



WELCOME TO WELLNESS

# YOUR SOLUTION TO HEART DISEASE



**DISCLAIMER:** The presentation (Heart of the Matter) and contents of this article are meant for informational purposes only. The content is solely the opinion of Phil Smith, D.C. The presentation is not meant to diagnose, prevent, treat or cure any disease.

Health Canada has not evaluated these statements. They are the opinions of many medical doctors including heart specialists and myself who practice Lifestyle based care. Please speak with your healthcare provider regarding any change in your healthcare plan.  
Dr. Phil Smith, D.C.

# YOUR WELCOME TO WELLNESS SOLUTION TO HEART DISEASE

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### SUMMARY

# THE PROBLEM

## THE TRADITIONAL MEDICAL APPROACH IS NOT WORKING: THERE ARE MANY MYTHS

Many cardiologists are saying that cholesterol is not the problem. It is actually essential to good health. High blood pressure and diabetes type 2 pills do not fix the cause of high blood pressure or high blood sugar- that is why you have to take them for a lifetime. Welcome to Wellness has a different plan. Find the cause of your problem and fix it. How you live your life has caused the problem. You can change your lifestyle and reverse heart disease and blood sugar problems.

### HEART DISEASE: MYTH VS. TRUTH

**Myth:** Heart Disease is Normal with aging.

**Truth:** Heart Disease is becoming more common but it is not normal. There are more people on medications and more heart surgeries now than any previous year. The numbers are expected to rise substantially. Cardiovascular disease costs the Canadian economy more than \$20.9 Billion every year.

**Truth:** Heart Disease is a leading cause of death in Canada. Every 7 minutes in Canada someone dies from heart or cardiovascular disease (CVD).

Reference: [Facts About Heart Disease](#)

**Myth:** It doesn't matter what I do...I have BAD GENES.

**Truth:** 99% of heart disease is Preventable and Reversible according to Drs. Ornish and Wolfman, both cardiologists...GENES can be reprogrammed to express health.

Reference: [Dr. Dean Ornish - Changing Lifestyle Changes Gene Expression](#)

**Myth:** I feel good so my heart and vascular system is in good health.

**Truth:** 64% of women and 40-50% of men have no symptoms before they die suddenly of heart disease. Dr. Phil has a family story about this and that is why Phil Smith, Doctor of Chiropractic, is now HELPING PEOPLE PREVENT AND REVERSE HEART DISEASE.

\*\*\*\* **Click here for the story.**\*\*\*\*

Reference: [Heart Disease and Stroke Stats - 2012](#)

**Myth:** New and better drugs and surgeries are the answer to heart disease.

**Truth:** "Much of what doctors learned in school with regard to heart disease is not true. Conventional medicine is providing care that is obsolete, misdirected and very limited in its scope." Dr. Mark Houston, Cardiologist

Reference: [Dr. Mark Houston on Heart Health](#)

Reference: [Dr. Mark Houston Redefining Medicine](#)

Reference: [Dr. Mark Houston - What Your Doctor May Not Tell You About Heart Disease](#)

You cannot rely on the OHIP system to prevent a heart attack, stroke or death from heart disease.

**Myth:** Women are the same as Men regarding cholesterol medication.

**Truth:** The science says a woman will not live one day longer taking these drugs but it can cause nasty side effects including death? According to the following information science does not support the use for cholesterol lowering drugs in women. Is it just for profit for the drug companies or those receiving money from drug companies? Analysis by researchers at the Therapeutics Initiative at the University of British Columbia, which looked at a total of 10,990 women, also found no evidence that statin therapy reduced coronary events in women without heart disease.

In addition, a recent overview in the medical journal *The Lancet* (2007) (and cited in *Our Bodies Ourselves: Menopause*) also emphasized that there has never been a single clinical trial showing that statin therapy is beneficial for women who don't already have heart disease or diabetes. They question the evidence base for guidelines promoting statin use for this large population of women (75% of women statin users do not have heart disease) which is based on research which even the guideline authors say is "generally lacking" for women and extrapolated from men. Even for women that have heart disease it does not help them live one day longer than if they didn't take the medication. For women with pre-existing heart problems, statin use according to the survey by Walsh and Pignone, has been shown to reduce coronary events and coronary death, but not the overall death rate.

For more see: <https://www.welcometowellness.ca/post/evidence-for-caution-women-and-statin-use>

The British Medical Journal published a review of cholesterol medication use for people over 60 years old. It found the lower your cholesterol the more likely you were to die earlier: <https://bmjopen.bmj.com/content/6/6/e010401.full>

Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review: <https://www.ncbi.nlm.nih.gov/pubmed/27292972>

**Myth:** Aspirin can prevent heart disease.

**Truth:** Most authorities do not recommend Aspirin. The FDA has reviewed the available data and does not believe the evidence supports the general use of aspirin for primary prevention of a heart attack or stroke. In fact, there are serious risks associated with the use of aspirin, including increased risk of bleeding in the stomach and brain, in situations where the benefit of aspirin for primary prevention has not been established.

*Reference:* [Dr. Mark Houston - Use of Aspirin for Primary Prevention of Heart Attack and Stroke](#)

**Myth:** Cholesterol (statin) medications can prevent heart disease and death.

**Truth:** There is a great debate about how much (if any) statins help people. Most doctors that are being paid by a drug company say it does help. Most doctors that have no ties with drug companies say you are better off without cholesterol medication. The catch is they may help very few people prevent a heart attack or stroke but there is no proof of preventing death. Certainly most doctors agree that lifestyle changes are far better than the drugs.

References:

[Should You Take Statins – Guidelines Offer Different Answers](#)

[Statins For Primary Prevention](#)

[Industry Sponsorship and Research Outcome](#)

[Lifestyle Medicine: A Brief Review on Its Dramatic Impact on Health and Survival](#)

[Lifestyle Medicine: Treating The Causes of Diseases](#)

**Truth:** The good news is that there are low cost, non-invasive tests that reliably measure how healthy you are and what your risks for heart disease are. More information on Heart Rate Variability (HRV) Testing [here](#).

**Myth:** Medicine and surgery can fix or cure heart disease?

**Truth:** Medicine and surgery can save your life in a crisis but it does not address the cause of heart disease and can only act like a Band-Aid. Surgery is like liposuction for an obese person, unless they change what caused the problem the fat will come back again.

**Myth:** My doctor can predict how I will respond to the two or more medications I am on.

**Truth:** No research has ever been done on how effective each drug will be. No one knows if the drugs will work together (interact) and how much risk there is of suffering side effects, disease and death from being on more than one drug at a time.

**Myth:** Drugs are the most effective thing a person can do with heart disease, like high blood pressure and high cholesterol.

**Truth:** "Lifestyle changes are more powerful than any drug at both preventing and treating heart disease and they come with no side effects."

**Truth:** Surveyed patients report that if they were told the truth about how little they'd benefit from taking drugs, such as cholesterol-lowering, blood pressure, and blood-thinning, every day for the rest of their lives, 90% said they wouldn't even bother.

[Lifestyle Medicine: Treating The Causes of Disease](#)

[Lifestyle Medicine: A Brief Review](#)

**Myth:** Stents, angioplasties and by-pass surgery are the best things for a blocked artery.

**Truth:** "Presently, according to the American Heart Association, 1.3 million coronary angioplasty and 448 000 coronary bypass operations are performed annually at a cost of more than \$100 billion. Despite these costs, many studies, including one last month in The New England Journal of Medicine, reveal that angio-plasties and stents do not prolong life or even prevent heart attacks in stable patients (ie, 95% of those who receive them). Coronary bypass surgery prolongs life in less than 2% to 3% of patients who receive it."

There are many articles supporting these findings including [this one](#) by Dr. Joel Fuhrman.

Dr. Aseem Malholtra speaks on the questionable value of stents for people with stable heart disease [here](#) (at 9 min. 30 sec.)

**Myth:** Surely my doctor wouldn't put me on a medicine that could kill me?

**Truth:** Sadly, the third leading cause of death is from being in the medical system. So not only are the benefits of the drugs being misrepresented but the harms are also not being told to people.

[WtW Blog: Medical Care – The Third Leading Cause of Death](#)  
[The Actual Benefits of Diet vs. Drugs](#)

**Myth:** Cholesterol is bad.

**Truth:** Cholesterol is made up of 3 atoms: Carbon, Hydrogen and Oxygen. It has no harmful chemicals, it isn't toxic.

In fact most of the cholesterol that we have in our body, about 80% for the average person is made by your liver!

Even if you ate no cholesterol at all, your body would make it because it is required for the health of every cell in your body! The American Heart Association now says that there is little to no association between your blood cholesterol levels and what fats and cholesterol you eat from your diet. Cholesterol is responsible for digesting the fat content of your food. So if you don't have enough cholesterol you cannot absorb the Essential Fatty Acids like Omega 3 from the food you eat. Cholesterol is the backbone of all the Sex hormones including Estrogen, Progesterone, Testosterone and Cortisol.

Dr. Aseem Malhotra speaks more on this subject [here](#).



# CHANGING YOUR LIFESTYLE DOES WORK

Dr. Ornish, cardiac surgeon, states that 99% of heart disease is reversible. More information to support this may be found [here](#). He says mainstream medicine is when as a surgeon he rips open your chest and unclogs (stent) or bypasses your artery, which caused a heart attack. Alternative medicine is eating right, exercising and our other "5 Fundamentals of Health".

Why does OHIP and all other "traditional Western Medicine" models pay for a pound of crisis care and not for an ounce of prevention?

## THE SOLUTION

### 5 FUNDAMENTALS OF THE WELCOME TO WELLNESS PLAN

1. **MINDSET:** Reduce and Deal with Stress
2. **CHIROPRACTIC:** Unblock your Brain-Heart Connection - Chiropractic lowers blood pressure as good as taking 2 different medications- only the side effects are beneficial from chiropractic as opposed to drugs! Find out why Hippocrates said "look well to the spine for the cause of disease"
3. **NUTRITION:** What you eat and digest is considered to be one of the leading causes of health or disease. Find out why Hippocrates said "let Food be thy Medicine".
4. **EXERCISE:** Use it or lose it. Your heart is a muscle (even your blood vessels have muscle). The most effective exercise for your heart is explained. Try our 5 min workout.
5. **TOXINS:** Many toxins including medications are cardiotoxic. Find out how taking cholesterol and blood pressure medications can actually damage your heart and body in the long-run.

## MINDSET

*"We can't solve problems by using the same kind of thinking that created them."*

*Albert Einstein*

So many people are of the mindset that their health is genetic ... if their parents died early, they are destined to die early too. This is not the case. Your genes are not your fate ... it is possible to change the way your genes work just by changing your lifestyle. Listen to what Dr. Dean Ornish has to say about this [here](#).

The definition of insanity is doing the same thing over and over again expecting different results. Not only do we have to change the same old thinking we have about health, but our thinking about our ability to thrive; overcoming limiting beliefs that hold us back from doing what we need to.

Shift your perspective. Start focusing on finding **solutions**.

You need to do things that both nourish your soul and your health. You are worth it – take care of yourself!

## CHIROPRACTIC

*"Look well to the spine for the cause of disease."*

*Hippocrates: The Father of Medicine, Ancient Greece*

Dr. Jack Wolfson, Cardiologist, explains why all his cardiac patients must be seen by a chiropractor [here](#).

Research shows that chiropractic care normalizes blood pressure. Results of the study can be found [here](#). If you have high blood pressure it will lower, if you have low blood pressure it will increase when you find and release the pressure on the nerves to the heart with chiropractic care.

*"HRV is the single most important predictor of overall health and mortality there is. Ignoring it is to disregard an entire area where we may be able to treat the underlying drivers of ill-health and premature mortality," Dr. Malcolm Kendrick.*

Heart rate variability records the measured changes of time intervals between successive heart beats. The autonomic nervous system directly controls HRV. A balance in heart rate variability has proven to increase both the length and quality of an individual's life. A study in 2010 showed a correlation between an increase in HRV and longevity because healthy longevity depends on the preservation of autonomic function measured through HRV. An amazing study from 2013 helped prove the significant improvements on HRV achieved through chiropractic adjustments. The study may be found [here](#).

The results from a clinical study on the effect of chiropractic care on heart rate variability and pain can also be found [here](#). The results come as not much of a surprise because that is what chiropractic does – it removes any interference in the message flow between your brain and your body.

## Chiropractic/Wellness Patients

Studied 311 chiropractic patients, ages 65 and older, who had received “maintenance care” for 5 years or longer vs. healthy citizens the same age.

Results:

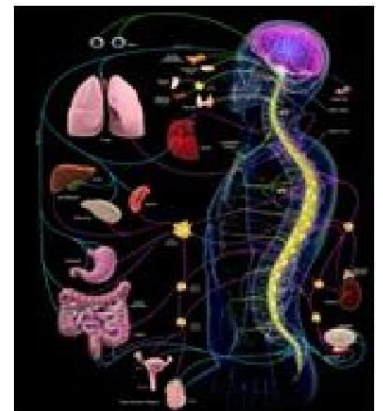
- Chiropractic patients spent only 31% of the national average for health care
- They had 50% less medical provider visits
- Their health habits were radically better than overall populations
- They had far less cigarette consumption
- 98.5% believed their care to be considerably or extremely valuable

Chiropractic/Wellness patients had:

- 60.2% fewer hospital admissions
- 59% less days hospitalized
- 62% less outpatient surgeries
- 85% less pharmaceutical costs.

Journal of Manipulative and Physiologic Therapeutics (JMPT)

<https://www.ncbi.nlm.nih.gov/pubmed/10658871>



## NUTRITION

*"Let food be thy medicine and medicine be thy food."*

*Hippocrates: The Father of Medicine, Ancient Greece*

It is recommended that you purchase either our ML Nutrition Plans book or Align Your Health book for a detailed list of foods you should avoid and foods you should consume more of. For a list of foods you can buy conventional and those you should buy organic please refer to the [Dirty Dozen](#) and [Clean Fifteen](#) lists.

### **The 4 Principles of the Advanced and Core Plans**

**Fix Your Fat** – Quality fat is the #1 missing ingredient in the Standard Canadian Diet. Fats are *essential* for health.

Eliminate the damaged fats (vegetable oil, corn oil, canola oil - entire list can be found in Nutrition Plans book)

Add in healthy fats (olive oil, salmon, avocado, avocado oil, coconut and coconut oil, raw nuts and seeds, real butter, raw cheese, grass fed meats, eggs, whole milk, wild salmon, sardines)

**Perfect your Proteins** – Animal products, especially red meat, get a bad rap but it isn't the animal products themselves. The problem is what we've done to the animals. Cows were meant to eat grass, not pesticide sprayed, GMO corn and grains. This unnatural diet alters the nutrition of the final product. Naturally raised animals are extremely healthy.

This is one of the biggest changes you can make in your diet- focus on quality, naturally raised animal products

**Curb your Carbohydrates** – whole carbohydrates vs. refined carbohydrates – eat more vegetables and eliminate refined grains and sugars.

The Core Plan eliminates processed grains entirely but still includes carbohydrates like whole grains, brown rice, spelt, quinoa, sprouted grains, etc.

The Advanced Plan eliminates grains, sugars, most fruits (exceptions include granny smith apples and berries) and anything that turns to sugar **altogether**. This plan is for preventing and reversing any disease or condition, for weight loss, for detoxification, for reducing inflammation, regulate hormones and more...

Keep in mind that your body can make the glucose it needs for energy and you can get plenty of good carbohydrates from vegetables. Contrary to mainstream nutrition advice, you can survive and even thrive without grains and sugars.

### **Trash the Toxins**

Our food supply is overloaded with toxins. These toxins include things like monosodium glutamate (MSG) and artificial sweeteners - known neurotoxins, nitrites - known carcinogens, food colourings, preservatives, additives, growth hormones, etc.

It is much more important to count chemicals over calories as these toxins can wreak havoc on your health.

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For every 1lb of fat there is an extra mile of blood vessels to pump the blood around which make the heart work harder. Extra weight is a sugar storage problem. The problem is either your blood sugar goes up and you become diabetic or you produce more insulin and you store the excess as fat. After so long you become insulin resistant which leads to increase in blood sugar, which causes more inflammation. Oxidation then occurs on the blood vessel wall - like the brown on an apple. Cholesterol is your bodies patch work to cover up the brown oxidation spots.

Sugar causes an increase in blood sugar, which produces inflammation, which then combines with bad fats and gets oxidized to cause plaque. Grains and refined carbohydrates turn to sugar in the body within seconds. Your body uses cortisol and insulin to decrease blood sugar. Cortisol and insulin contribute to the following:

- Increases enzyme PLA2 which increases inflammation which causes 90% of all diseases, especially heart disease
- Inflammation causes damage to the cell wall of arteries leading to plaque build up

Did you know that just one serving of pop or other sugar laden drink a day increases high blood pressure by 8%.

## EXERCISE

An essential not a luxury - [Joint warm ups](#) and [wall posture technique](#) are very important to avoid injury and keep your spine in line for great brain-body connection.

Purchase our Digital Max T3 surge training exercise (12 minutes per day, minimum 3 days per week) or our WTW 5 minute workout video can be seen [here](#).

## TOXINS

Trash the Toxins!!

Toxins are found in medication, food, cleaning products, water, etc. Is there anything worse than sugar? Yes .... Splenda. The slogan for Splenda (sucralose) is that it is made from sugar so it tastes like sugar. Strictly speaking this statement is true. However, by the time a single sugar (sucrose) molecule is transformed into Splenda it becomes something completely different.

What started as a sugar molecule is now chemically named 1,6-dichloro-1,6, dideoxy-BETA-D-fructofuranosyl-4-chloro-4-deoxy-alpha-D-galactopyranoside

A [2008 study](#) showed that Splenda could kill as much as 50% of your microbiome. Not only that, the side effects of sugar substitutes include:

- Gastrointestinal problems
- Seizures, dizziness, and migraines
- Blurred vision
- Allergic reactions
- Blood sugar increases and weight gain
- Carcinogenic potential when cooking

Toxins found in medication:

Dr. Perlmutter, author of *The Grain Brain*, in a Roundtable Discussion with Dr. Stephen Sinatra and Dr. Beatrice Golomb, discuss the risk vs. benefits of drugs (specifically statins) [here](#). The use of statins is anything but a free ride.

Complications that are well documented include risk of diabetes, memory loss, liver damage and serious muscle damage.

Here are a few links to blogs (created by maxliving.com and Welcome to Wellness) found on our website regarding toxins:

[How to Naturally Detoxify and Lose Weight With Your Diet](#)

[Lowering Toxicity Levels - Pesticide Free Dieting](#)

[Detox Your Home By Changing The Way You Clean](#)

[How To Reduce Your Toxic Exposure](#)

[Medications](#)

## **Additional Research Articles**

Roundtable discussion on the Appropriate Clinical Use of Statins w/ Dr. David

Perlmutter, Dr. Stephen Sinatra and Dr. Beatrice Golomb

<https://www.drperlmutter.com/wp-content/uploads/2014/02/Appropriate-Clinical-Use-of-Statins.pdf>

The pubmed.gov Abstract on The Appropriate Use of Statins

<https://www.ncbi.nlm.nih.gov/pubmed/23981463>

## **Links to other related videos**

Dr. Dean Ornish - Changing lifestyle changes gene expression:

[https://www.youtube.com/watch?v=XI\\_fbkTgJfI](https://www.youtube.com/watch?v=XI_fbkTgJfI)

Dr. Mark Huston - The traditional approach is not working... it is a dying process .. disease management vs. prevention

<https://www.youtube.com/watch>

Dr. Michael Greger: Treating The Cause of The Disease:

<https://www.youtube.com/watch?v=6ofBnzmQMsb>

Ted Talk: Ben Goldacre - What Doctors Don't Know About The Drugs

They Prescribe: <https://www.youtube.com/watch?v=RKmxL8VYy0M>

What Will Your Last 10 Years Look Like: <https://www.youtube.com>



