



Cardiovascular Wellness

Educate Yourself: It's more than just your heart

*"A study from King's College in London showed that **leg power** was a better predictor of aging than any other biomarker, including blood pressure or **cholesterol levels**."*

Barbara O'Neill

Australian Health Promoter

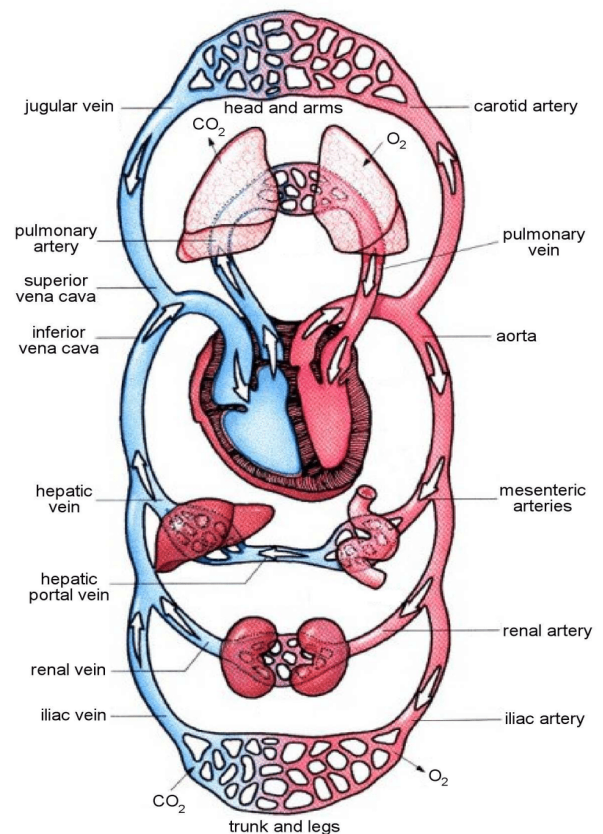
YouTube Podcast MLU40Vuv748

*"I have found statins of **no value** before or after a heart attack. They are associated with major side effects, some fatal. They also suppress the immune system, which increases the risk of infection and cancer."*

Russell Blaylock, MD

Blaylock Wellness Report

March 2025



CHOLESTEROL



80%

of the cholesterol in your body is made by your liver



20%

percent comes from the foods you eat



25%

of the cholesterol in your body is found in your brain

Cholesterol is a soft, waxy substance found in every cell in your body.

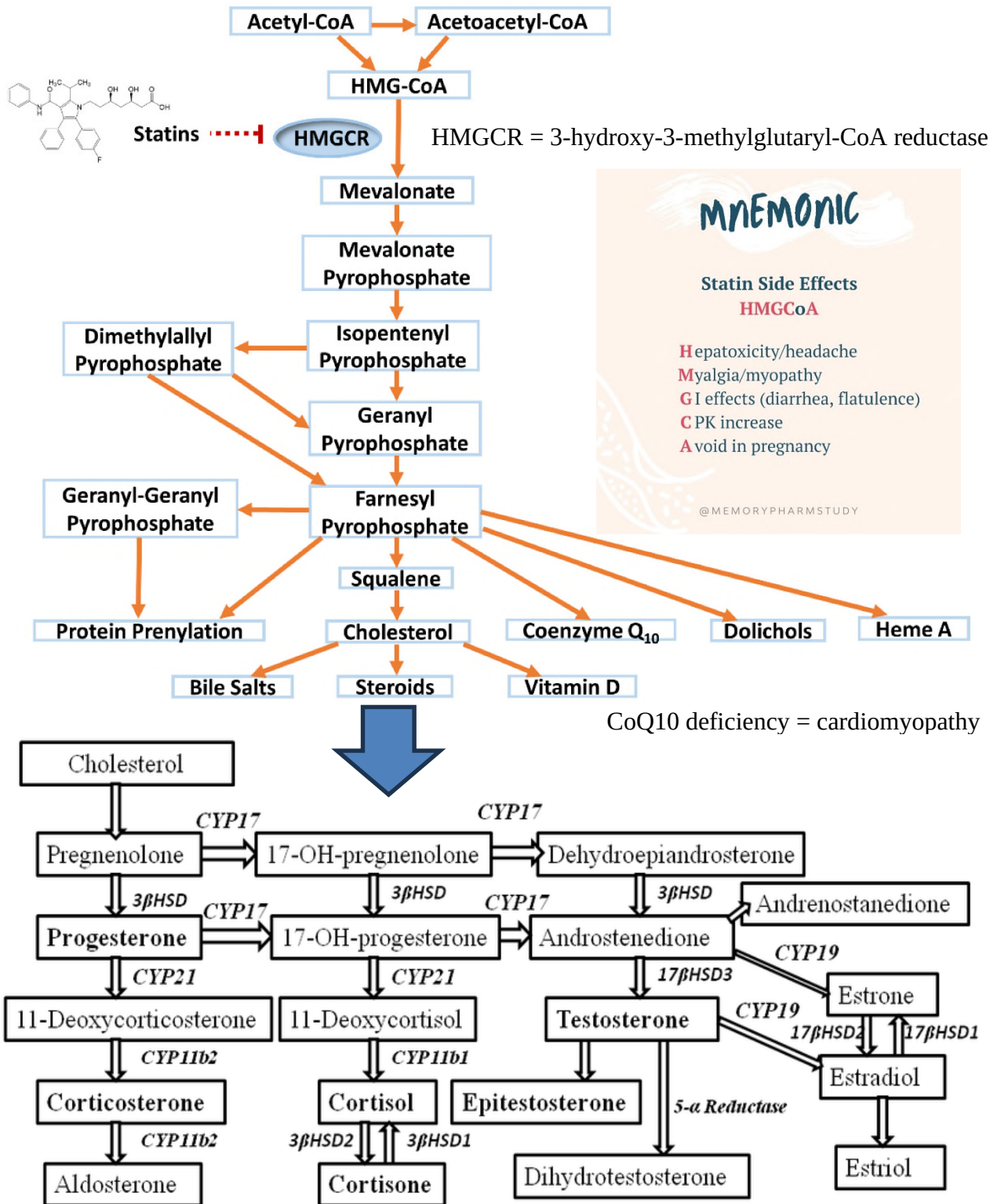
It is used to produce:

- Cell membranes
- Hormones
- Vitamin D
- Bile acids and more

Low levels of cholesterol have been linked to:

- Alzheimer's
- Depression
- Memory loss
- Stroke
- Violent behavior
- Suicide

Let's look at some metabolic pathways.



Why does my doctor keep checking my “cholesterol” and want me on drugs?

They are practicing traditional medicine. They do what their specialty boards require.

Traditional Lipid Panel Example: Patient A

This is data from a real patient. Should this patient be on cholesterol-lowering medication??

Total Cholesterol: 342 (reference range <200)
Total HDL: 147 (>40)
Total LDL: 179 (<130)
Triglycerides: 64 (<150)

If this is all your doctor orders, you need to understand how to calculate ratios.

- 1) Total Cholesterol divided by HDL should be < 4
- 2) LDL divided by HDL should be < 3

Let's check Patient A's ratios:

- 1) Total Cholesterol **342** divided by HDL **147** should be < 4. Result? **2.33**
- 2) LDL **179** divided by HDL **147** should be < 3. Result? **1.22**

How To “Cheat” on the Test

Patient M was required by her employer to have a lipid panel done. If her cholesterol was over 200, she had to be on cholesterol-lowering medication or pay a penalty of \$23 per week!

Fasting Labs drawn on 2/9/2014

Total Cholesterol: 325
Total HDL: 62
Total LDL: 236
Triglycerides: 121
Ratio T/HDL: 5.24
Ratio LDL/HDL: 3.8

Fasting Labs drawn on 3/21/2014 41 days!

Total Cholesterol: **169**
Total HDL: **65**
Total LDL: **90**
Triglycerides: **69**
Ratio T/HDL: **2.6** (Ideal <4)
Ratio LDL/HDL: **1.38** (Ideal <3)

What made the radical change?

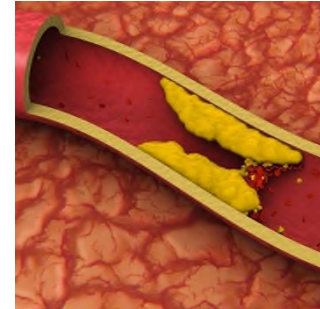
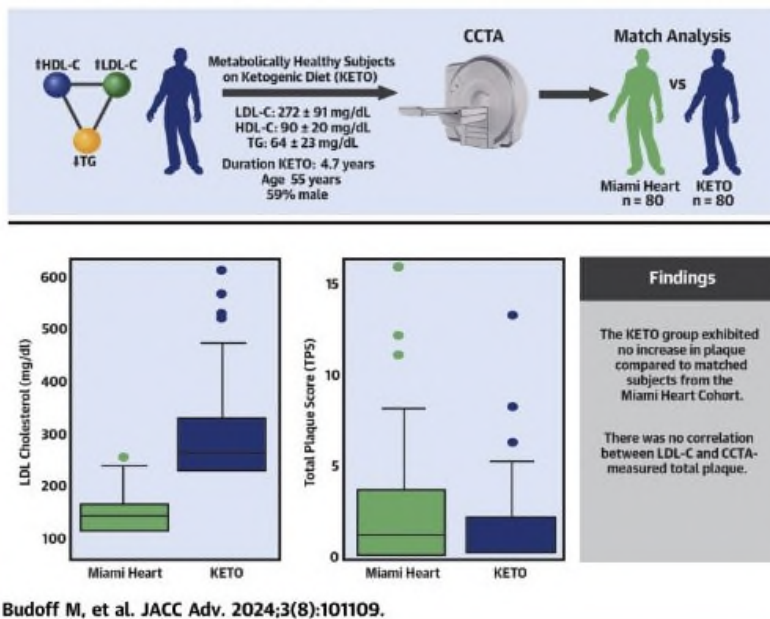
- 1: Started using all of the Herbalife heart health products.
- 2: Stopped eating out / prepared meals at home.
- 3: NO carbs 5 days prior to the draw – meat / eggs / cheese / fat

Does eating meat,
cheese, eggs and fat
raise your
cholesterol???

Big Pharma and traditional medicine want you to think this is what cholesterol does in your body when you eat meat and eggs: “Clogged arteries” will kill you. Take our medication so you don’t die.

3: Keto Diet's Extreme Cholesterol Spikes Don't Increase Heart Disease Risk

CENTRAL ILLUSTRATION: Coronary Plaque in Ketogenic Diet Hyper-Responders and Matched Controls



It's a lie.

Reported by Seed Oil Scout in their March 18 emailed newsletter.

SCIENTIFIC PROOF:

Meat, eggs, and cheese do NOT raise heart disease risk.

The Protocol:

Researchers examined "lean mass hyper-responders" - metabolically healthy individuals who had been on keto diets for an average of 4.7 years. They compared their coronary plaque burden using CT scans against matched controls with normal cholesterol and similar risk factors but 149 mg/dL lower average LDL.

The Result:

No significant difference in coronary plaque burden was found between keto dieters with extremely high LDL (272 mg/dL) and matched controls (123 mg/dL). Even more surprising, there was no correlation between LDL levels and plaque buildup. This challenges conventional wisdom that high LDL cholesterol always increases heart disease risk, at least in metabolically healthy individuals.

If Cholesterol isn't the Problem – What is?? Inflammation & Nutrient Deficiencies

COMMENTS: FASTING-YES

Cardio IQ®

Test Name	Current		Risk/Reference Interval			Units
	Result & Risk		Optimal	Moderate	High	
	Optimal	Non-Optimal				
LIPID PANEL						
CHOLESTEROL, TOTAL	179		<200	N/A	>=200	mg/dL
HDL CHOLESTEROL	54		>=40	N/A	<40	mg/dL
TRIGLYCERIDES	123		<150	150-199	>=200	mg/dL
LDL-CHOLESTEROL		103	<100	100-129	>129	mg/dL (calc)
CHOL/HDL-C RATIO	3.3		<=3.5	3.6-5.0	>5.0	calc
NON-HDL CHOLESTEROL	125		<130	130-189	>=190	mg/dL (calc)
LIPOPROTEIN FRACTIONATION, ION MOBILITY						
LDL PARTICLE NUMBER		1326	<1138	1138-1409	>1409	nmol/L
LDL SMALL		282	<142	142-219	>219	nmol/L
LDL MEDIUM		310	<215	215-301	>301	nmol/L
HDL LARGE		4304	>6729	6729-5353	<5353	nmol/L
LDL PATTERN		B	A	N/A	B	Pattern
LDL PEAK SIZE		216.2	>222.9	222.9-217.4	<217.4	Angstrom
APOLIPOPROTEINS						
APOLIPOPROTEIN B	82		<90	90-119	>=120	mg/dL
LIPOPROTEIN (a)	45		<75	75-125	>125	nmol/L

For details on reference ranges please refer to the reference range/comment section of the report.

Total Cholesterol: >200, but know that this is just a product of addition. Ideal range 180 – 240 ng/dl.

HDL: The so-called “good” cholesterol. Higher is better. There are no drugs that can raise HDL.

Natural Options: “Niacin... This B vitamin is known to effectively increase HDL cholesterol levels and also lowers triglycerides and LDL cholesterol.” *Google AI*
Exercise can also be helpful.

Triglycerides: Triglycerides measure the “fats” in your blood, but in reality, it tells us the effects of your dietary choices, especially the previous 24 hours. Lower is better. High carb = higher blood sugar = inflammation.

Drugs: prescription fish oil.

Natural Options: real fish oil, reduce bad fats and processed sweets.

LDL: Low-density lipoprotein (LDL), the so-called bad cholesterol is only dangerous when it becomes oxidized and how much LDL you have is far less important than how much of your LDL is oxidized. High levels are also in response to excess carbs in your diet. Optimal is <100 mg/dl.

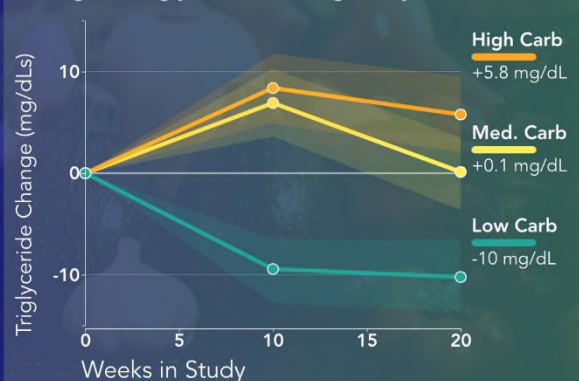
Drugs: Statins are the most commonly prescribed medications for high LDL. See the Lipoprotein (a) level? It's the worst of the LDL and is made worse by statin medication.

Natural options: Good quality fish oil, plant sterols, garlic, vitamin C, get rid of bad fats, exercise, good sleep.

Triglycerides vs Carbs in Diet

Patients assigned to low carb diets had lower Triglycerides, a “bad lipid,” in their blood.

Change in Triglycerides During Study



Clearvue Health

Source: The BMJ

What Labs Don't Get Checked – But Provide Critical Information?

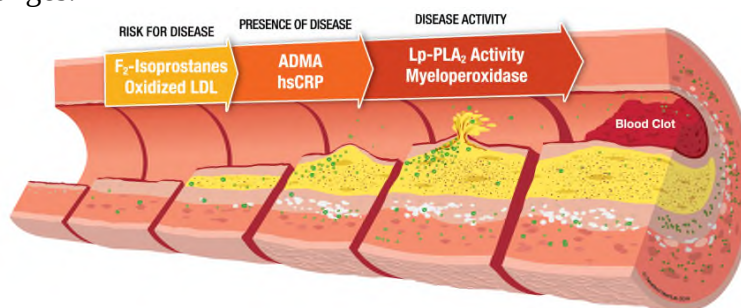
Oxidized LDL: If you have heart disease of any kind, this one should be monitored. High levels of OxLDL increases risk of heart attack by 4 times. Ideal is <60 units/liter. Lower is better. Never checked. No drugs available.

Natural Options: Garlic, dietary changes.

ADMA/SDMA: Biomarkers that can indicate early signs of cardiovascular disease (subclinical atherosclerosis) and kidney damage. ADMA <100ng/ml SDMA 73-135.

No drugs available to reduce.

Natural: Stop smoking and alcohol. Improve endothelial status with Niteworks, get more sun / red light.



hsCRP: C-Reactive Protein, produced by the liver in response to inflammation in the body. General indicator of inflammation in the body. 0.8 - 1.0 mg/dl is normal. Lower is better. Smoking dramatically increases CRP.

Drugs: Statins (????)

Natural: Vitamins C and D, Omega-3, garlic, magnesium, curcumin.

Lp(a): From the American Heart Association site: "Lp(a) is not frequently measured because there are no treatments currently available." There are two different drugs in trials. Statins make it worse.

Natural: Garlic, Niteworks (endothelial repair)

Fibrinogen: a protein that plays a key role in blood clotting. It is very sticky. High levels is a powerful predictor of increased stroke risk. The normal fibrinogen levels for an adult range between 200 and 400 milligrams/deciliter.

Drugs: Eliquis and other blood thinners

Natural: Exercise, better dietary choices, fish oil, garlic, stop smoking, moderate alcohol consumption. Aspirin, Nattokinase.

HgbA1C / Insulin: HbA1c stands for glycated hemoglobin. It is a blood test that measures the average blood sugar (glucose) level over the past 2-3 months. Levels of 5.7% and 6.4% suggests prediabetes. Lower is better. Insulin should be <12 mIU/Liter and should always be drawn while fasting >12 hours.

Drugs: Metformin, GLP-1s such as Ozempic, Wegovy (The successful development of glucagon-like peptide 1 (GLP-1) analogues, derived from the venomous saliva of a lizard from the Helodermatidae family (Gila Monster)).

Natural: Where to start? Clean up the diet, Snack Defense, Akkermansia

Homocysteine: An amino acid that is a byproduct of metabolism and tells about your ability to methylate, or turn genes on or off. High levels damage the endothelium, causes blood clots, increased stroke risk. Normal ranges of homocysteine are 4-15 micromoles/liter. Low levels are found in low methionine diets (vegetarian/vegan).

No Drugs available. Natural: B-vitamins, betaine, magnesium, zinc.

Hypertension: Known as the “silent killer.” **Both** numbers are important, but are THESE numbers realistic? Or designed to sell medication?

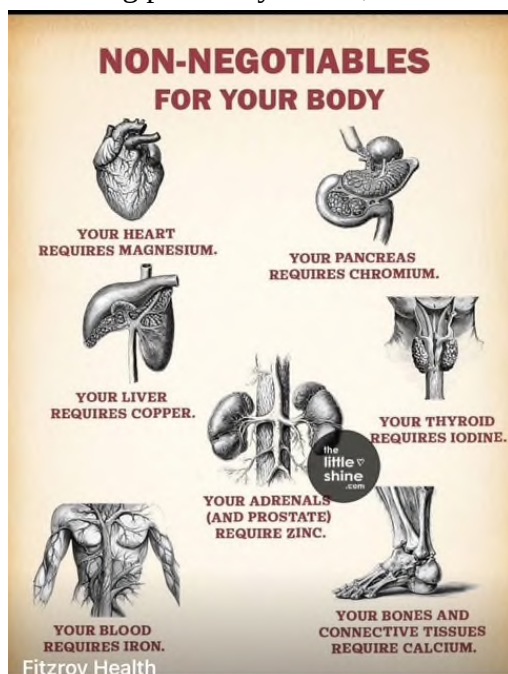
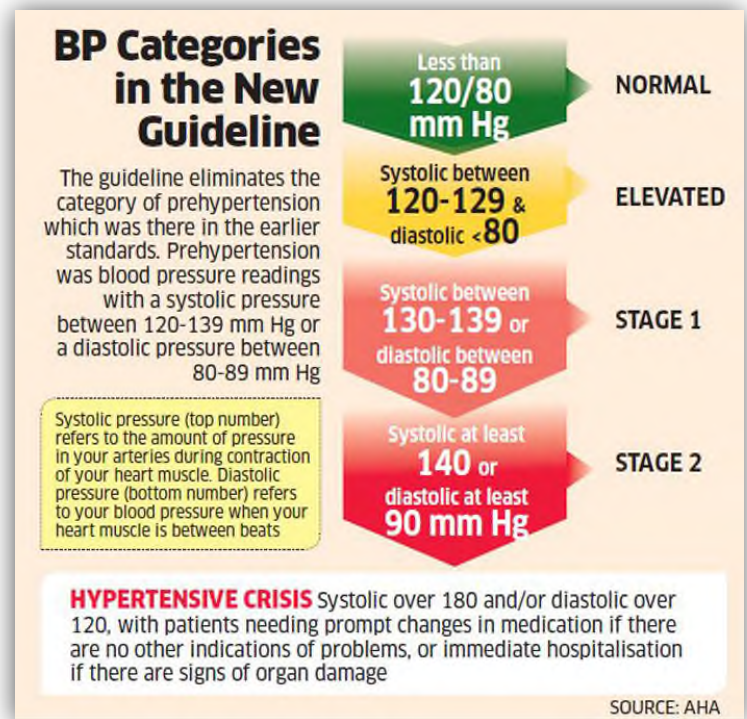
Dr Brownstein says when he was in medical school, the rule was “Age + 100” for the systolic pressure.

Track your pressure at home. Don’t trust the reading at the doctor’s office.

Drugs: So many, ALL have side effects.

Natural: Omega-3 to 6 ratios, Nitworks, Hawthorn, electrolytes. Lose weight. MORE unrefined sea salt – not less.

Magnesium: Needed for every muscle contraction (like heart beats). It is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and



nerve function, blood glucose control, and blood pressure regulation.

Magnesium is required for energy production, oxidative phosphorylation, and glycolysis.

There are 2 ways to measure it:

Serum magnesium and RBC magnesium.

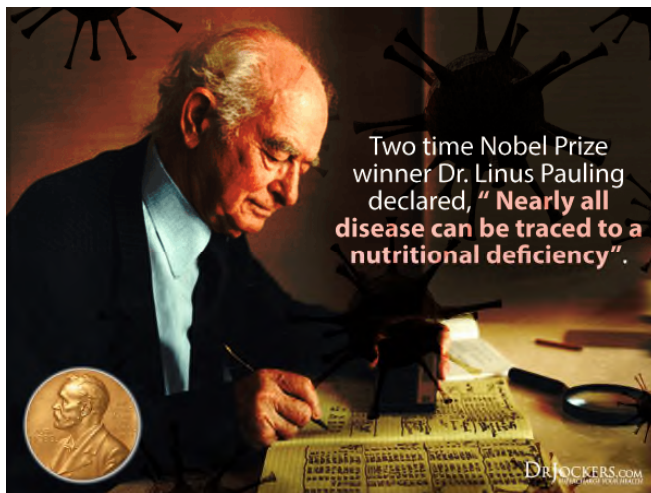
Serum range is 1.7 to 2.2 mg/dl.

RBC range is 4.0-6.4 mg/dl. Ideal RBC level is >5.5.

Natural options only:

Epsom salt baths, magnesium supplements.

Food sources: whole wheat and other whole grains; spinach and dark, leafy greens; almonds, cashews, and peanuts; dark chocolate; black beans, other legumes; edamame, soy.



Vitamin C: Chronic scurvy = cardiovascular disease. Never addressed by traditional medicine. You almost can't get enough. "Bowel tolerance" is how you determine dose.

Vitamin K: K1 affects blood clotting. Toxicity is rare. Deficiency can cause bruising, bleeding, blood in stool.

K2 affects vitamin D and calcium metabolism. Deficiency causes weak bones and cardiovascular disease.

BEST NATURAL SOURCES OF VITAMIN K1 & K2

Vitamin K1

DARK GREEN LEAFY VEGETABLES (SPINACH, KALE, COLLARDS, LETTUCE)

TURNIPS

BROCCOLI

CARROTS

VEGETABLE OILS

BLUEBERRIES

GRAPES

Vitamin K2

SOYBEANS

SAUERKRAUT

DAIRY PRODUCTS (HARD CHEESES)

LIVER (AND OTHER ORGAN MEATS)

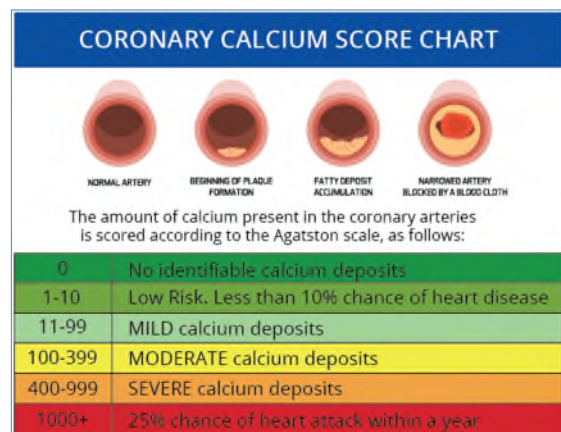
BEEF, PORK, CHICKEN

EGG YOLKS

FATTY FISH, SUCH AS SALMON




www.Ecosh.com
Visuals: Maria-Helena Lolk



What are some other things that affect cardiovascular status?

Iron stores. Too much causes inflammation. Check hemoglobin, iron and total iron binding capacity.

Thyroid disease. Low T3 puts the body into hibernation causing cholesterol to rise.

Periodontal disease. Inflammation of the gums correlates to inflammation of coronary arteries.

EMF exposure causes an influx of calcium into the cell, destabilizing the electrical signature of the cell, causing a heart attack.

Order your own labs: www.UltaLabTests.com/partners/SupplementalWellness
Once you create your account, in the search bar type the word **supplemental**.
This will bring up the Supplemental Wellness Functional Medicine workup.

Take Action:

What are the main steps we can take to prevent cardiovascular disease?

1) Prevent Inflammation!

- Stop smoking!
- Reduce sugar consumption. Continue to work on your weight loss goals.
- Take supplements to reduce inflammation (*Herbalifeline*)
- Take supplements to reduce oxidation (*MegaGarlic*)

2) Prevent High Blood Pressure

- See #1
- Know what your blood pressure runs. The bottom number should be less than 80.
- Increase nitric oxide levels (*Niteworks*)
- Consume only the proper type of salt (Unrefined sea salt only)
- Check magnesium levels (RBC magnesium, not serum, should be above 6.0)

3) Support Your Cardiovascular System with Supplements

- Increase nitric oxide and vitamin C levels (*Niteworks*)
- Omega-3s are critical. Get tested. Ideally, your Omega-3 level would be 8%
- CoQ10 protects your heart and brain (*CoQ10 Plus*)

4) Engage in a Healthy Lifestyle

- Work with your physician to reduce or eliminate prescription medications.
- Rest / Sleep (*Sleep Now / melatonin*)
- Reasonable and appropriate exercise, low stress.
- Sunshine / Red Light (*and vitamin D supplementation if you're below 60 ng/dl*)

Resources for Further Study:

A Midwestern Doctor (2024, Oct 18) *The Dangers of Statins*.

A Midwestern Doctor (2024, Nov 7) *The Vast Overtreatment of Blood Pressure*.

Brownstein, David (2009, Medical Alternatives Press) *Drugs That Don't Work and Natural Therapies That Do!* (2nd Edition).

Brownstein, David (2010, Medical Alternatives Press) *Salt Your Way to Health* (2nd Edition).

Brownstein, David (2015, Medical Alternatives Press) *The Statin Disaster*.

Cheng, Richard and Levy, Thomas (2025, Jan 10) *Orthomolecular News* Understanding the Root Causes of Dyslipidemia in Atherosclerotic Cardiovascular Disease.

Cobb, Daniel (2017, May, *The Townsend Letter: The Examiner of Alternative Medicine* pp 27 - 32) Stop Fixing the Adaptive Response: Why Cardiovascular Disease Should Be Named Chronic Scurvy.

Félétou, Michel (2011, Morgan and Claypool Lifesciences) *The Endothelium*.

Ignarro, Louis (2005, St Martens Press) *NO More Heart Disease: How Nitric Oxide Can Prevent Even Reverse Heart Disease and Strokes*.

Ignarro, Louis (2013, Health Value Publications) *The New Heart Health: Discover the Power of the Endothelium*.

Kendrick, Malcom (2007, John Blake Publishing) *The Great Cholesterol Con: The Truth About What Really Causes Heart Disease and How To Avoid It*.

Mercola, Joseph (2024, Aug 29) *The Many Forgotten Health Benefits of Aspirin*.

Moore, Jimmy (2013, Victory Belt Publishing) *Cholesterol Clarity: What the HDL is wrong with my numbers?*

Sinatra, Stephen and Bowden, Jonny (2012, Fair Winds Press) *The Great Cholesterol Myth*.

What Doctors Don't Tell You (2024, December) *The Hidden Cause of Heart Disease*