

EAT REAL TO HEAL

PODCAST

with Nicolette Richer

Ep. 72 Dr. Caldwell B. Esselstyn Jr. MD STRATEGY TO REVERSE HEART DISEASE

“The only reason anybody has heart disease, is not because of your genes, or your stress – it’s the food.”

Endothelium is a single layer of squamous **endothelial cells** that line the interior surface of blood vessels and lymphatic vessels. The **endothelium** forms an interface between circulating blood or lymph in the lumen and the rest of the vessel wall.

Nitric Oxide helps blood flow, stops blockages and helps the endothelium thrive.

Foods that injury endothelium:

Oils, and foods with oil
Thing with a mother or a face
All dairy
Sugary drinks and refined food
Nuts
Avocado
Caffeine
Fluoride in toothpastes and water
Antacids

Foods with Nitric Oxide:

Whole Grains
Legumes, pulses
Green Leafy Vegetables
Red & Yellow Vegetables
White & Sweet potatoes
Fruit

Trick to get an abundance of **Anti-oxidants** from food so you have enough nitric oxide to restore your endothelium.

1. Boiled or steam any dark green leafy vegetables for 6 mins.
2. Add balsamic or rice vinegar to the steamed vegetables.
3. You need to chew them, so no smoothies or juices.
4. Eat them 6 times a day (1/2 fist-size portions).



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Green Leafy Vegetables (top 5 in BOLD):

SWISS CHARD

KALE

SPINACH

ARUGULA

BEETS & BEET GREENS

Collards

Bok choy

Collard greens

Mustard green

Turnip greens

Napa cabbage

Brussel sprouts

Broccoli

Cauliflower

Asparagus

Cilantro

Parsley

Supplements to take:

B12 - Methylcobalamin

It is important to have small chain fatty acids which is produced by the microbiome in your gut. You then need a constant source of plant-based fibre to feed the microbiome.

Foods without fibre and foods to avoid:

Meat: Chicken, Red Meat, Pork, Refined Sugars, Oil, and Dairy

Dr Esselstyn:

Book - Prevent and Reverse Heart Disease

Book - The Prevent and Reverse Heart Disease Cookbook

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