Why Your Environment May Be The Biggest Risk Factor For Heart Disease Transcript

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Introduction to toxins and heart attack risk

Hello, everyone. Doctor Jack Wolfson, welcome back to another episode of a mini talk about how to prevent a heart attack. So this is actually video number four that I've created.

And this is called How Toxins Lead to Heart Attacks. Now this is a picture of the town where I lived for many years. And this is of Phoenix. And if you can't tell the pollution in Phoenix in this picture, maybe you need to check your eyesight because it is clearly very evident.

And, when you are breathing this and all this pollution is all linked to heart attacks and strokes. Very clear in many, many, many studies, all of the different chemicals released from fuel, from energy burning, from factories, from other environmental toxins and pollutants lead to cardiovascular disease.

So I want you to be aware of that. Now, this is a picture of the recent tragedy going on in California.

Air pollution and wildfire toxins

And it's one thing that you're burning down, nature. But also what about the homes that are combusting and what are all of the environmental toxins and pollutants released in the homes that have been burnt and the factories and the buildings that have been burnt to the ground?

And again, this is a lot of things that are being aerosolized into the local air. And then, of course, into worldwide air. And then what is getting into the water system as well?

From this is so, so many different opportunities for all these toxins. And I'll show you in a second about how that leads to heart attacks and strokes.

And then I'll also show you how you can actually measure that. Now here is a big factor of course. And this is mold. And this is water damage mold in this picture, typically from condensation on that window, maybe there is a leak that is leading to that type of mold formation.

Now mold can be anywhere. It can be under the sink, toilet, shower, it can be Hvac systems. And of course in crawl spaces and in basements and, anywhere where there is water, you can have mold.

And then also from humidity you can have mold as well. And mold is an extremely hazardous bio toxin that will lead to heart attacks. And I'll show you that in a second.

Now, of course, wi fi emphasis is a big factor. I understand that all of us live in this electrical umbrella. That's only getting worse.

Mold and EMF exposure

But the healthier of a life that we lead helps us to mitigate these, that, to the best of our ability. But also we'll come up with some strategies about how to reduce your EMF exposure.

And this is another one where it's an easy strategy to avoid. It's actually these earbuds these wireless earbuds where you get signals that are coming into one battery operated device, send signals to the other device.

And I don't think that this is a good health strategy for anyone involved. So this is the heart attack path. And if you're in my presence because I created this graphic, and if you're not impressed, I created this graphic and I am a cardiologist. But, here's what happens. All of these talks.

This is one major way that the toxins lead to a heart attack or stroke or anything else for that matter. You can put anything in the red zone over there.

Toxins damage the gut microbiome. So as we swallow in these toxins, the same can be said for breathing in and through the lung microbiome. But let's focus on what I think is a major source here.

When we talk about the pest that, you know, pesticides and the other toxins that are in food, mycotoxins that we swallow down, toxins damage the gut microbiome.

Okay, so now you damage the gut microbiome. The trillions of healthy bacteria and important bacteria that are in our gut. Now, these toxins could also be pharmaceuticals.

How toxins damage the gut and blood vessels

Toxins, of course, can be injected into us. But let's just say again that this is the oral pathway of how we destroy the gut microbiome. And the next thing that happens is called leaky gut or intestinal hyper permeability.

We can measure all of these things as well. We can measure the gut microbiome health. We can measure the leaky gut. And then once we have leaky gut, things get into the body that don't belong.

So this leads to inflammation, oxidative stress and immune system activation. So all cardiologists know that inflammation and oxidative stress are bad.

They just don't have any treatment for it. And they certainly don't have any reason why people have that. That's just not how we are trained. So once you have the inflammation, oxidative stress and immune system activation, all that ultimately leads to endothelial dysfunction, that delicate lining of all blood vessels.

You also develop what's called autonomic dysfunction, so that sympathetic parasympathetic systems become imbalanced, that can lead to a whole variety of conditions, including high blood pressure and tachycardia and heart rhythm disorders, postural orthostatic tachycardia syndrome, etc.

and then ultimately, once our blood vessels are sick and they become very permeable. So this endothelial dysfunction, things get into the lining of the blood vessels that don't belong.

This leads to plaque formation coronary artery disease. And then when the time is right or the time is wrong for the individual, the plaque either erodes and or ruptures, leading to a myocardial infarction.

Heart attack. So that is the most common pathway to the most common disease state that we know of. So there's a lot of other things that can surround this.

But I think this is the majority of damage that's occurring in most people. There may be other factors involved, but this is definitely involved. And everyone.

So and the good news is there are way there are steps to support interrupt every step of this path. So there are ways to, of course, stop the onslaught of toxins as much as we can.

The 21st century world. But then also how do we help to repair the damage done, the damage done to the gut microbiome, to the gut barrier itself, that delicate epithelial lining of the intestine?

For example?

Reducing exposure and supporting recovery

How can we help to come up with ways to lower inflammation, oxidative stress, and immune activation? How can we support the end of psyllium and the autonomic.

And then, of course, can we do strategies that would help with plaque formation, coronary artery disease, and ultimately to prevent heart attack because of plaque rupture or erosion?

And I mean, just some, you know, real quick, you know, things you can do reduce reducing your exposure, turn off the Wi-Fi at night, eating organic food, get an air purifier, check for water damage, mitigate you know, the water damage that's there. Don't use earbuds.

Those are some simple strategies. And of course, we learn a lot more in this online event. And some of my other teachings, as well, that we'll be talking about as time goes on. But I just want you to know, there is a reason why people have heart attacks.

That's what we're talking about here. We talked about food. We talked about lack of sunshine, and now we're talking about environmental, chemicals and toxins.

And we'll talk more about this again inside of our summit. Now, one way to measure, one simple test to measure your overall status is whether or not you're being impacted by all these toxins is a urinary marker of oxidative stress.

And the urinary marker of oxidative stress is just that. It's a it's a done at home test by yourself. No blood draw. No physician's orders are needed.

And it's easy to repeat, meaning that we can check it at time zero, come up with a plan, and then check you later on down the road and tweak the plan as needed.

So again, it's a urine test for oxidative stress. It also comes with what's called a heart questionnaire.

Testing oxidative stress and heart risk

So it's 100 question questionnaire. So our team can help to decipher kind of what your risk factors are what your level is there. And then can we repeat this down the road where we check the questionnaire again check the urinary oxidative stress, the amount of damage being done in the body.

It's linked to heart attack risk. And then of course we review this all with an expert review. Call. So listen, I want you to make sure it's not your turn.

Millions of people are suffering from heart attacks every single year. It's all preventable. It doesn't have to be that way. You can learn more about this at home test at heart attack.

Risk A.com heart attack. Risk test. Outcome. Heart attack. Risk test outcome for more information. So thank you for paying attention to this part of the presentation.

I hope you're enjoying the entire summit so far, and we'll come back with more tips and strategies over the next few days in order for you to achieve your best heart health and avoid a heart attack or stroke, be well.