream.

if you wanted to age into your 70s, 80s and 90s. And have that what they call the health span. They don't offer that. They offer sickness. In the last 10 to 15 years, just like my father.

My father lived until he was 63, which is obviously just a very truncated life. But the eight or nine of those years were on the path to destruction. And they were not quality.

Again, his loss created what I am today. I'm very grateful for that." I understand. I definitely do. So I'm imagining you had some resistance leaving the cardiologist world and the pharmaceuticals going to all natural.

How did that happen? I mean, how did you change things around? Yeah, there were resistance on a lot of different levels. Certainly, cardiologists make a lotta money.

So when you're talking about a different paradigm, you know, in the sickness paradigm but now you are talking this wellness paradigm. It upsets a lots of people.

## Outside Time, Sunlight, and Healthy Living

When you no longer order nuclear stress tests or useless Angiograms and surgeries that people really didn't need except for really uncommon situations Again, it upsets things financially and ultimately the head of the group sat me down and he said hey listen Jack I love what you're doing.

I totally believe in it. The woman who's going to become my third wife, she's totally into everything you are saying. an age, year and a 2012. And, you know, again, there's a lot of, a lotta pushback, even to this day, extremely so.

If I say something on social media, people come at me. I paint cholesterol and LDL as good characters in the story and not the villain. Well, then we get a lot of pushback from that, obviously, and a of pejoratives, a lo of complaints to the medical board.

But, you know, it's unfortunate for them. And I mentioned this quote in my book. the paleocardiologist on your table there, it's from Upton Sinclair's book, The Jungle in the early 1900s in The Chicago Stockyards.

It's hard to get a man to understand something when his job depends on him not understanding it. These cardiologists, they will just refuse to believe the truth because that's their revenue.

That's the foundation of everything they've ever really been taught and learned in their whole professional career. So pretty tough one to change. What keeps you going?

What keep you doing this? Listen, my family, of course, is my absolute rock. I believe that God has me on this path for a reason and I'm here to do that, so you keep going for that.

But if I had to say something, it's literally knowing that millions of people out there are being wronged by the medical system. They're being told, take this drug, do this surgery, people are suffering.

So that is a major motivational factor. Of course, for me to continue to do what is right. As I said before, my father's loss will not be in vain. It created what I am today.

I believe that all this happened for a reason. So if somebody wanted to change, what would be their first step, would you say, to do? Yeah, you know, and what I would say is, is that the first thing I tell people to to is spend more time outside.

just spend more time outside. I'm outside all the time. Behind me is the great outside, I am inside just for the purpose of having some semblance of peace and quiet during our interview and then I will be back outside on a Costa Rican mountaintop.

We do sleep inside. a considerable amount of time over the last two years outside, living in a tent with my wife and our children. Wow. We did that because of wanting to avoid living and water damage mold.

And the more time you spend outside the longer you're going to live. So, walk in the morning, walking in afternoon, and walking the evening, stack up that summer sun time, talk on the phone outside set up a table outside eat outside.

Hashtag no excuses. But when you're outside, so many great things happen. Obviously you get exposure to the natural light. Hopefully you got exposure sunshine.

It's very good for, of course, your skin, for your eyes, total body. Many, many, people say the same things, but it's just it just common sense. Our ancestors were outside all the time.

Most people are inside none of the. Yeah. It makes sense. Yeah, I've been trying to do that. I only have a little bit of grass in my backyard, but I walk on it and I feed the birds and feed up the bird bath.

And I like the nature and noticing more birds, and everything are coming around. My husband and hike every week. We're trying go twice a week, so I'm trying teach everyone what you've taught me because I have seen such great results.

Like I used to really it was just like, I just wanted to take a nap and I'm just kind of just going through the day. And now I have so much more energy and doing things differently.

So it really does work. It really doesn't work to change. Well, it used to be common sense or it use to like all that we did. Our ancestors would go to sleep shortly after it became dark.

So let's say they all came from the Middle East. They all come from equator, Northeastern Africa, what is known as the East Valley Rift. That's where humans are all from that area.

And when you're at the equator it is fully dark by 630, but it starts to get light at around 430. And when I say starts to get light, the sky goes from pitch black with stars and the moon, it starts get lighter and lighter until the actual sunrise.

So my point is that there is a connection between the environment and human that cannot be separated in a healthy person and if you separate it you become a sick person.

So the idea is, and you know, you're in Michigan, I'm in Costa Rica. So I mean, California now. I was from Michigan but I've been in California for 42 years.

Okay, so California is definitely better than the great state of Michigan. And I'm not here to sell people in all those areas. I am a Midwest guy, you know, through and through.

But it's not a healthy place to live. So the closer we are to the equator, the longer we're gonna live, The closer, we already equator. Now you start to have, again, this idea of you get outside as soon as it is light.

And the changes that occur even before the sunrise start to entrain the body hormonally, melatonin, serotonin of course the creation of vitamin D, nitric oxide, all these things that are happening that we are just beginning to scratch the surface of from a physiology standpoint.

They give us that afternoon energy because we're supposed to. When we live like nature, in this kind of sense, and we are spending most of our time outside, so we get in the natural light, we fuel our skin as a solar panel, our eyeballs are solar panels built to collect light.

And when you go outside and it's cold in Michigan or my hometown is Chicago and its January and you're all bundled up and all you can see is this little space and maybe you are even wearing glasses or whatever.

You're not getting any natural light. And then now you got inside to the artificial light and what does this story, and this is just the sleep and the sunshine story.

What does have to do with statin drugs? What does this have to do with stents and bypass surgeries? Yeah. Nothing. Yeah, no one had a statin deficiency.

I heard you say that once. So yeah, there's so many things to learn and I wanted to do something fun. I usually give somebody a rock key chain. So you want to pick it?

I'll let Nancy pick your stone. You get your special word. See what that is. And I will pick one of these too.

## Coffee, Supplements, and Foundational Nutrition

Okay, so you got happiness. Love it. Because often when I talk about our eat well, live well think well. I summarize think well as find your happy. So that's funny that, you know, that you pulled out happiness because it really just is about find you're happy and, and you can, obviously it's your show.

You can give your opinion on this, but when you have children and I have four, what is the ultimate goal that have for your child? Right. Is it to be educated?

Is that to me financially successful? As it'd be super pretty, super smart. To me, I summarize it with happy. If I have a happy child, then I've done everything.

That is the ultimate goal. Now, of course, if they're healthy, that is a big part of happiness. Maybe financially secure, it's a bit part to happiness, but again, You want to be happy, so you have to do what makes you happy in this world.

Happy in your relationships, happy with your job, uh, Happy with, you know, with yourself. Right. And that is a huge part of healing. That is. Absolutely.

Even if it's changing. Question, what do you got? Even it it is changing and not making like a lot, ton of money at first or whatever. Um, okay, this is just random.

What place holds the most memories for you? Hmm. Well, I mean, listen, I'm 55 years old. I've traveled around a lot, lot lot. So that's one of the beautiful things I think of getting older, right?

And having all these different experiences and having these moments. Maybe sometimes you can call them like a 10X moment when not necessarily financially you 10 X or you make 10 times more, but it's just like the life experience has happened.

You can say, well, high school to college and college to You know, uh, medical school and all these things are 10 X moments. But then I tell this to our children too, because of mold we've been, you know tent, camping, moving, all over the Western part of the country.

Patty, we were in, um, We first got to California from Colorado in December of 2024. And we set up camp at the Malibu Creek state park campground. No, in Malabu, California.

We set the camp. and everything is beautiful. I get this group campsite, tons of room, beautiful tree that we're under. We have a wonderful dinner, we go to bed.

And then five hours later, the park ranger comes in and says, everybody has to evacuate. There's a fire just over the ridge line. That's what kind of put us further on the road.

Then on top of that, We wind up settling in an area in Orange County called Corona Del Mar and we rent a house there. And we were deciding between that particular house and a House in the Pacific Palisades, which two weeks after we moved into Corona del Mar, the Palasades included the house we we're going to rent burnt down.

Yep. So, you know, just, and I tell this, that, so, we didn't last long in California because the rental home had mold. So we left California, We wound up going back to Arizona.

We went to West Texas, went central Texas went back up to Colorado, Went up, to Idaho, going to Montana, back down to, Colorado back, down, Texas back Arizona and ultimately.

back now in, back into Costa Rica. And, but all these experiences are really just extraordinary. So all of these great stories and I believe it's, you know, and obviously I'm learning a lot.

I am learning to be able to teach people, hey this is about mold, this about movement, these are about difficult times. But it is all about family, it about happiness, It's about doing what's right.

Do you love living in Costa Rican? Yeah, we're loving Costa Rica. It's certainly got some challenges compared to the States. You know, the unofficial motto maybe of the country is, you know Pura Vida, which essentially it does mean, a good life, but it also means just kind of like chill out, just like take a step back and let it go the way it is.

you and I may be recording a podcast like this. Maybe there's some audio problems, maybe there are some tech problems and it's like, Hey, Just chill. And if people did a lot more of the just chill, I think, um, you know, and if your father had that opportunity, You know again, just to like sit back and be like, Hey dad, is this, Is this really worth it?

Like, what if this amount of stress you're under, What if it could kill you? And now you didn't have that opportunity maybe with your father, but now maybe you do with everybody else to have the opportunity like, hey, acute stress is okay once in a while.

We got the fight or flight mechanism, and the hormones, the cortisol, when they're always turned on, That's not good. And when you watch mainstream media and you watched the fear channels and they sell you fear, anxiety, worry, divisiveness, hate.

that and the people are just glued into it. And again, how catastrophic that is. For sure. I think so many people have had experiences with pharmaceuticals and my husband had a major panic attack like 10 years ago.

He went to like 10 different doctors and they all told him to do something different. Take this, take that, and then finally he went into a chiropractor and the chiopracter was like, what did you eat the night before this happened?

## Resistance to Mainstream Medicine and Finding the Root Cause

And he said, just eat protein like all day long, little bits of protein. So he was kind of saved by a Chiropractor as well. When your husband has anxiety and panic, yes, then we're trying to say, what is the root cause?

Where is there too much bad stuff and not enough good stuff? Right. And so one may say okay, well, it's because of food related issues. And that's what's great about looking at those particular scenarios, whether it's heart palpitations or someone has a heart attack or stroke.

What were the circumstances like around that time? How were you eating? how were sleeping? What was your water consumption, your alcohol consumption? Uh, how was you toxin exposure?

You know, did you get some kind of a new pharmaceutical or some type of injection? Like always, you know trying to dig deeper, but in mainstream medicine, they don't.

They're just like, here's something for your anxiety. Right, another drug. I was part of the industry and hopefully we can continue to break people out of it.

And I think two things that I'm really passionate about are freedom of speech, to be able to speak how whatever we want. When we want it's obviously that's a first amendment, right?

Right And and the second thing is their freedom of choice over our body. I definitely agree with that What else would you like to say? Is there anything else you'd like?

To to mention first of all, you know coffee when done right can be heart healthy literature says less heart attacks less stroke longer lifespan less cancer less dementia all those great the other thing that My favorite food, and I think the most evidence-based, according to the literature, is eat more seafood.

Because then we can check levels of omega-3 fatty acids in someone's bloodstream, And the lower the levels omega 3, the higher risk of everything, including anxiety.

depression, uh, cardiac issues, you know, brain issues lifespan issues. And so what do we do? We tell people to get more seafood and that's why we sell the seafood in a capsule, which is the wild salmon row.

Mm hmm. It's about, it's a foundational program to those nutrients into the body. Now the best seafood is wild Salmon row because those are the eggs. of the salmon that contain all the vitamins, minerals, proteins, fats, cofactors, you know, choline, etc.

Ask the xanthan that a fish needs to come to life. And just like when you eat organs from an animal, like Kickstart My Heart, that is better than the muscle meat.

My husband's also started taking him. So it's called his. His. Okay. I knew it was something like that. It's call his and I appreciate the reference to his, his just came out.

And it's an expensive product. It's investment product, but it really is best in market. So what his is liver, heart, the testicle and velvet antler. And its meant to just kind of invigorate the male.

If you got a little bit of testicles into your diet like our male ancestors would have, then that's gonna just lead to some semblance of benefits. Of course, velvet antler from the elk has been used for many, many years by men trying to improve the male situation and maybe even, you know, support healthy libido and things like that.

So that where the product is. At the end of the day, it's just food in a capsule. Right. Yep. Well, I'm really thankful

for it. I'd like to encourage everyone to research and, you know, look at what you do because you're just such a wealth of information.

And I am all in, and so is my husband. Well, first of all, it's great to have your husband on board and vice versa. A lot of people don't have that type of relationship.

The woman's in, the man's out, or vice-versa. Usually the woman is in and the men is kind of dragging his feet on a lot these things. But the women is the canary in the coal mine.

You know, woman who tends to suffer first. She tends the hide it, tends not to bring it out. but she's the one who's struggling with weight. she is struggling hormonal issues.

You know, with skin issues or gut issues, brain fog issues are very common. And that's especially true in the case of environmental toxins and pollutants.

But to have a husband on board is huge. Testing these things is a huge… But I'm not new to this game. I've been at this for 15 years on my own, in my practice.

and I met my wife at the end of 2004. So we're coming up on over 20 year mark of really being into this. It's tremendous and it's so exciting. But again, like we said before, there's there so much against us.

People are so clueless. Oh, mold mold. Patty, I've been a medical expert on two mold cases for the plaintiff. And the plaintiff in one case thought the heart attack was from mold and the other case, thought that the atrial fibrillation was for mold.

The defense cardiologist says it had nothing to do with mold, and I come out with a stack of documents and it's like game over. And they're like, what's a mold mycotoxin?

I actually said this to one cardiologists. He's, like what is a mild mycotoxins? And I said, have you ever heard of penicillin. Yeah, of course. That is an old mycotoxin.

Have you ever heard of citrinin? The first reactive component in reg yeast rice, which became the first statin drug, lovastatin. If you've ever of that, have you heard a mycophenol acid?

It's so powerful as an immunosuppressant. They give a capsule to people who are undergoing. Uh, uh, organ transplants, or if you get a new liver, heart, kidney, one of the cocktail they give you to suppress your immune system.

## Mold, Family Loss, and Closing Reflections

So you don't reject, you reject the organ is cell sept. It is mycotoxin in a capsule. Cyclosporine, another example. These things are all over the medical literature, but just mainstream is just not taught to read it.

So we have to go outside. But it's in the literature. It's the in literature they just never read. That's amazing. Well, we could go on and on. Just thank you so much for everything you're doing.

I definitely want to learn more. And usually my sister, my little sister passed away, she had a heart attack. She was on so many different pharmaceuticals for so years and it finally killed her.

But before she passed, we were coloring because I'd had two sisters pass away probably because of the hospital environment or being a patient. But before we did that, we were all coloring and my mother colored something and it said, you really are loved just as you are more than you know.

And you're really, I want you to know that and I'm so thankful for how you were trying to help everyone. and you're such a great example of what to do right and goodness.

I mean, I've really watched what you've said and I know you were thinking about your dad. You want to be a husband and great father and live for a long time and help a lot of people.

So God bless you and thank you so much for that. Well, thank you so much, Patty. I sincerely appreciate it. And, you know, people have said to me, obviously many times over the years, Thank you.

So much for what you do. Thank you so much. And take care. We'll talk soon.