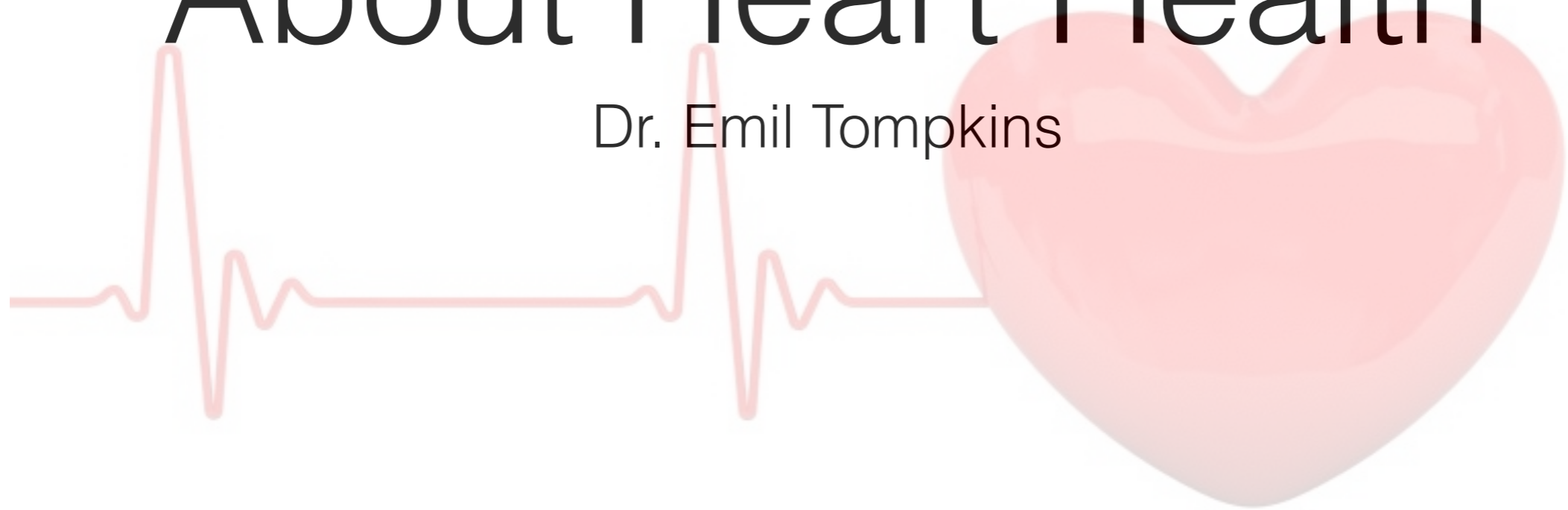


# 3 Lies You've Been Told About Heart Health

Dr. Emil Tompkins

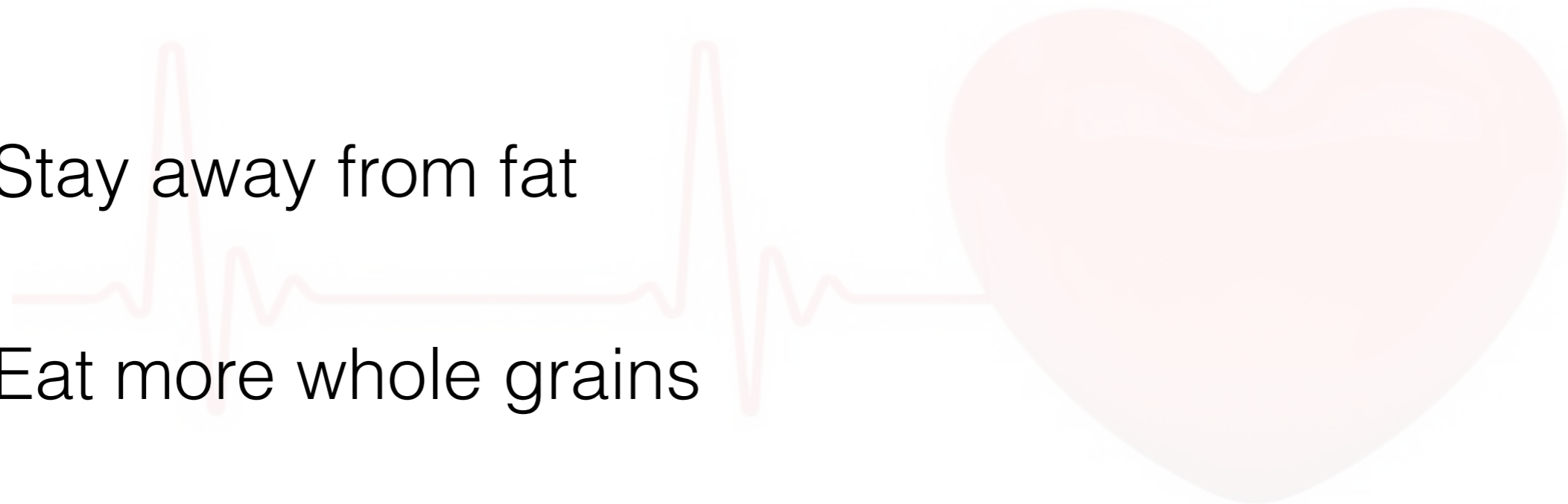


# African Safari

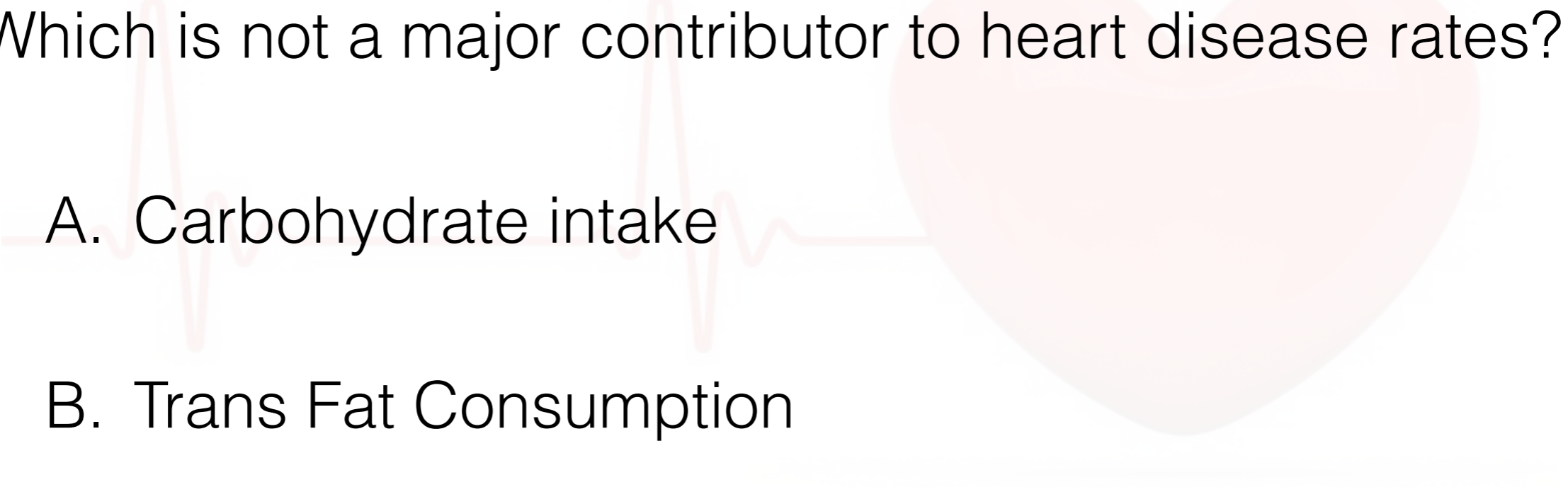


# Our Beliefs About Heart Disease

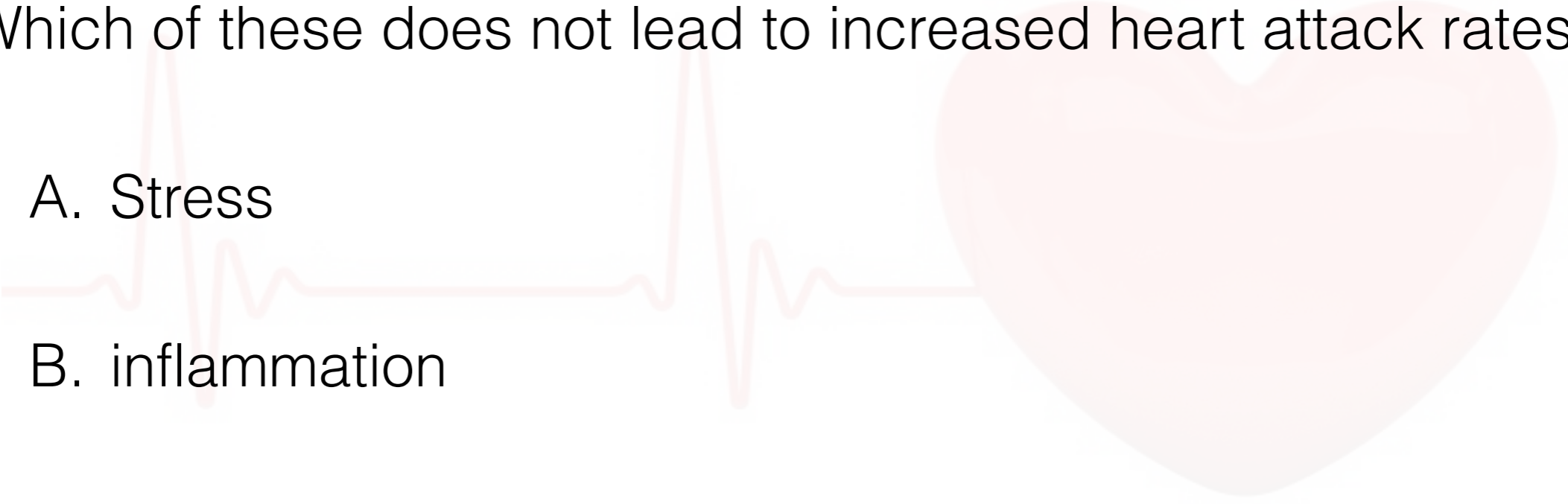
- Stay away from fat
- Eat more whole grains
- Take Cholesterol Lowering Drugs



# Heart Health IQ Test

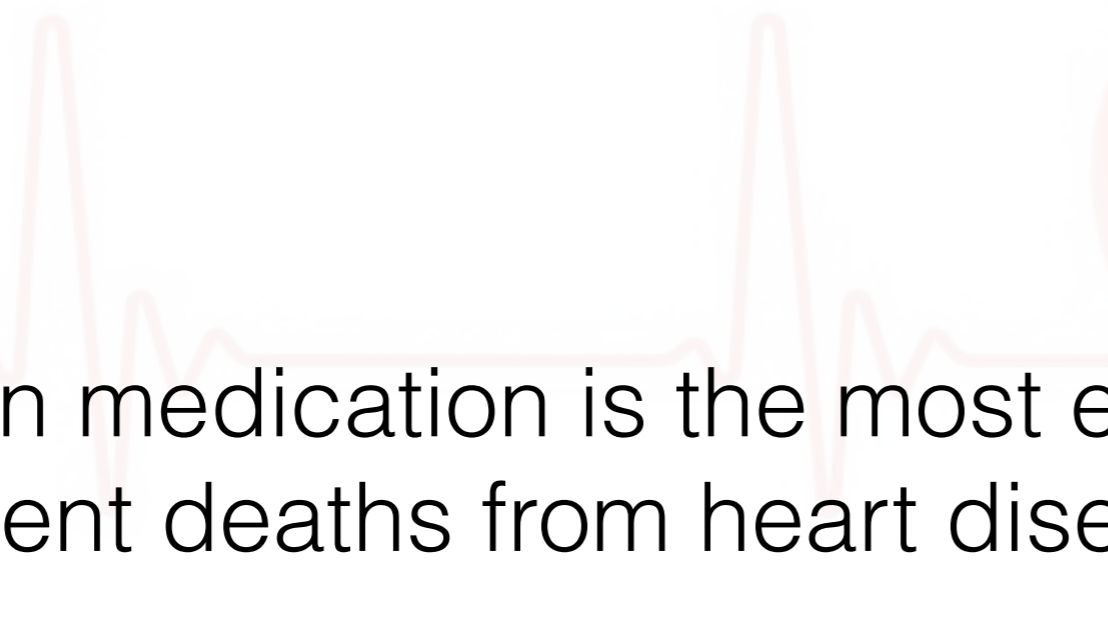
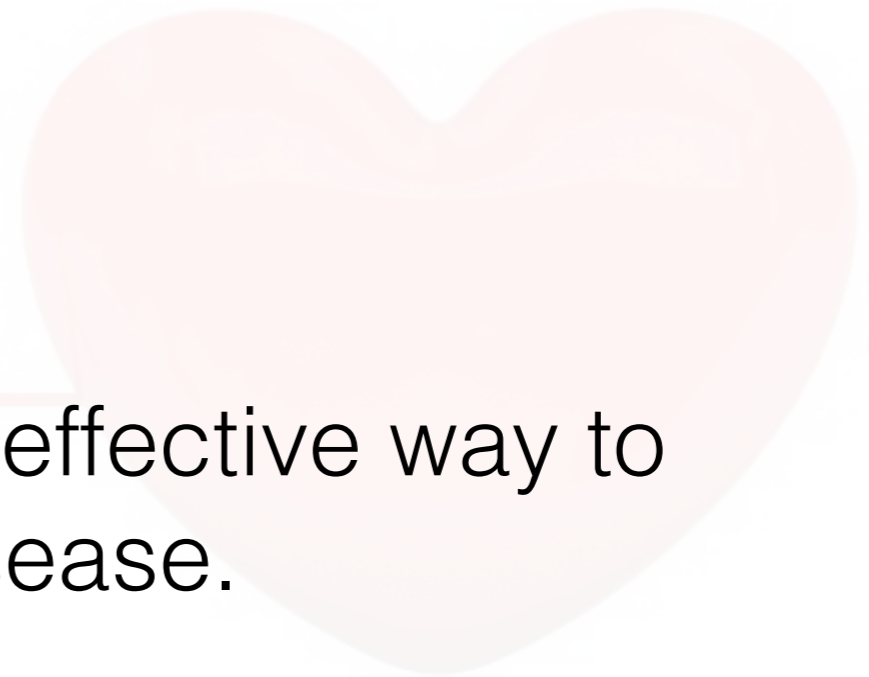
- Which is not a major contributor to heart disease rates?
    - A. Carbohydrate intake
    - B. Trans Fat Consumption
    - C. Total Cholesterol
- 

# Heart Health IQ

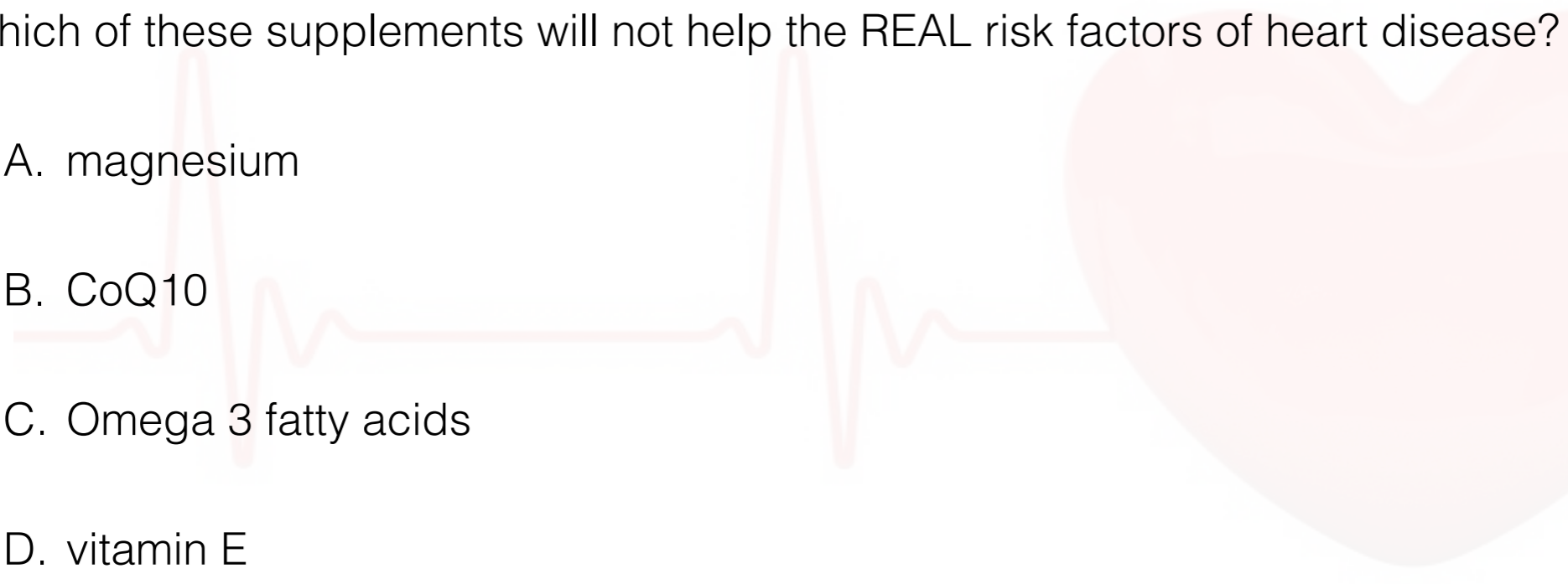
- Which of these does not lead to increased heart attack rates?
    - A. Stress
    - B. inflammation
    - C. high sugar intake
    - D. saturated fat
- 

# True or False

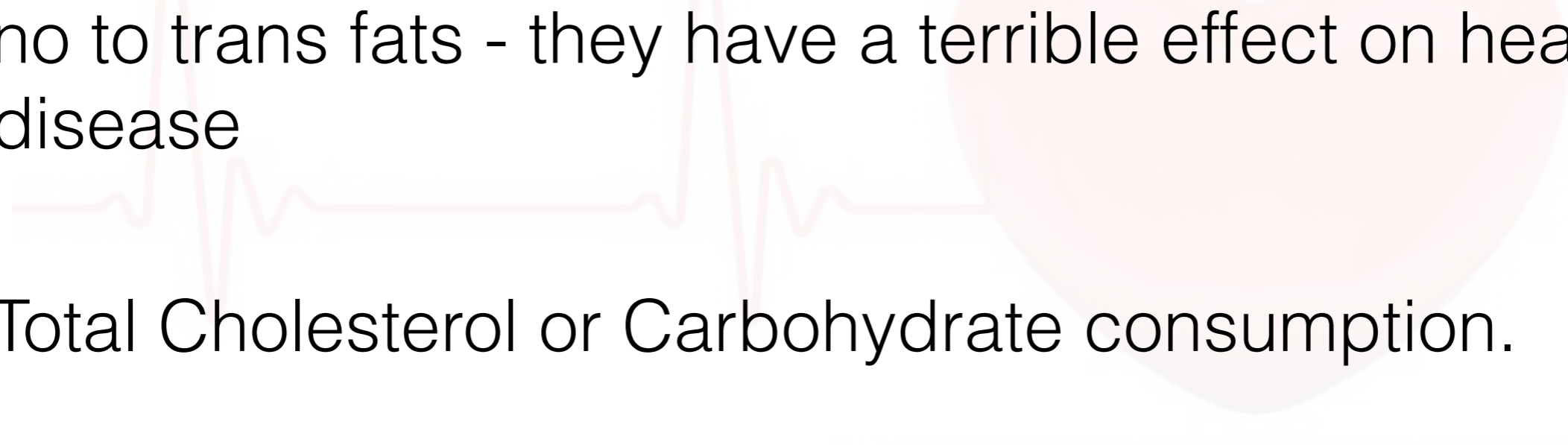
- Statin medication is the most effective way to prevent deaths from heart disease.



# Heart Health IQ

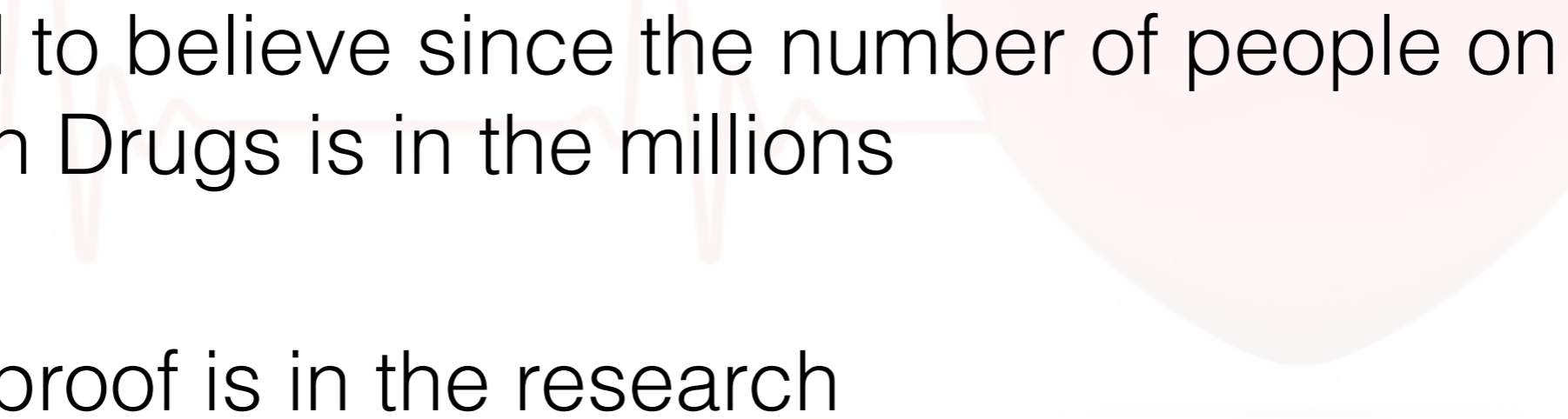
- Which of these supplements will not help the REAL risk factors of heart disease?
    - A. magnesium
    - B. CoQ10
    - C. Omega 3 fatty acids
    - D. vitamin E
    - E. all of the above
    - F. none of the above
- 

Which of these does not effect deaths due to heart disease?

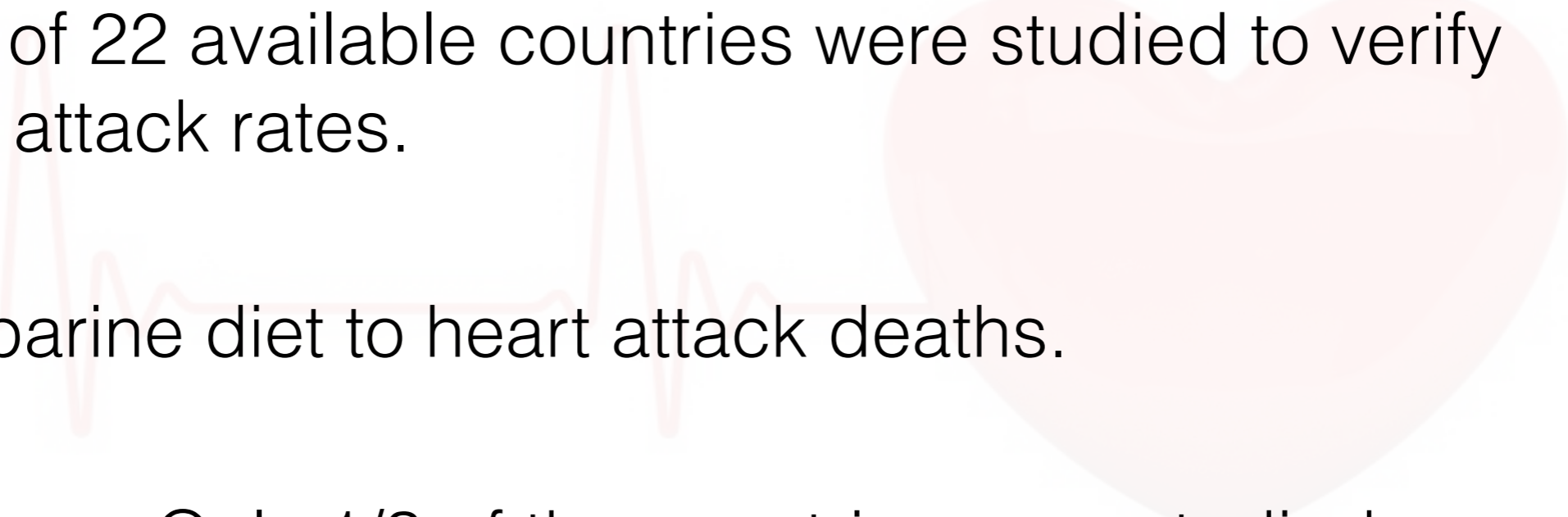
- no to trans fats - they have a terrible effect on heart disease
  - Total Cholesterol or Carbohydrate consumption.
  - Answer - Total Cholesterol Consumption
- 



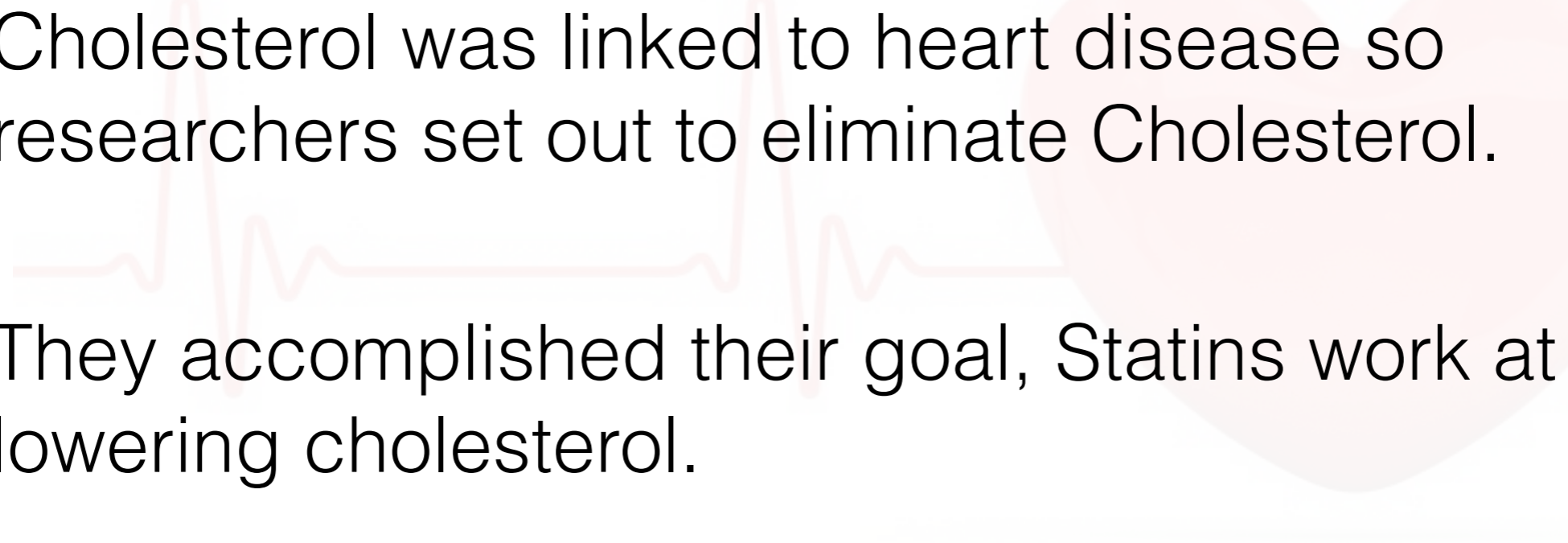
## Total Cholesterol Doesn't effect Heart Disease Deaths?

- Hard to believe since the number of people on Statin Drugs is in the millions
  - The proof is in the research
- 

# The 7 Countries Study

- 7 out of 22 available countries were studied to verify heart attack rates.
  - Compare diet to heart attack deaths.
  - Problem: Only 1/3 of the countries were studied
  - The other 2/3 of the countries proved the exact opposite.
- 

# The Statin Drug Revolution

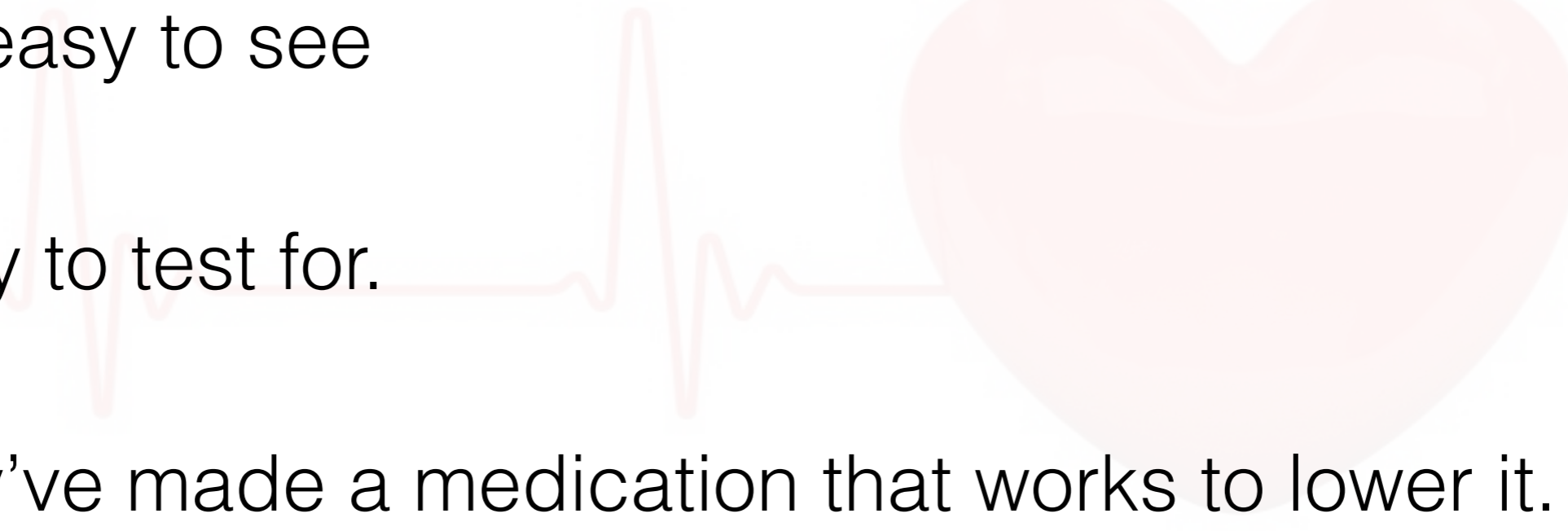
- Cholesterol was linked to heart disease so researchers set out to eliminate Cholesterol.
  - They accomplished their goal, Statins work at lowering cholesterol.
  - But did heart disease deaths drop?
- 

A young girl with blonde hair is looking through a chain-link fence. The fence is in the foreground, and the girl's face is visible behind it. The background is slightly blurred, showing some greenery and a building.

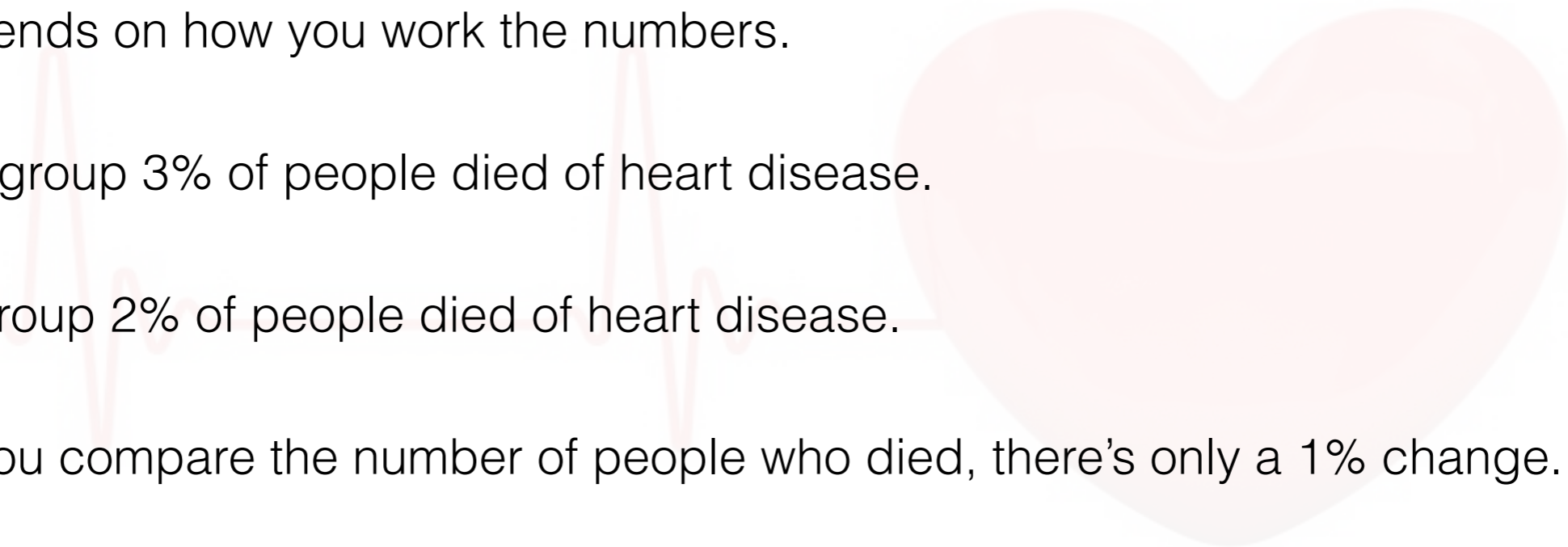
# The bad kid

- Which one is worse?
  - the loud kid who annoys others and takes to much of your time and attention and disrupts class.
  - Or the kid who hurts others and damages property and is a major danger to himself or others.

# Cholesterol is the bad kid.

- It's easy to see
  - easy to test for.
  - they've made a medication that works to lower it.
  - it must be the problem child.
- 

# 33% fewer deaths?

- All depends on how you work the numbers.
  - control group 3% of people died of heart disease.
  - statin group 2% of people died of heart disease.
  - when you compare the number of people who died, there's only a 1% change.
  - but if you compare only the numbers of deaths, you can see 33%. But if you knew that the actual number of people who die is only 1% better, would you choose a medication that is known to be dangerous in some populations and ineffective in most, what would you choose?
- 

# Framingham Heart Study



# If not cholesterol than what?

- Fat?





# 4 Causes of Heart Disease

- Inflammation
- Oxidation
- Stress
- Sugar



# Inflammation

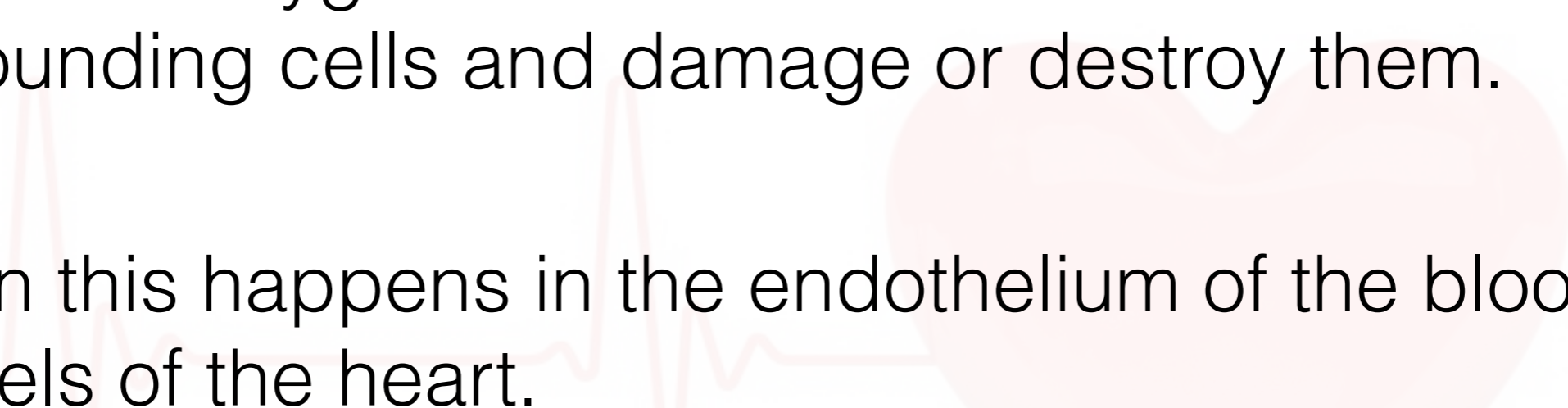
- 2 Types of inflammation

A. Acute Inflammation

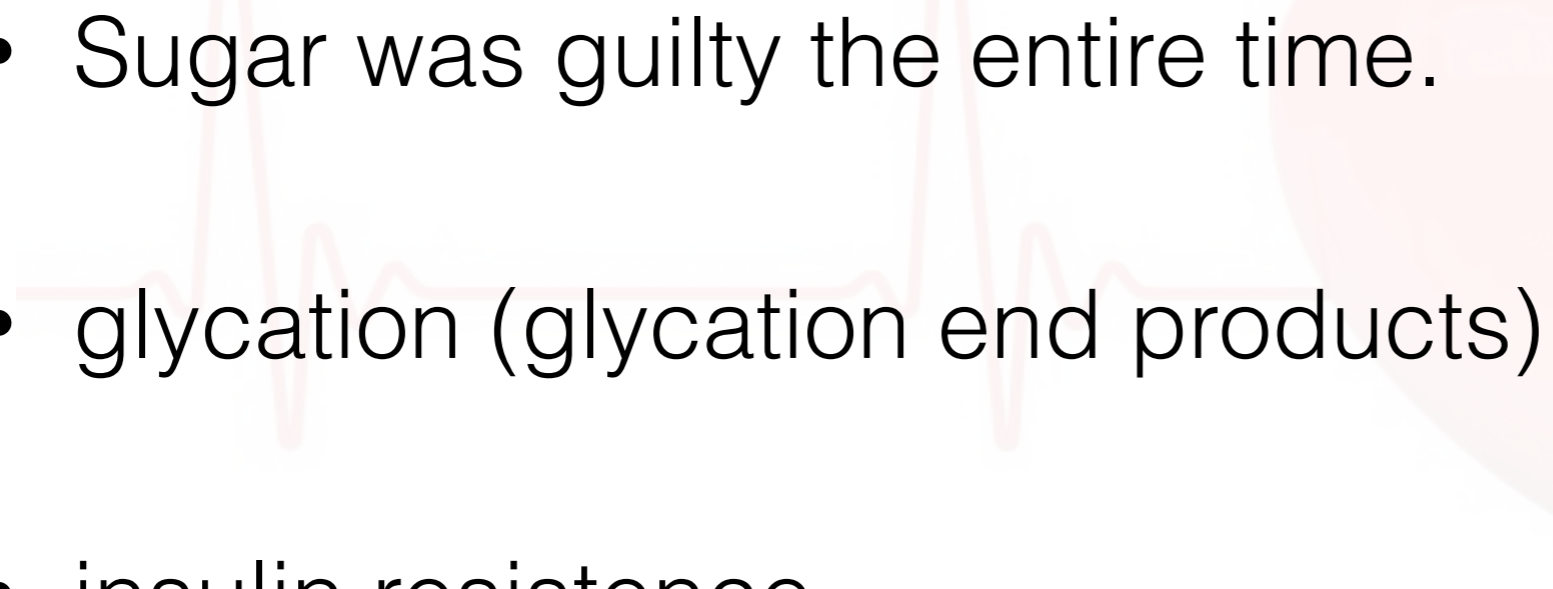
B. Chronic inflammation



# Oxidation

- Normal biological process where “free Radicals” react with oxygen and then attach to other surrounding cells and damage or destroy them.
  - When this happens in the endothelium of the blood vessels of the heart.
- 

# Sugar!!!

- Sugar was guilty the entire time.
  - glycation (glycation end products)
  - insulin resistance
  - Real World Notes
- 

A woman with long brown hair in a bun, wearing glasses and a blue top, is shown from the chest up. She has a stressed expression, with her hands on her head and a slightly pained or frustrated look. The background is a plain, light color.

# Stress

- What happens when our body is under stress.
- Stress over a long period of time.....
- Recipe for heart attacks

# Rosetto Effect



# What do we know?

- The “dangerous kids” in heart disease
  - A. inflammation
  - B. oxidation
  - C. Sugar
  - D. Stress



# What tests to ask for?

- LDL particle size
- CRP: C-reactive protein
- Fibrinogen
- Serum Ferritin
- LPA
- homocysteine: marker for inflammation and oxidation
- Interleukin 7
- Coronary Calcification Scan





# Use Nutrition to combat the 4 causes

- Foods to Eliminate

- sugar
- soda
- processed carbs
- trans fats
- processed meats: nitrates
- excess vegetable oils

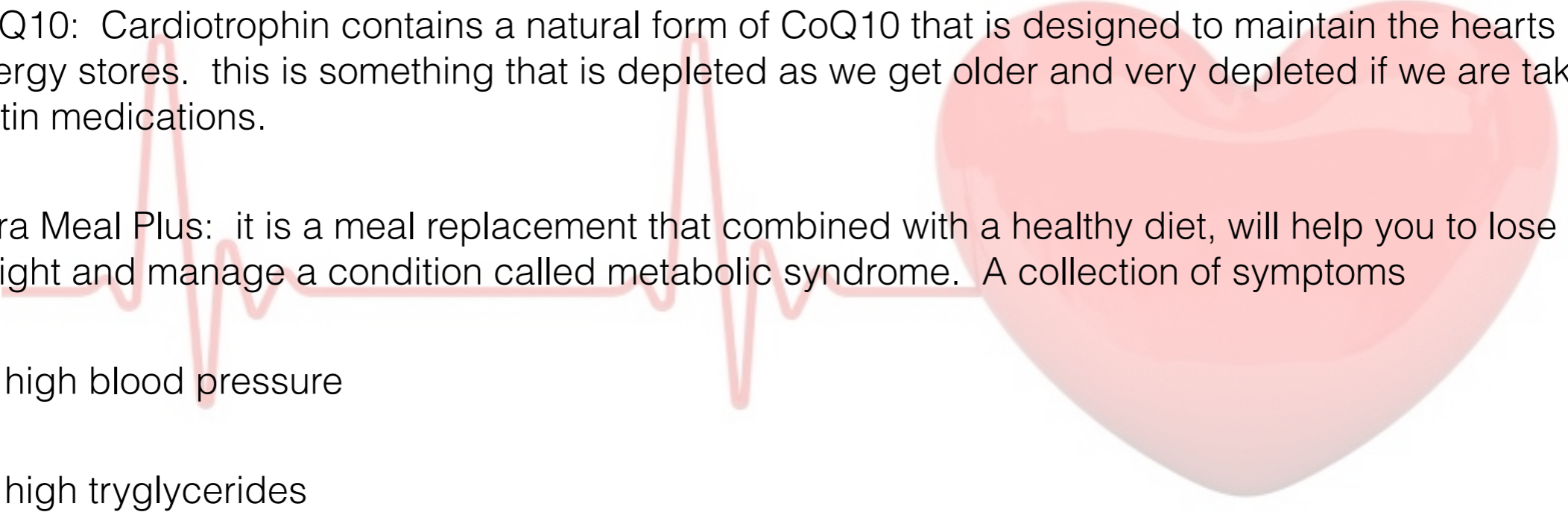


# Eat More of these

- Wild Salmon
- berries and cherries
- veggies
- nuts
- beans
- dark chocolate
- garlic and turmeric
- green tea and red wine
- extra virgin olive oil
- garlic
- grass fed meats
- pomegranate juice

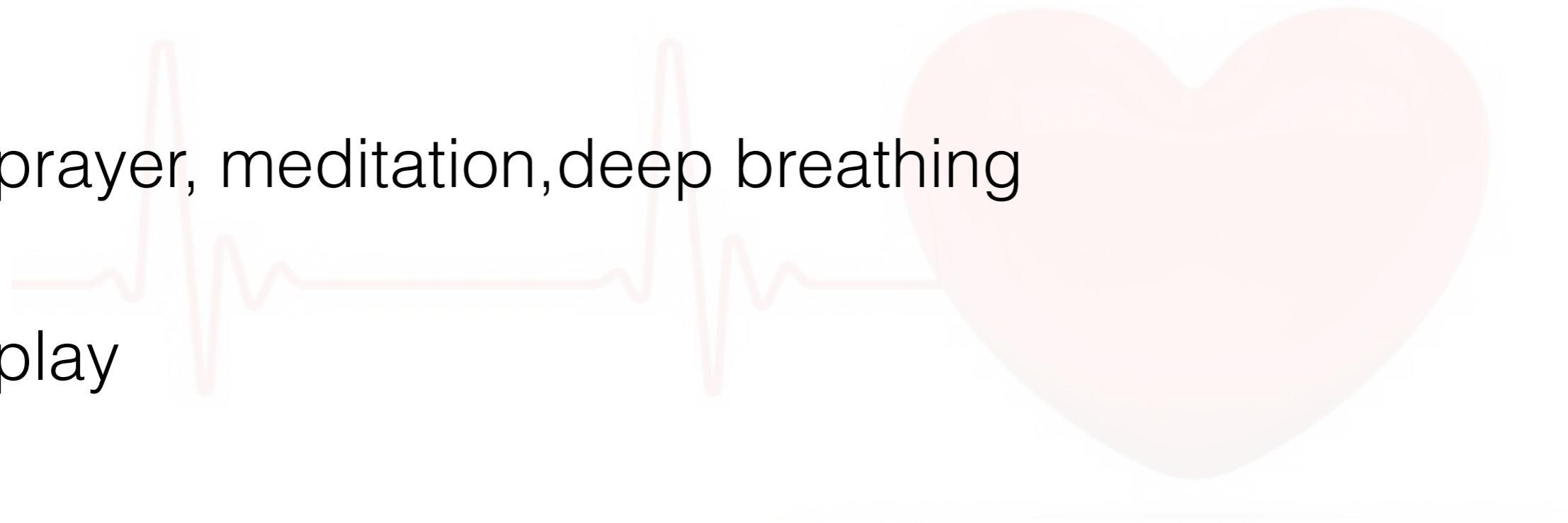


# Supplements that can help..


- CoQ10: Cardiotrophin contains a natural form of CoQ10 that is designed to maintain the hearts energy stores. this is something that is depleted as we get older and very depleted if we are taking statin medications.
  - Ultra Meal Plus: it is a meal replacement that combined with a healthy diet, will help you to lose weight and manage a condition called metabolic syndrome. A collection of symptoms
    - high blood pressure
    - high tryglycerides
    - large waist circumference
    - raised fasting glucose.
- 

# Actively Handle Your Stress

- prayer, meditation, deep breathing
- play
- cultivate strong relationships



# For more information

- Seminar Notes
  - Research Reports
    - receive abstracts from the articles used in this study
  - the workshop audio program.
- 

# Special offer

- Together, these 2 supplements cost 72.00
  - Today you can get these 2 supplements, plus 3 of our video workshops
    - healthy ways to deal with stress (\$49)
    - 5 reasons why wheat is killing you and what to do about it (\$49)
    - 8 Steps to Strengthen Your Immune system audio program (\$49)
  - That's \$219 worth of products. But if you order today and receive them both for 59.00, that's over 20% off, strengthen your heart and move your body towards greater health today.
- 