

10 Ways Women Can Prevent Heart Attacks



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DRs WOLFSON
LIVE NATURALLY

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Introduction

Did you know that women are more likely than men to die from a heart attack or stroke?

Why is this, you ask? Two reasons have been discussed. Sadly, women are less likely to get emergency care, and doctors seem less likely to recognize a cardiovascular issue in women than in men.

The reasons why can be tough to figure out. One theory is that women have different symptoms related to heart issues and doctors are not in tune with those symptoms. Quite simply, women get missed. Another theory is that women don't receive the quality of care that men do. Do doctors listen to men more? Maybe. Are doctors more likely to perceive men at higher risk? Maybe, although the reality is that women after menopause have the same cardiovascular risk as men, possibly higher.

I have seen so many women suffer from heart disease, but the end of heart disease is near. The information you are about to read will go a long way toward preventing heart attacks and strokes in women.

So, let's discuss 10 ways women can lower heart attack and stroke risk.

1. Eat organic Paleo foods

One of the prime factors for good heart health is the quality of the foods that you eat.

It's quite simple: bad foods lead to bad heart health. Good foods lead to good heart health.

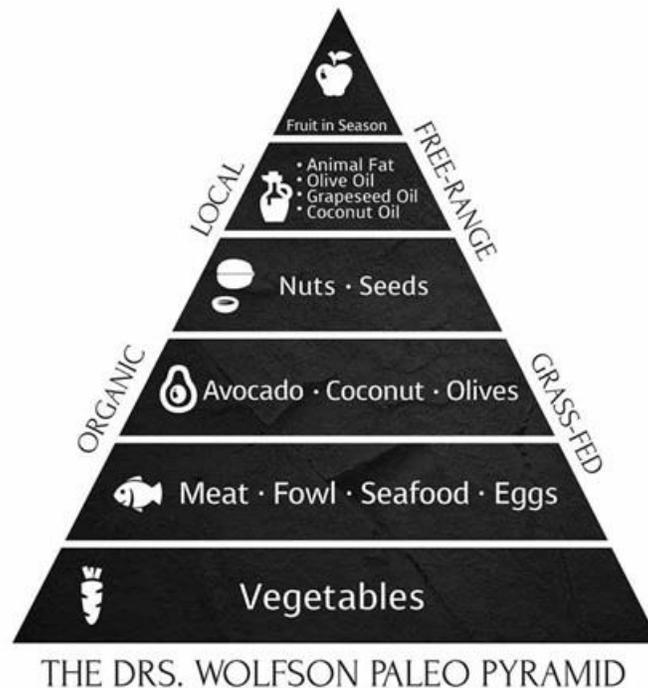
The science on this issue is clear: organic Paleo foods are best for heart health. Studies confirm better cholesterol numbers, better blood sugar numbers, lower inflammation, lower obesity, and improved blood pressure control when eating organic Paleo foods compared to other diets.

Why are Paleo foods best for heart health? Because our bodies were engineered to thrive with these foods. These are the foods our ancestors have enjoyed for thousands of years. All other diets are fad diets.

I've personally seen the positive health impacts in women eating a Paleo diet. Thousands have gone through my cardiology practice feeling great, losing weight AND lowering cardiac risk. We can measure these positive changes and lower heart attack risk factors in their blood results. And best yet is that everyone can see the positive changes in these women!

So, what exactly are Paleo foods and why must they be organic?

Here are the main components in the Paleo diet:



The “gatherer” Paleo foods are foods such as vegetables, nuts, seeds, eggs, avocado, coconut, and olives. All of these foods must be organic for good heart health.

Non-organic foods have been sprayed with pesticides. Pesticides kill bugs and they kill us. Some have been genetically-modified, a practice outlawed in most countries except the United States. That’s why it is important to always eat organic.

Organic food is produced without using conventional pesticides; fertilizers made with synthetic ingredients; no sewage sludge; no genetic modifications; or ionizing radiation.

The “hunter” Paleo foods are meat and wild seafood.

Eat meat that is pasture-raised and grass-fed. Studies consistently show this to be the most nutritious meat you can consume. Again, only eat organic meat. Organic meat has been produced without antibiotics or hormones, two things that have proven harmful to women’s heart health.

Fruit, potatoes, quinoa, dark rice, and dark beans are allowed in small portions when eating Paleo foods.

What is not on the list of our Paleo foods? Sugar, wheat, barley, rye (and all gluten-containing grains), soy, corn, alcohol and dairy. We did not chase animals and milk them to make cheese, butter, yogurt or ice cream. If you feel you must eat dairy, try to find it raw, as in unpasteurized.

There are three eating principles to always follow: organic, gluten-free, soy-free. No exceptions!

One other food tip: pack yourself full of spices. Rosemary, ginger, thyme, oregano etc. are natural pharmaceuticals. Use them often. Don’t worry about recipes. Just add spices to everything.

These are the foods that will lead to extraordinary heart health. Eat them to reduce your risks of heart attack.

2. Get adequate sleep

For millions of years, our ancestors went to sleep with the sundown and awoke with the sunrise. Then, 125 years ago, electricity was invented. Our health has suffered ever since.

Women who sleep six or less hours have more heart attacks. They have higher blood pressure. They have more inflammation and higher blood sugar levels. All of this spells cardiac disaster.

Eight hours of sleep is the goal any time of year. More sleep is needed in the winter.

Any time you are awake when it is dark, you are in artificial light. Artificial light harms your heart health.

The light from mobile devices, computers, and TV is high in the blue part of the visible spectrum, and this is very destructive to health. Best move is to go to sleep and turn off these devices. Get an incandescent bulb for the lamp on the nightstand. Use a mobile app to block the blue light. The blue destroys melatonin. This is very bad. Finally, check out [blue blocker glasses](#) to wear around the house at night when the lights are on, or when working on the computer.



3. Get lots of sunshine



If our ancestors weren't sleeping, they were in the sun. All day. Naked.

The science is clear: those who get the most amounts of sunshine have the lowest risk of heart attack, stroke, and high blood pressure. They also have the lowest cholesterol.

You see, the sunshine hits cholesterol and turns it into vitamin D! Isn't nature amazing? Need to lower your cholesterol? Do it naturally with sunshine.

When you don't get proper sun exposure, you have excess cholesterol. Cholesterol is super important, but extra amounts can be dangerous. Vitamin D has many different functions and every organ and tissue in the body contain receptors for vitamin D.

Vitamin D keeps the bones of women strong. The higher the vitamin D, the lower the risk of just about everything. Supplements help, but nothing replaces the sun. Finally, sunshine lowers cancer risk.

I'm not telling you to lay out in the sun for hours at a time. That can create sunburn. Sunburn is bad. Sunshine is good. Aim for some morning sun, noontime sun, and afternoon sun.

Sunshine is also great for mental health. This takes us to item number four...

4. Get relaxed and get happy

Women can suffer some serious heart complications from stress.

Blood pressure goes up, and stress increases the risks of heart attacks. There is a nasty diagnosis called Takotsubo Syndrome. I know that is a mouthful. Also known as stress-induced cardiomyopathy, this condition leads to heart failure and women suffer from 4x more than men!

Rule number one is to get the stress out of your life. This can be a tough one that requires tough decisions. Get a new job. Fix relationships issues or work to get them out of your life. Same goes for friends.

Rule number two is to deal with stress more effectively. Scientific studies, and women in my own practice, have affirmed meditation, yoga, tai chi, walking, hiking and sports to be major stress relievers.

Happy people have less heart attacks and less strokes. Their blood pressure is lower. Angry people are the opposite. Don't be angry, be happy.



5. Get active



I don't like using the "E" word. It scares some women and stresses them out. We just learned that stress is bad.

So, instead of using the "E" word (exercise), I'm going to use the "A" word. That word is "active."

It's a proven fact that active women have lower risks of heart attack. They have better blood pressure. Active women are more likely to maintain their ideal weight and they feel great!

The benefits of activity have been well-known for hundreds of years. Get active for better heart health.

The best heart health activities for women are outdoor activities. Hike, bike, walk, swim and play. Our ancestors were active outside. They were building shelter, gathering food, hunting food, and caring for the young. Get outside for good heart health.

Body weight activities are also good for women. Push-ups, squats, lunges, planks and pull-ups. Go to the sporting goods store and get a cheap set up dumbbells. Use them to strengthen shoulders and biceps. I made a short video about good exercise for heart health. [Watch it.](#)

The key to a healthy heart is staying active with the right type of activities. Do the outdoor stuff. Stay away from the overcrowded, toxic health clubs. Do body weight activities and basic dumbbells lifts.

You may avoid the “E” word but always do the “A” word!

6. Get hydrated

The quality of water you drink may be the most important factor to your heart health.

Our bodies are made up of water. In fact, water molecules make up 99% of the molecules in our body.

Water flushes out the toxins in your body through the kidney and the bowels. Toxins can contribute to heart disease.

Water makes everything flow better. In short, our body organs essentially are bathing in water.

The type of water you drink is critical to your health. Avoid tap water. Tap water contains heavy metals, pollutants, and pharmaceuticals. Tap water contains fluoride and chlorine, two toxins that damage the thyroid and destroy good bacteria in your gut.

Bottled waters in plastic in many instances may be more harmful to your heart health than tap water. I wrote an entire blog post on the dangers of bottled water. [Read it here.](#)

There are some excellent waters in glass bottles. Our favorite is Pellegrino. It's great for an after-dinner treat (instead of ice cream). Mix with citrus juice or herbal tea. Delicious AND healthy.

To ensure you get high quality water all the time, consider installing a water revitalization system in your home. These systems remove harmful fluoride, acid and contaminants from the water. They also add back necessary minerals like magnesium, potassium, calcium, and sodium. These normalize blood pressure and normalize heart rhythm.

The [water revitalization system we use can be found here](#). Our research found it to be the best on the market.

We only drink our quality water out of glass containers. Glass prevents chemical leakage into the water. There are numerous affordable, quality glass containers you can take with you when being active or on the go.

Now it is time for me to pick on coffee. Specifically, caffeinated coffee. Coffee can raise blood pressure and lead to heart rhythm issues. Just recognize that caffeine may be a problem in YOU. And if you must drink coffee, drink only organic coffee. Coffee is one of the most heavily sprayed with pesticides crops in the world. Drink only organic coffee to avoid the chemicals.

7. Get chiropractic care

The body is very delicate. The car accident or sports injury when you were 16 is impacting your heart health NOW.

Women should get regular chiropractic care for good heart health.

Chiropractors remove subluxations of the spine that interfere with neurologic health. [Neurologic health is related to heart health](#). Poor neurologic health increases risks of heart attacks and cardiovascular disease.

By putting your autonomic system in balance, your body will do amazing things. Chiropractic is proven to lower blood pressure by 17 points! I have seen results with patients for conditions such as heart failure, atrial fibrillation, extra beats and skipped beats.

See your chiropractor regularly. To find one, ask a friend or search Yelp. Make an appointment. Tell the chiropractor you are there for heart help.

[Email us](#) if you need further advice.



8. Get away from chemicals



We are living in a world of pollution.

Air pollution is linked to heart attack, stroke, high blood pressure, and death.

Most women know that. What most women don't know is that indoor air pollution in many instances is worse than outdoor air pollution. In fact, scientific studies show indoor air quality to be worse than outdoor air quality.

Since oxygen is essential to life, air quality is of prime importance to heart health.

I recommend installation of an in-home air purification system. The one we use is the [Austin air purification system](#). It's proven to lower blood pressure and inflammation.

Another big heart health problem for women are the toxic chemicals found in personal care and household products. These toxic chemicals are a big cause of heart disease in women.

Take these steps to help rid your home of toxic chemicals:

- a) Use natural laundry products. No Tide, fabric softener or dryer sheets.
- b) Get rid of the air-fresheners and plug ins.
- c) Skip the perfume.
- d) Use natural cleaning products.
- e) Avoid toxic furniture that off-gases. This goes for paint, adhesive, AND that new memory foam mattress.
- f) Turn off the Wi-Fi at night.

One last thing, minimize electronics, especially in the bedroom. Make sure the cell phone is on airplane mode or at least far away from you if it must be active.

9. Take evidence-based supplements

By now you've picked up on the fact that I believe in natural approaches to heart health. No Big Pharma pharmaceuticals and no invasive procedures. Just sound, time-tested, scientifically-proven natural approaches.

Due to all the pollution in our air, deterioration of our water quality, toxins in our environments and depletion of our soils, it's impossible for most women to get the nutrients and minerals they need for heart health through food alone.

That's why I recommend the use of evidence-based supplements.

Evidence-based supplements are products that are ingested to bring further nutrients and/or minerals into your body. Evidence-based means there are scientific studies supporting the use of the supplement for better heart health.

There are several evidence-based supplements that should be a daily part of your healthy heart regimen:

- [Multivitamins](#) are essential. They offer a strong base foundation for good heart and overall health.
- [Probiotics](#) for gut health may be the most important supplement you take.
- [Beetroot powder](#) helps open blood vessels and lower inflammation.
- [Spirulina and chlorella](#) reduce toxins and heavy metals.

The research on quality evidence-based supplements and heart health is extensive and clear. That's why my wife and kids take these each day, along with our [Greens Drink](#). You should too.



10. Get tested



Get your blood tested by a great holistic physician in your area. They know how to properly test and analyze your blood results to help guide you to optimum heart health.

I recommend holistic physicians because they are concerned with whole body health. They are aware of all parts of you that contribute to your well-being.

Blood testing is critical to heart health. Testing helps determine your current medical condition. It helps identify areas of your health needing improvement. It helps determine progress and improvements.

Some of the heart health blood tests a holistic physician should run include advanced lipids, inflammation, intracellular nutrients, heavy metals, omega-3 level, homocysteine, vitamin D, thyroid, blood sugar and a variety of others. Your holistic doctor can guide you where you need to go.

Conclusion

Heart disease does not happen because of genetics or because we are a bad person.

There is a reason for heart disease.

Use these 10 simple tests. Find a holistic physician to guide your health journey. Pills and procedures are often unnecessary and carry significant risk.

Best of heart health to the women of the world.

Meet The Drs. Wolfson



The Drs. Wolfson are doctors who have emerged as two of the world's leading natural health physicians. Their natural health approaches have been featured on NBC and CNN, and in publications like the USA Today and The Wall Street Journal. They are amongst the most followed natural health doctors on [Facebook](#). Tens of thousands [watch their videos](#), hundreds of thousands read their posts each week, and more than 100,000 doctors and people like you have attended their training. For these results, Natural Awakenings Magazine named Dr. Jack Wolfson its Natural Choice Award Winner in the Holistic MD category.

Dr. Jack Wolfson is a board-certified cardiologist and author of the Amazon #1 best-selling book, [The Paleo Cardiologist: The Natural Way to Heart Health](#). Dr. Heather Wolfson is a chiropractor. Together, this husband and wife team are The Drs. Wolfson.