



Transcript: #404 How Toxins Contribute to Cardiovascular Disease with Dr. Jack Wolfson

Wendy Myers:

Hello everyone. I'm Wendy Myers. Welcome to The [Myers Detox Podcast](#). Today we have Dr. Jack Wolfson on the show, and he's going to be talking about the number one killer in America and how toxins play a role. Dr. Jack Wolfson talks about so many things today. He talks about the number one killer of women. He talks about how you need to think about the terrain theory of disease, where you are improving the health of your body as opposed to worrying about the germ theory, where you get an infection or a virus or a pathogen and you worry about focusing on killing that thing. Because if your terrain is healthy, you are more resilient to disease. You're very less likely to get a disease or die from a disease if your terrain in your body is healthy.

Wendy Myers:

He talks about all the things you need to do to create a healthy terrain. We talk about pharmaceuticals, the pharmaceutical industry, and how they are pushing medications on people unnecessarily. I talk about my own experience with my father, who I feel like my father died from taking statin cholesterol-lowering medications, and then that led to diabetes, which it's shown that statins lead to diabetes in the research. 50% of people that are taking statins and then go on later to develop diabetes and then they get on diabetes medications and they gain more and more and more weight, taking insulin because insulin is the hormone that tells your body to store fat, and then that can lead to cancer. So that was the path my father went on, and I fear that's the same fate for millions of Americans. Going on the traditional cardiovascular treatment protocols that are offered.

Wendy Myers:

Our guest today is Dr. Jack Wolfson, and he's a board certified cardiologist and number one best-selling author on Amazon. He's also a husband and father and the nation's number one natural heart doctor. For more than two decades, more than one million people have enjoyed his warmth, compassion and transformational power of his natural heart health courses and events. Dr.

Wilson is the founder of Wolfson Integrative Cardiology, his heart health practice in Arizona. He's also founder of naturalheartdoctor.com, which is an online resource center with natural heart information. He's also been named one of America's top functional medical doctors and is a five-time winner of the Natural Choice Award as a holistic MD. Dr. Wolfson's work has been covered by more than 100 media outlets, including NBC, CNN and The Washington Post. He's a natural cardiologist called upon by doctors and people from across the globe for his natural heart health treatment and advice.

Wendy Myers: He's also the best-selling author of *The Paleo Cardiologist: The Natural Way to Heart Health*, which we'll talk about on the show. Dr. Wilson and his wife, Heather, have four children and are committed to making the world a better place to live through their philanthropic efforts. They provide for those in need, including animal rights and causes supporting natural health. You can learn more about Dr. Jack Wolfson and his work at naturalheartdoctor.com.

Wendy Myers: Dr. Wolfson, thanks so much for coming on the show.

Dr. Jack Wolfson: Oh, it's a pleasure to be on Wendy and love getting the message of health and wellness out there. I certainly appreciate everything that you do. Again, great to connect.

Wendy Myers: So why don't you tell us your story. So what led you down the path of becoming a cardiologist, and then what led you down the path of really going more into alternative health?

Dr. Jack Wolfson: My father was a cardiologist. In fact, he was a DO, and he was the first DO at the Cleveland Clinic in 1970 so I was born in Cleveland when he was there. Then he became the first DO at the University of Iowa. Then he became the head of cardiology in Chicago at Midwestern University. Again, I would follow directly in his footsteps. He actually became a DO because his cousin was again a DO, and then he followed in his footsteps. I followed in my dad's footsteps and all of his friends, and that's what I do.

Dr. Jack Wolfson: I would go through four years of osteopathic medical school, three years of internal medicine, three years of cardiology. So I finished up my medical training. I'm 31 years old. I go out to Arizona, join this big cardiology practice and am super busy in the hospitals. Angiograms, pacemakers, all the high-tech cardiology stuff, seeing the sickest of the sick. I see death and destruction all around me.

Dr. Jack Wolfson: My father, unfortunately, was becoming sick at that time with a Parkinson's-like illness. We take him to the Mayo Clinic, the Mayo Clinic doesn't know what's the matter with him, and they don't have any reason why he's sick. No treatment. At that time I met this 29-year-old chiropractor. She's like, "I'll tell you why your dad's sick. Your dad's sick because he eats lousy. The unhealthy lifestyle, some other things." She's like, "If you want to avoid becoming like your father, you

better change." So I listened to what you had to say because I saw the sickness in my father, saw the sickness all around me and I started to become much more natural and eventually a holistic and integrative cardiologist. I would leave the big cardiology group and start my own practice. I guess the rest is history. That's the really condensed, quick version there Wendy.

Wendy Myers: I love that you are committed. We need more holistic integrative cardiologists. We need more people addressing the body as a whole. This is for me, I'm very passionate about this because my own father took statins for 10 years and he had a stent put in and he really struggled with traditional allopathic medicine and all the treatments. The statins led to diabetes, and the diabetes led to cancer. The statins made him to where he had muscle atrophy. He had to go into a nursing home because he couldn't even walk to the bathroom. It's really devastating, a lot of treatments people are getting. There's so many better ways. So that leads me to the first question I have for you. What is the number one killer of women today?

Dr. Jack Wolfson: The number one killer of women is heart disease most certainly. To your point, where are all the other holistic cardiologists, there's not many of us, because again, the financial incentives to stay inside of the current medical model are just absolutely tremendous. Then of course the medical doctors, they don't want to entertain any outside ideas because it breaks their confidence as far as how they practice. Doctors, of course, everybody wants to be around a confident doctor who's confident in their diagnoses. But again, if we allow these outside thoughts to come in, it really wrinkles and damages that system.

Dr. Jack Wolfson: But women unfortunately, they're dying of cardiovascular disease. Number one killer, heart attack, stroke, lots of atrial fibrillation, women with palpitations, flip flops, skipped beats, cardiomyopathy. Look at even stress-induced cardiomyopathy. Young women Takotsubo cardiomyopathy is what's called a stress-induced or broken heart syndrome typically seen in women that are between 40 and 60. They get that diagnosis.

Dr. Jack Wolfson: Another thing that's common in women and becoming more common is SCAD, spontaneous coronary artery dissection. Again, that's usually in a stressful situation under extreme stress. Could also be pregnancy-induced oftentimes, from women also that take ... Sometimes hormonal therapies can also play a role there. So kind of cancer and breast cancer, for example, gets a lot of attention. But of course, when you talk about women, it's cardiovascular disease. Number one killer.

Wendy Myers: Yeah. Both my grandmothers died of different forms of heart disease. What role do you think toxins are playing in all this heart disease?

Dr. Jack Wolfson: Yeah. Well, I know obviously your expertise, and I had you on my show and we talked a lot about toxins. Listen, fundamentally, you're talking about relatives and all the millions of people around the world that are taking aspirin and statin

drugs and blood pressure drugs. Quite simply, people are not deficient in pharmaceuticals, but they are deficient in the right food. They are deficient in a healthy lifestyle. Sleep and sunshine and stuff like that.

Dr. Jack Wolfson: They have an excess of these environmental toxins and the metals and the molds and the plastics and phthalates and parabens and pesticides and VOCs. We are just getting absolutely destroyed by these environmental contaminants and yeah, it winds up in cardiovascular disease for sure. Unfortunately, Wendy, is that it's all in the medical literature. It's all there, right? I mean, it's all there. The medical doctors just don't read that stuff. Again, much of medical education really comes from pharmaceutical companies. So pharmaceutical companies aren't interested in talking about air pollution and heart disease or toxic metals or mold mycotoxins or environmental toxins. They're not interested in that because obviously it doesn't sell their products. So that's why I appreciate the opportunity to talk with you and your tribe about the truth, about how we can really make a difference.

Wendy Myers: What are the preventative measures that people can take against toxins to aid in preventing cardiovascular disease?

Dr. Jack Wolfson: Well, I think really, and a lot of the stuff, obviously you share with your tribe as well. For one thing, I tell people that no matter what diet you're on, whether you're vegan, vegetarian, Mediterranean, Paleo, Keto, carnivore, just make your diet clean, just get the poison out of your food. So what does that mean? It means eating organic food. Really make a big effort into doing that. You've heard people over the years, I'm sure many, many, many times, "Oh, I can't afford to eat that way." Well, A, you can't afford not to eat that way. And B, maybe there's some other areas of your life where you could save money, like stop going to Starbucks and getting a Frappuccino or stop getting your hair done, stop getting your nails done, stop getting new clothes, new cars, houses.

Dr. Jack Wolfson: Again, take care of yourself first. Feed yourself first. Get the chemicals out of your food. That's a huge, huge place to start regarding detoxification. Then of course you start looking at it quite simply, I tell my patients, "Everything you bring into your house, everything you bring into your house, is it toxic or not? If it's toxic, don't bring it in. If you're not sure, don't bring it in. But every purchase that you make and everything that walks in through your front door again, is it toxic or not? And if it's toxic, don't bring it in."

Wendy Myers: Do you believe that detoxing can reverse the damage already done? If you have heart disease or you're suffering, you have high cholesterol, do you think detoxing can reverse some of that damage?

Dr. Jack Wolfson: 100%. 100% I can. I've seen it obviously with my patients over the years. I think, symptoms-wise, a lot of people that are struggling with fatigue or weight gain or anxiety, insomnia, hormonal issues and then obviously cardiovascular issues, diabetes issues, brain issues. I think you and I both can sit here and go back and

forth with stories of patients and clients who we put them on a detoxification program and they improve tremendously. Tremendously. Again, we're seeing people get off blood pressure drugs, cholesterol drugs, and improvements of heart function. One of, again, the biggest pain points in cardiology patients is atrial fibrillation, irregular heart rhythms. We see people improve because again, all of these environmental toxins and pollutants lead to inflammation. Everybody knows inflammation is bad. Every cardiologist knows inflammation is bad. Their treatment is Lipitor, our treatment is to remove those environmental toxins. Inflammation comes down naturally, and now we are able to really solve people's issues.

Wendy Myers: What type of diet do you typically recommend for people? Because I know there's doctors that recommend the vegan diet and vegetarian diet and getting all the fat out of your diet. What is your approach?

Dr. Jack Wolfson: I think really my approach is the common sense approach, and that's what I talk about in my book. That's just living like our Paleo ancestors. We are hunter-gatherers quite simply. So every society in the history of the world has been a meat and/or seafood eater. Every animal on planet Earth either eats other animals or they eat a lot of insects. So the vegan really is an experiment. I believe it's a deprivation. I believe it's a problem. I love animals as much as anybody does, and my wife and I donate to a lot of animal charities and animal cruelties. When I talk about eating animals, we're talking about free range, grass-fed, pasture-raised animals, and we're talking about wild seafood. I think that when we do that, we get the best outcome.

Dr. Jack Wolfson: So that takes us to what I believe again, is that clean Paleo eating. Again, always being organic, always being gluten-free. Paleo foods. Then from there, I think there's a lot of people these days talking about going carnivore. I think carnivore, in my opinion, where you're eating the majority is seafood and meat and eggs. I think that there's room for that really as a cleanse and as a detox. I don't know what you think, and as far as your clients and what they're experiencing with that.

Dr. Jack Wolfson: But I personally at this time, I think that if I were to advise people on kind of like a cleanse or a detox diet, I would be more apt to go with a carnivore approach, as opposed to you hear so many people talking about, "Well, I'm going to do a greens juice cleanse or a greens fast, and I'm going to go raw vegan," because the detoxification pathway really, the number one detoxifying compound in our body is glutathione. You make glutathione from eating animal products. That's all there is to it. So if we're talking about best ways to detox and you talk about all the different B vitamins. What's the best source of B vitamins? It's liver. So using that kind of strategy, Wendy, I think is the best approach.

Wendy Myers: Yeah. I agree. I mean, we also get lots of minerals from animal proteins as well, and we need taurine. Your liver can't detox without taurine, and you don't get

that on a vegan or vegetarian diet. You don't get any B12 as well. So definitely lots of problems with the vegetarian diet.

Wendy Myers: Let's talk about pharmaceuticals. So you go to your cardiologist, you're having some high cholesterol. Why are pharmaceuticals not always the answer, because I know from my family members and so many of my clients that the doctors are always pushing anti-cholesterol medications. My mother had a cholesterol of 180, and it was being pushed on her saying that it was high. It's just insanity.

Dr. Jack Wolfson: Yeah. I think it is true that from the first day of medical school, it is all about the pharmaceuticals, it's all about surgeries, it's all about tests. It's never about cause, it's never about prevention. It's just because again, the medical schools are owned by the pharmaceutical industry. What that means really is that when you go to your medical doctor, again, they are not trained in nutrition, they're not trained in lifestyle, they're not trained in environmental toxins and certainly not detoxification. They are trained in pharmaceuticals. In the cardiology office that really starts with statin drugs and this kind of everybody should be on statin drugs when statin drugs are notorious for causing a lot of side effects, a lot of damage. Really, since they don't address the cause, that's the most dangerous thing. Because even if you say statin drugs work, certainly they can lower numbers down. That's for sure.

Dr. Jack Wolfson: But what we really need to know about is not number reduction, we need to know about does it reduce heart attack and strokes? And some data says that statins do, but it's not enough to reduce someone's heart attack risk from five percent to four percent. It's when you work with doctors like Jack Wolfson and people like Wendy Myers, now we're talking about how do we get people into the zero risk category. That's where I want to be. That's where you want to be. That's where our clients want to be, in the zero risk category.

Dr. Jack Wolfson: I'll talk back to my father. For example, statin drugs certainly reduce cholesterol, but they also reduce CoQ10. That's in the literature. They also reduce other compounds, including something called dolichol. Dolichol is a steroid-like hormone that is found in the substantia nigra of the brain. So my father died of a substantia nigra Parkinson's-like illness. Dolichol is found there. My father took statin drugs. Another thing that decreases dolichol levels is alcohol, and my father was an alcohol drinker. So you start putting these factors together, you see really that it's a problem where the pharmaceuticals are actually causing damage in these conditions and they're not addressing the cause.

Dr. Jack Wolfson: Then one final note that there was a study that came out in 2017 called the ASCOT-LLA trial. It was in JAMA, Journal of the American Medical Association that showed that people aged 65 and older had on average an 18% higher risk of dying if they took statin drugs versus placebo. If you were 75 and older, your risk of dying was 34% higher in the statin group category. So it got zero publicity. It got zero mention of course, on mainstream media, which is again, owned by pharmaceutical companies that advertise on there. Every other commercial is

pharmaceuticals. So when you look at that data, it's absolutely scary. So of course, I'm not telling you, "Hey, stop your drugs." Talk with your doctor or find a doctor to work with who can help you get off those pharmaceuticals. But again, we're not deficient in pharmaceuticals, we're deficient in health.

Wendy Myers: One thing I find really shocking is that when you take statins, cholesterol-lowering medication, it poisons the enzymes in your liver that produce CoQ10 and you need CoQ10 for your heart to function and to be healthy. It's just crazy to me that doctors will prescribe statins and not also recommend supplementing with coenzyme Q10.

Dr. Jack Wolfson: Again, it's just that lack of knowledge of even what CoQ10 is. It's like, "Yeah, we learned about it in medical school, but we forgot about it. We just don't see that really as an issue." It is sad. It's unfortunate.

Wendy Myers: What is one red flag that a conventional cardiologist says to a patient that should make the patient question their treatment approach?

Dr. Jack Wolfson: Again, just ask your doctor if you're trying to get out of them, why. "Why would you say my cholesterol numbers are abnormal?" Or, "Why do I have coronary artery disease?" Or, "Why do I have atrial fibrillation? I know you're offering me all these different therapies. I know you're offering me ablations and pharmaceuticals and cardioversions, but what about the why? I'd like to reverse this naturally." You're going to get a quick blank look from them, because again, they're going to say, "Well, we don't know why. You're getting older or maybe it's in your family or it's just because." They're incorrect because there are so many things when we talk about ... We know air pollution is linked to heart disease, atrial fibrillation, and stroke risk, for example.

Dr. Jack Wolfson: So what about just taking that one step? How do we improve our air quality? Looking at that. Listen to this, Wendy, as far as pesticides. There's one particular class of pesticides that are very common. When they looked at tertiles of pesticide levels in people, so again, you break it down into a lower third, middle third, and upper third, the people with the upper third level of exposure to pesticides had a 300% higher risk of cardiovascular death. So to me, of course, I'm trying to prevent myself from dying. I want to reduce my pesticide exposure. Again, it's in the literature, but the medical doctors, they're so busy with so many patients. Then again, if the education is controlled by the pharmaceutical industry, the pharmaceutical industry has no incentive to show the doctors that the problem is pesticides.

Wendy Myers: Absolutely not. What is the one thing that you wish everyone with cardiovascular disease should know?

Dr. Jack Wolfson: Well, I think, once again, that it is entirely preventable. When you look at the food, when you look at the importance of sleep and of sunshine, you look at the importance of mental health and wellness, you look at these toxins that

obviously you talk about so, so well, this is stuff that really has to come to the forefront. This is how we're going to not only help with cardiovascular disease, but cancer, brain-based disorders.

Dr. Jack Wolfson: There's this kind of scare going on around right now for the last 18 months about a particular virus that everybody is all up in arms about. Again, healthy people do not succumb to viruses. If we give the body what it needs, take away what it doesn't, that's our survival tool. There was one article that I saw that said glutathione deficiency is the biggest risk factor for serious manifestations of COVID. Now, again, most medical doctors really haven't even heard of glutathione since medical school. They're certainly not checking glutathione levels and 100% of the time, they're not offering strategies that increase levels of glutathione. In fact, their strategies would decrease levels of glutathione. Maybe the most famous thing for that, for example, would be Tylenol, acetaminophen, which is a known destroyer of glutathione.

Dr. Jack Wolfson: So the number one strategy we're looking at really, as far as health and wellness from that scenario, of course, is using tools and strategies to increase glutathione levels. We talked about that, how you get that from animal products, you get it from seafood, you get it from sulfur-containing vegetables, garlic, onion, and grass-fed vegetables. Drinking Pellegrino water can be a good source of sulfur that helps to increase glutathione. So again, this is what the conversation has to be. So again, I so appreciate being on your show to be able to express these opinions so we can really just get this ground movement going because it's not going to come from the insurance companies, not going to come from the medical doctors, it's not going to come from the television set and mainstream media. It's really just going person to person when people share our information.

Wendy Myers: All these tips you suggested are all improving your health systemically, your whole body, not just focusing on one body part or your heart or viruses or anything like that. I think the blessing of this whole pandemic is that people are really focusing on their health. It's really kind of scared the crap out of them to start focusing on their health. It's been kind of a blessing in disguise. Very inconvenient and very scary, but at the same time we think of it as a blessing as well.

Wendy Myers: So you mentioned your book. Can you tell us a little bit more about that and the title and everything?

Dr. Jack Wolfson: Yeah, sure thing. Thank you. So my book is called [*The Paleo Cardiologist: The Natural Way to Heart Health*](#). It's about the right nutrition, it's about the correct lifestyle and it's been fantastic. It's gotten into a lot of peoples' hands and really changed a lot of people's lives so it's wonderful. My book is available for free at freeheartbook.com. Again, freeheartbook.com. Anybody can get it, just pay shipping, and we'll get a copy of the book for you. It's a great book for you to read, give it to someone that you love. Give it to your cardiologist and say, "Hey,

this guy is saying a different thing." Maybe we can reach the cardiologists that way with the book.

Dr. Jack Wolfson: Again, it's been endorsed by some cardiologists, but a lot of my cardiology buddies, if you will, and fellow trainees have read the book and they say, "Love the book." They say, "Do not tell anyone that I said I loved it or endorsed it," because that's just like career suicide, if you will, to endorse a book on natural healing. I love putting the information out there and there's so much disinformation and people, of course, they go to their doctor and they listen to what their doctor has to say. They're not questioning enough. I think now we have to really question everything. And that really pertains to the pandemic as well as just questioning everything.

Dr. Jack Wolfson: In fact, there was a journal article that came out yesterday in the New England Journal of Medicine, the September 15th edition. One of the biggest medical journals in the world, where they showed the six-month data on vaccinated versus unvaccinated in their randomized placebo controlled trials. It turns out that 15 people died in the vaccinated group, 14 people died in the unvaccinated group. Yet, you turn on the television and they're talking about how the vaccine is saving hundreds of thousands of lives. Yet in the trial, the randomized trial, it didn't show that. It didn't show it saving any lives. So it just goes again, to show you what the agenda is and what the media will focus on is how the trial showed a 95% reduction in COVID, but it didn't save any lives.

Dr. Jack Wolfson: There's a time and a place for emergency medicine. There's a time and a place certainly for trauma centers. This is a time and a place for pharmaceuticals when your blood pressure is 240/120, but always with the goal of getting people off the pharmaceuticals. I'm not condemning kind of like my former colleagues that are working in the hospitals, doing acute care medicine, but for prevention, truly the medical doctors have nothing. If you're sitting there also and you're like, "Well, you guys are being critical of vaccines. What about smallpox and polio?" Again, there's a lot of other information you can consider with those kinds of old-time infections, if you will. There's a lot of reading that we can direct you to as far as the truth about what happened to smallpox and polio, for example.

Dr. Jack Wolfson: I love to talk about a 2015 study in the journal, Atherosclerosis, that talked about men and women with a history of measles and mumps infection, have a much lower heart attack and stroke risk.

Wendy Myers: Yeah. I know a lot of these diseases are protective. They're protective. There's lots of little correlations like that there's a symbiotic relationship in some of these diseases and how they prevent other diseases. It's very, very interesting.

Dr. Jack Wolfson: Well, we know that again, like those childhood infections, they typically prevent cancer as adults that they're protective of. So I think it's actually a problem right now going on, and we'll see what happens 50 years, 100 years down the road, where again, the social isolation ... Social isolation is one of the biggest risk

factors for cardiovascular death of all. Social isolation is the worst thing that can happen. Yet, more people are socially isolated than ever. Along with the social isolation means you're not interacting with other people, and it is the physical interaction with other people as well that helps prime the immune system. So when I'm around you, there's things in me that are communicating with you, things in you that are communicating with me. That's how really, I think a lot of our immune system, if you will, is primed and therefore beneficial. But the fact that everybody's afraid of everybody, everybody's going around in masks, everybody's using all these toxic hand sanitizers and poisons. It is destroying the health and the fabric of the world really. It's horrific.

Wendy Myers: Yeah. I don't do hand sanitizer. I want germs. I want my immune system to be stimulated by different pathogens and bacteria and things like that. It's crazy that the people are so focused on this germ theory of disease, that it's germs and bacteria and viruses that cause illness. It's the terrain. It's peoples' terrain and the health of their body and their emotional trauma and their physical health and their diet. That and people that don't have that, that have poor terrain. They're not tilling their garden often enough. Those are the people that are getting ill. It's all about terrain.

Dr. Jack Wolfson: You know, Wendy, as medical doctors we get zero training on terrain, and we get 100% training on germ.

Wendy Myers: Any closing thoughts? Any words of advice for people that are looking to improve their cardiovascular health?

Dr. Jack Wolfson: I think, once again, just question everything. There's this amazing thing now called the internet and Google and search, which takes you right to mainstream literature. This is not the 1970s where it's like you see the doctor and it's, "My way or the highway." It really is the information age. When you go and you look at the information, you'll see that the information about real health and wellness is there. Question everything. Question everything going on around us. Always keep an open mind. Whenever somebody tries to limit our ability to speak our truth or to question what is happening around us, we need to be really, really afraid and really, really proactive to prevent the suppression of information.

Wendy Myers: Alarm bells should be going off, sirens should be going off when that's happening. So Dr. Wolfson, tell us where to find you and learn more about your work.

Dr. Jack Wolfson: I would invite anybody to come on in and grab a copy of the book, freeheartbook.com. You can also go to my website, naturalheartdoctor.com. Natural heart doctor with doctor spelled out. That's where you can go. We're on social media until social media kicks us off. We're on there getting our opinions out there. Again, Wendy, I so appreciate being on your show and again, just, connecting with like-minded people. You and I both know there's so many

people that we are connected to, that so many medical doctors and so many health practitioners who feel the same way, a lot of which are outspoken, some of which are still in the shadows, but we'll keep speaking our truth. Again, when your clients, and you get support and I get support, we're able to continue to get that message out there because there's a lot of, again, people and corporations that are interested in silencing people like us. So thank you again for the opportunity.

Wendy Myers: Absolutely. Dr. Wolfson, thank you so much for coming on the show. Everyone, thank you so much for tuning in every week to [The Myers Detox Podcast](#). I'm so excited every week to do a new show for you guys and teach as much as I can about alternative health and healing and detoxification and bioenergetics and emotional trauma and everything that can impart the physical health that you deserve. So thanks for tuning in, and I'll talk to you guys next week.