Your Heart Attack Risk May Have Nothing To Do With Cholesterol Transcript

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Introduction to the Natural Heart Doctor Show

The heart attacks have nothing to do with genetics. Your genetics are perfect. Whoever built you, call that person God, built you perfectly. Your genes are not the problem.

It's how your genes interact with the environment and with the food that's the problem. Heart attacks are not from bad luck either. You're not just one of the unlucky ones.

It has nothing to do with luck quite obviously. It's not about getting old. Welcome to the Natural Heart Doctor show. I'm cardiologist Dr. Jack Wolfson.

Heart problems don't come from a drug deficiency. They come from root causes where cardiologists never look. On this show, I sit down with experts who challenge the mainstream rhetoric and talk about what actually builds a heart built to last.

Get ready for a dose of cardiac longevity.

How to Prevent a Heart Attack

Hello, I'm cardiologist Dr. Jack Wolfson, founder of Natural Heart Doctor, and I want to give you a short presentation today titled, How to Prevent a Heart Attack.

This is inside of the Heart Attack and Stroke Prevention Summit, where you are hearing from the absolute best guests and authorities on how to prevent a heart attack or stroke.

Today what I want to talk to you about is about how to prevent a heart attack or stroke. I'm going to give you some strategies. I'm also going to talk about a particular test that is easy, effective, done at your own home, doesn't need a doctor's order.

I'll tell you about that in a few moments. Now, this is important to me because obviously I've seen a lot of heart attacks over the last over 20 years in practice.

Heart disease is the number one killer worldwide, and a heart attack happens every 45 seconds in the United States. So it's happening way too often, way too commonly, and in a scary fashion, most people do not have any symptoms prior to a heart attack.

So we want to make sure that you are armed with the data and the information in order to make sure that this is not you. Now unfortunately I see cases like this.

A guy is out playing baseball, playing catch with his kids and all of a sudden suddenly collapses. This should not be the case and this actually is preventable if we can determine your risk of having a heart attack.

So my goal talking right now is to make sure you're not a victim of the number one killer worldwide. In fact, this is the reason why I left the biggest cardiology group in the state of Arizona in order to make a meaningful impact to people.

Why Heart Attacks Happen

Because there is a big secret in cardiology that most doctors either A, don't know about or B, they just don't want you to know because it doesn't help their bottom line.

Now here's what cardiologists don't want you to know. They don't want you to know that heart attacks are not from bad genetics. Heart attacks have nothing to do with genetics.

Your genetics are perfect. Whoever built you, call that person God. Bill, you perfectly. Your genes are not the problem. It's how your genes interact with the environment and with the food that's the problem.

Heart attacks are not from bad luck either. You're not just one of the unlucky ones. It has nothing to do with luck quite obviously. What if your heart could actually get better, not just managed?

What if your recovery didn't depend on adding more prescription drugs, but on finally understanding why your heart is struggling in the first place? I'm Dr.

Jack Wolfson, cardiologist at Natural Heart Doctor, and we believe heart disease isn't random, it's a message. It's a message that inflammation, toxins, nutrient deficiencies, or lifestyle stressors are driving your symptoms beneath the surface.

That's why our approach goes far beyond the band-aid, typical cardiology approaches. What we do is if we want to prevent, treat, and reverse cardiovascular disease, we help you develop a natural evidence-based plan to help your heart recover.

So if you're ready to move past fear, past confusion, and past just take this and wait, you deserve real answers. Visit naturalheartdoctor.com forward slash discovery and get the answers you've been searching for.

Limits of Standard Cardiology Tests

the answers that can help you achieve your best heart health. Your next chapter with a simple free discovery call should start now. It's not about getting old.

Certainly, when you get older, you have a higher risk, but it's not just because you're getting older. That's an easy way to blame things. Well, you're just getting older.

That's not the case. And tongue in cheek here, it's not from a pharmaceutical drug deficiency. You're not deficient in Lipitor, Crestor, Zocor, or any other cholesterol-lowering drug.

You're not deficient in aspirin. You're not deficient in any pharmaceutical. There are reasons why this happens. Only two things cause heart attacks, people.

I'm going to make this real simple for you. It's only the following two things. Heart attacks are from too much of the bad stuff, not enough of the good stuff.

What's the bad stuff? Environmental toxins, pollutants, chemicals, pesticides, artificials, bad food, bad lifestyle. That's what heart attacks are from.

Not enough of the good stuff. The good food, the sleep, the sunshine, the physical activity, the movement, the spirituality, the mental wellness. That's what heart attacks are from.

Too much of the bad, not enough of the good. In fact, all disease is from too much of the bad, not enough of the good. So here is the problem. The typical cardiology tests, they don't predict heart attack risk because how you are performing When you're living the right stuff, doing the right stuff, avoiding the wrong stuff, how do we measure our success in that arena?

The standard cardiologists, they don't do that. They don't give you a good look at heart attack risk. Cholesterol, for example, very poor at identifying heart attack risk.

EKGs tell you if you've had an old heart attack, but it doesn't tell you your risk. for a heart attack going forward.

Oxidative Stress and the Heart Attack Risk Test

Stress testing is good for people with symptoms, but as we said, what if you don't have symptoms of chest pain or shortness of breath? So stress tests are not predictive of your future cardiac heart attack risk.

And CT scans can tell you if you've got coronary artery disease, coronary artery calcification, but it doesn't tell you what your risk is going forward.

The best test you can look at is something called oxidative stress. Oxidative stress test is the best thing you can do to learn your heart attack risk.

Now, oxidative stress is a mouthful. Oxidative stress just tells you that your body is rusting. It is from an excess of oxidative forces, which are gonna be the bad things, and then not enough of the good things.

And that's gonna be the things that are antioxidants to you. Things like glutathione and vitamin C and vitamin E, the antioxidants of which there's many.

So we want to determine your level of oxidative stress, and it's actually very simple. We call it the heart test, HART, or the heart attack risk test.

It's a simple test done at home. It's a urine analysis. There's no blood draw, no doctor's orders, and it's very easy to repeat in the future. So you can test your levels, you review it with us over at Natural Heart Doctor, and then we come up with a new plan.

And then we can test at some point down the road, you know, one month, two months, three months down the road, and see if we've made improvements in your heart attack risk test.

It's a simple test done at home. Again, no blood draw, no doctor's orders. and we can repeat it at any particular time. So what we want to do is we want to make sure that it's not your turn to have a heart attack.

Go to heartattackrisk.com and you will learn more about this test available to you.

Natural Heart Doctor Method and Closing

So I want you to stay tuned every day. as I'm gonna go through more of a breakdown of this oxidative stress and how to use our natural heart doctor method of eat well, live well, think well, in order to reduce your oxidative stress and reduce your risk of having a heart attack.

Thank you. Thanks for listening to the Natural Heart Doctors show. If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next.

And if you're ready for a deeper personalized approach, you can schedule a complimentary discovery call at naturalheartdoctor.com forward slash discovery.