

## After A Heart Attack: To Build A Strong Heart

The two major modalities to help strengthen the heart after a heart attack are: Aerobic Exercise and Good Nutrition.

**Aerobic Exercise** is THE best medicine in the world. The entire cardio vascular system has to be strengthened after a heart attack; not only the heart. The goal is to help deliver more oxygen to the LEFT ventricle. The major “highway” to the left ventricle is called the CORONARY artery.

The whole cardio vascular system has to be strengthened. That will guarantee a long life, and reverse a lot of the damage that has been done.

You can't miss. It's like throwing darts at a target, where every dart is a bullseye.

The cardio vascular system will be strengthened. The bad cholesterol will go down, the good cholesterol will go up, the stroke volume of the left ventricle will increase, the nitric oxide from the lining will cause vasodilation which will take a lot of the burden off of the heart. The benefits include over 100 different parameters.

The NET result will be a much greater OXYGEN delivery system to all of the tissues, and especially the heart.

The logistics:

On a scale of 1-10... let's say that for a person weakened by a heart attack, four (4) is the maximum energy level at the moment. So then NEVER go beyond four (4) but as much as he can – in his weakened state – start to do aerobic exercise. Even if this person starts out with only 20-yards. But the NEXT day... and this is the KEY:

Extend, by small, incremental doses – a little farther each day – in order to build up his aerobic capacity more and more to strengthen his heart.

## **Good Nutrition:**

The heart runs 100% on saturated fat. There is even a ring around the heart of extra saturated fat as reserve fuel.

What you want is a diet that is protein, the good fat (also called lipids), and carbohydrates. So let me explain:

1.) CARBOHYDRATES hold the key to the whole thing. You should have carbohydrates, but NEVER refined carbohydrates. What you should have is carbohydrates in the way of WHOLE fruits and vegetables (whole, sliced, raw, steamed, or cooked). Avoid smoothies or juice. OK to have a tiny, very tiny amount of brown rice, or whole grain.

Refined carbohydrates include: bread, potatoes, tortillas, beer, pasta, bagels, spaghetti. No, no, no! Fruits and vegetables, fresh.

2.) PROTEIN. You should have half of your body weight in grams of protein. If a man weighs 250, for example, he should have 125 grams a day of protein.

And the protein should be easy to digest, for now. Yogurt would be ideal because it would also take a burden off of the digestive system. Slowly add in animal products: beef, chicken, fish and their fat. Or any product from an animal like whole milk, fat-rich cheese, eggs, and whole milk (high fat) yogurt.

3.) FATS. The new information is that saturated fats are VERY good. AGAIN: Either saturated, which is animal products: beef, chicken, fish and their fat. Or any product from an animal that is high in fat, like whole milk, high fat cheeses, BUTTER, eggs, and whole milk (high fat) yogurt.

The MONO unsaturated fats are also good. These include: Olive oil, canola oil, avocados and avocado oil. These would be excellent.

COCONUT oil is in a class by itself because it has so many GOOD benefits for the heart. It will give you extra energy. It will produce KETONE bodies which is the preferred fuel for the heart. The heart and brain run 25% better on ketone bodies.

What we're trying to do is: (A) Strengthen the heart and the entire cardio vascular system through AEROBIC exercise. This has to be done incrementally and gradually. The lipid profile will improve – LDL, HDL, and Triglycerides All will improve. (B) The best FUEL for the heart and the mitochondria (which produce energy in the cells of the body): coconut oil, saturated fat, and mono-unsaturated fat.

Forty percent (40%) of the heart is made up of mitochondria. So you want the BEST fuel for the mitochondria which is the FATS, not refined carbs.

And it's now known that the heart in every person is running 100% on saturated fat.

With this information in hand, you will need to meditate on it, visualize it, become mindful of it. See yourself doing the aerobic exercises. Visualize each meal before you sit down to eat. See it very clearly in your mind.

In this way you will strengthen your heart and your entire cardio vascular system by aerobic exercise in incremental doses.

Sure, a person who has suffered a heart attack is weak right now, however, each day that person will become stronger and stronger. The sole intent of this aerobic activity is to GET MORE OXYGEN delivery to the heart, especially the left ventricle.

And with the BEST fuel for the body: FAT. Fats will produce “extra high octane” KETONE bodies which is the superior fuel for the HEART and BRAIN.

Finally, by having your carbohydrates through fruits and vegetables, you will totally undercut the metabolic syndrome.

Your homework is to look up STANFORD Medical School, Dr. Raven, and the Metabolic Syndrome. What a person who had a heart attack had was the Metabolic Syndrome. If the person is young, they can reverse it because they are young and able to change. All too often, an older person may be unwilling, or unable to change.

The Metabolic Syndrome is not only related to a heart attack, but it is also stroke, obesity, high blood pressure, insulin resistance, and ultimately, full diabetes. Type 3-Diabetes is now called Alzheimer's.

For educational purposes only. – Alexia Parks 06 July, 2015. Boulder, CO.