

A Supplement to Dr. Micozzi's

The Heart Attack Prevention & Repair Protocol

*The natural, heart-healing
pathway to low blood pressure,
a stroke-free brain, and
never taking a dangerous
heart med again.*



BONUS REPORT

**Four “forbidden foods”
that are perfectly safe
for your heart**

Are you tired of hearing how nearly *every* food you love is bad for your heart? Today, you'll be happy to learn what many of those so-called "experts" say you can't eat—you actually *CAN* and *SHOULD!*

No more "rabbit diets" or forcing yourself to eat bland, flavorless foods. It's time to fix your plate with what you've *always* loved—foods that taste good and can actually *boost* your heart health (despite mainstream medicine's attempts to vilify them). Unlike a lot of what you hear on the radio, read in the paper, or watch on the news, I *always* stick by the tried-and-true science.

Below are four "forbidden foods" that are actually okay to eat—whether or not you have a heart condition—all backed by reputable research.

Bon appétit!

Red meat

Think it's an artery clogger? Think again.

Research has shown that regular meat consumption boosts your levels of heart-friendly nutrients like omega-3s, vitamins B and E, calcium, magnesium, and potassium.

In fact, a massive new study published in the *American Journal of Clinical Nutrition* showed that eating red meat had *no influence* on the risk factors for cardiovascular disease (meaning blood pressure, cholesterol, etc.) in study participants. It also showed *no benefit* to cutting back on your daily meat consumption. The exact opposite of what the mainstream has been preaching.

My recommendation:

Feel free to eat at least two to three ounces (1 serving) of red meat every day. For men 50 and over—who need more protein to maintain health—eat six ounces a day.

Just make sure it's organic, free-range meat, free of hormones and antibiotics. Favor lean cuts, like flank steak. And pass on processed meats like hot dogs or bologna.

Saturated fats

For 40 years, big government had been promoting dietary guidelines that were all wrong, all along. They embarked on its faulty campaign to reduce consumption of meat, dietary cholesterol, saturated fats, and salts—all in an effort to push cholesterol-lowering drugs. But that meant people were avoiding highly nutritious foods like butter, dairy, eggs, meat, and various kinds of seafood.

The science shows that restricting saturated fat does **NOT** lower heart disease risk...

An enormous study out of Cambridge University looked at 72 different studies involving more than 600,000 participants and found *no evidence* that restricting saturated fats reduced the risk of heart disease.

My recommendation:

Go ahead and enjoy that extra pat of butter (just be sure it's from grass-fed cows. And be sure to skip the margarine).

Also feel free to eat one or two eggs a day—what I like to call nature's perfect food. And don't deprive yourself of dairy, nuts, and especially red meat (as I mentioned earlier).

Salt

You actually NEED salt, as sodium is an essential electrolyte in every tissue of the body—and it’s an essential part of staying adequately hydrated. We constantly lose sodium and electrolytes by sweating and urinating and it must be replaced.

So even as the FDA and other organizations ramp up their anti-salt rhetoric, science continues to prove that there’s no real reason for most people to avoid salt. The fact is there has never been any good evidence that decreasing salt intake lowers the risk of cardiovascular disease.

One recent study looked at data from 101,945 participants and found that men and women who consumed 3,000 to 6,000 mg of sodium per day had the lowest risk of cardiovascular disease and death. Meanwhile, those who ate less than 3,000 mg of salt per day actually had a 25% increased risk of cardiovascular events and all-cause mortality.

My recommendation:

Salt your food to taste—but avoid processed foods—and you’ll be just fine. Get 3,000 to 6,000 mg daily, or about the amount in ½ to 1 teaspoon.

If you add salt to your foods, use sea salt from the Himalayan Mountains, the Mediterranean, or the Pacific. (Avoid brands that are “refined” or have been boiled.)

Alcohol

Prohibitionists and behavior control freaks tell you to steer clear, but their science just doesn’t add up. Study upon study has shown that alcohol causes blood vessels to relax and dilate, which increases blood flow. It also relaxes the mind and body, which we know is critical for perfect blood pressure. The key is finding the perfect amount of alcohol—not too much, but not too little.

My recommendation:

Enjoy one or two drinks a day, which decreases stress, lowering the risk of heart disease. A drink is a five-ounce glass of wine, a 12-ounce bottle of beer, or a 1.5-ounce shot of liquor. But more than two daily drinks may eventually damage the cardiovascular system (and a lot of other systems, too).

So there you have it—four foods your cardiologist has told you to avoid, but can actually be part of a heart-healthy diet.

Taking care of your cardiovascular health isn’t about deprivation. It’s all about consuming adequate amounts of healthy nutrients. And having a frantic attitude about whether a food is “good for you” can create anxiety and stress when it comes to eating—which certainly isn’t ideal for your blood pressure or your heart.

As with everything in life, practice moderation and be sensible with your portions when it comes to what you put on your plate or in your glass. Eating is a normal and necessary behavior that all of us can—and should—enjoy with the utmost satisfaction.

For more details on what to include in your heart-healthy diet, refer to Lessons 24 to 34 in my *Heart Attack Prevention and Repair Protocol*.

**For more about The Heart Attack Prevention and Repair Protocol, visit:
www.ovhlearning.com and www.drmicozzi.com**

ABOUT DR. MICOZZI

Marc S. Micozzi, M.D., Ph.D. was the founding editor-in-chief of the first U.S. journal in Complementary and Alternative Medicine and organized and edited the first US textbook in the field, *Fundamentals of Complementary & Integrative Medicine* in 1996. He has published nearly 300 articles in medical literature and is the author or editor of over 25 books. Dr. Micozzi served as Senior Investigator of cancer prevention at the National Cancer Institute, where he published the original research on diet, nutrition, and chronic disease. He continued this line of research as the Associate Director of the Armed Forces Institute of Pathology and Director of the National Museum of Health and Medicine.

In recent years, Dr. Micozzi has served as the Founding Director of the Policy Institute for Integrative Medicine in Bethesda, MD, working to educate policy makers, the health professions, and the general public about the opportunities for integrative medicine and the need for clean, clear science within our modern medical establishment. Dr. Micozzi writes a monthly newsletter called *Insiders' Cures* as well as a free e-letter called *The Daily Dispatch*.

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