

THE CARDIAC SOLUTION KIT
By Lawrence Green

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BEFORE WE START

I need to tell you something right up front.

This isn't going to sound like most health books you've read. Because most health books dance around the truth. They give you "tips" and "suggestions" and leave you wondering what the hell you're actually supposed to do.

Not this one.

This book is going to tell you exactly what to eat, exactly what not to eat, and exactly why. No fluff. No maybes. Just what works.

I'm Dr. Lawrence Green. I've been a cardiologist for over 20 years. And for the first 10 of those years, I did what every other doctor does. I prescribed statins. I recommended surgeries. I followed the guidelines.

And I watched my patients get worse.

Year after year, more medications. More surgeries. Worse outcomes. Until I realized

something that changed everything: we're treating heart disease completely wrong.

The foods you've been told are "heart-healthy" are actually destroying your arteries. The medications you're taking aren't fixing anything. They're just masking symptoms while your heart continues to deteriorate.



But here's what most doctors won't tell you: your body can heal itself. Your arteries can clear. Your blood pressure can normalize. Your cholesterol can drop to healthy levels. All without surgery. All without lifelong medications.

I've seen it happen thousands of times. Patients like James Mitchell, who went from needing triple bypass surgery to being completely off his medications in three months. His cholesterol dropped from 340 to 178. His blood pressure went from 165/95 to 122/76. His arterial blockages reduced by over 40%.

The only thing that changed? What he ate.

That's what this book is about. Not theory. Not possibilities. Just what actually works, proven in real patients over thousands of cases.

You're going to learn:

- The 3 foods you're eating right now that are clogging your arteries (even if you think you're eating healthy)
- The single most powerful food for clearing arterial plaque (it's probably in your grocery store right now)
- Exactly what to eat every day to start reversing heart disease
- How to know if it's working (you'll feel the difference in 72 hours)

- How to navigate restaurants, social events, and real life while healing your heart

This isn't complicated. You don't need to count calories or measure portions or follow some complex meal plan. You just need to stop eating the foods that are killing you and start eating the foods that heal you.

Simple as that.

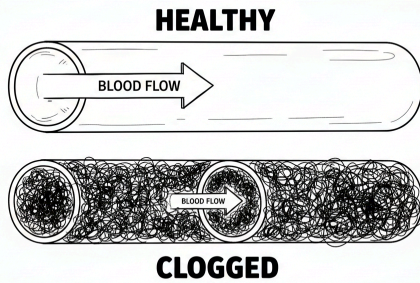
Now let's get started.

CHAPTER 1: THE COMPLETE CARDIAC FOOD PROTOCOL

Here's what nobody tells you about heart disease: it's not about genetics. It's not about age. It's about what you put in your mouth every single day.

Your arteries are like pipes. When they're healthy, blood flows through them smoothly.

But when you eat certain foods, those foods damage the arterial walls. Your body tries to patch the damage by sending cholesterol. But because you keep eating those damaging foods, your body keeps sending more cholesterol. Layer after layer. Until those patches become plaque. Until your arteries narrow. Until your heart can't get enough blood.



That's atherosclerosis. That's heart disease. That's what kills 20 million people worldwide every year.

But here's the thing: stop damaging your arteries, and they can heal. Give your body the right nutrients, and it will clear that plaque. It's

not magic. It's just how your body works when you stop poisoning it.

THE 3 FOODS DESTROYING YOUR HEART

First, you need to know what's killing you. These three foods are in almost every processed food. They're hidden in things you think are healthy. And they're wreaking havoc on your cardiovascular system.

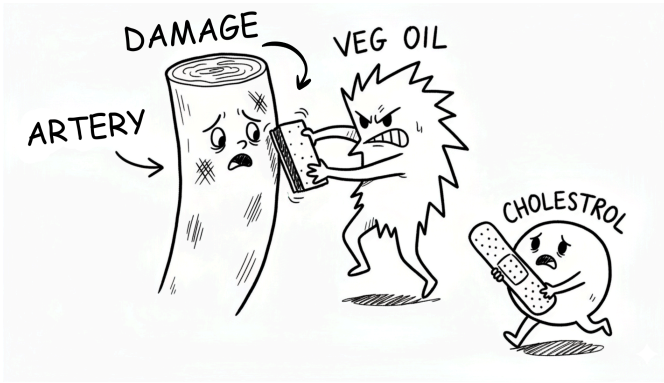
FOOD #1: VEGETABLE OILS

Canola oil. Soybean oil. Corn oil. Safflower oil. Sunflower oil. Cottonseed oil.

The American Heart Association says these are good for you. They're lying.

These oils are polyunsaturated fats that oxidize easily. When they get into your bloodstream, they're like sandpaper scraping the inside of

your arteries. They damage that smooth inner lining. Your body sees the damage and sends cholesterol to patch it. But you keep eating the oil, so the damage keeps happening, and the cholesterol keeps building up.



A University of California study found that people who cook with vegetable oils have 63% more arterial plaque than people who use butter or olive oil. 63%.

And it's not just cooking oil. These oils are in everything. Salad dressings. Mayonnaise. Cookies. Crackers. Frozen meals. Restaurant food. Fast food. It's everywhere.

Here's why this happens: these polyunsaturated fatty acids are unstable. When exposed to heat, light, or oxygen, they oxidize. That oxidation creates free radicals in your body. Those free radicals damage the endothelial cells lining your blood vessels. Once that lining is damaged, it becomes sticky. Cholesterol particles, which normally slide right past, now stick to the damaged areas. This is how plaque forms.

Dr. Phil Ovadia, a cardiac surgeon, sees this damage firsthand on the operating table. He's described how patients who consume high amounts of seed oils often have visible fat deposits coating their hearts. The epicardial fat—the fat surrounding the heart—is so thick in some cases that he has trouble finding the coronary arteries underneath.

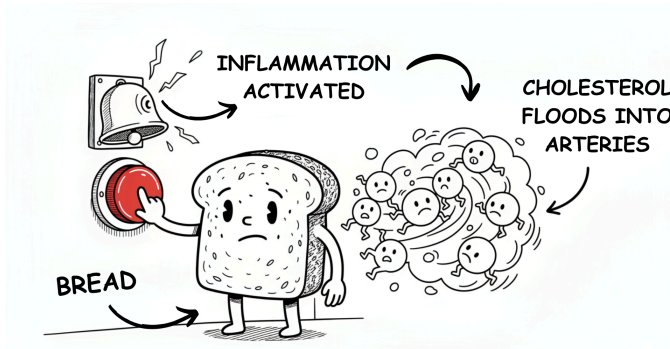
WHAT TO DO: Read every food label. If it says vegetable oil, soybean oil, canola oil, or any of those other oils, don't buy it. Don't eat it. Use butter, olive oil, or avocado oil instead. And when you eat at restaurants, ask what oil they cook with. Most won't tell you or they'll lie, so assume everything is cooked in vegetable oil and order accordingly.

FOOD #2: WHOLE WHEAT BREAD

This one surprises people. Your doctor probably told you to eat more whole grains, right?

Here's the problem: modern wheat isn't the same wheat your grandparents ate. It's been genetically modified over the past 50 years. It now contains 40 times more gluten. That gluten damages your gut. That gut damage triggers an inflammatory response throughout your entire body, including your arteries.

Think of it like a fire alarm going off in your body. Your body sends cholesterol rushing to your arteries to deal with the "emergency." But you eat wheat every day, so the alarm keeps going off, and the cholesterol keeps accumulating.



Plus, wheat converts to sugar in your bloodstream faster than table sugar. That sugar damages your arterial walls directly. More damage means more cholesterol, more plaque, more blockages.

The glycemic index of whole wheat bread is 71. Table sugar is 65. Let that sink in. The "healthy" bread your doctor recommended spikes your blood sugar faster than spooning sugar directly into your mouth.

Dr. William Davis, author of "Wheat Belly," explains that this rapid glucose spike triggers a cascade of inflammatory responses. Your pancreas releases insulin to handle the sugar. But when this happens repeatedly, your cells

become resistant to insulin. Insulin resistance is present in 95% of heart disease patients. It's not a coincidence.

A 2021 Harvard Medical School study found that people who eat whole wheat bread daily have 34% more plaque buildup than people who avoid it.

WHAT TO DO: Stop eating bread. Stop eating pasta. Stop eating anything made with wheat. This includes whole wheat, whole grain, multigrain, all of it. If you need bread, use almond flour or coconut flour alternatives. But honestly, you don't need bread. You just think you do.

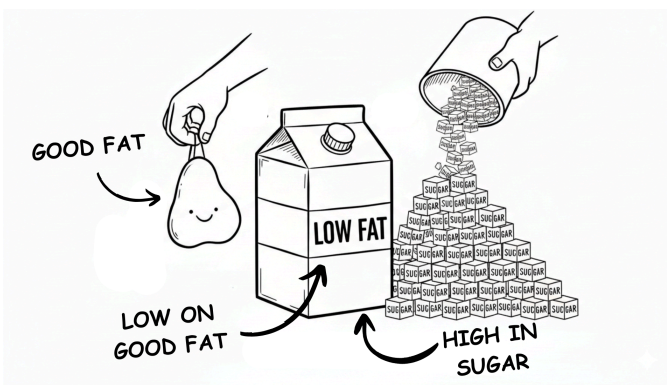
FOOD #3: LOW-FAT DAIRY

Low-fat milk. Low-fat yogurt. Fat-free cheese. The stuff your doctor told you to eat instead of full-fat dairy.

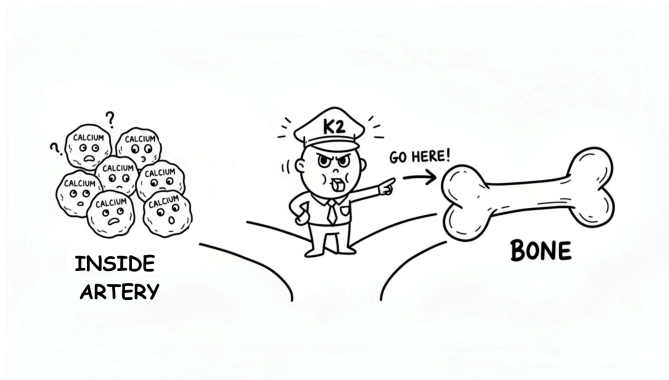
Here's what they don't tell you: when manufacturers remove the fat from dairy, they have to add sugar to make it taste decent.

Otherwise it tastes like chalk. That added sugar is worse for your arteries than the fat ever was.

But it gets worse. The fat in dairy actually contains protective nutrients. Nutrients that prevent plaque buildup. When you eat low-fat dairy, you get the damaging sugar without the protective fat.



Vitamin K2 is one of those protective nutrients. It's found in full-fat dairy, especially from grass-fed animals. K2 activates proteins that remove calcium from your arteries and deposit it in your bones where it belongs. When you eat low-fat dairy, you're not getting this protection.



A 2022 University of Texas study found that people who consume low-fat dairy have 29% more arterial plaque than people who consume full-fat dairy.

There's another issue: homogenization. When milk is homogenized, the fat globules are broken down into tiny particles that can more easily pass through the gut wall and enter the bloodstream. Some researchers believe this contributes to arterial damage. Raw, full-fat dairy from grass-fed cows doesn't have this problem.

WHAT TO DO: If you're going to eat dairy, eat full-fat. Real butter. Real cheese. Whole milk. Or better yet, cut out dairy entirely. Most people

don't need it. But if you're going to have it, have the real thing.

THE FOODS THAT HEAL YOUR HEART

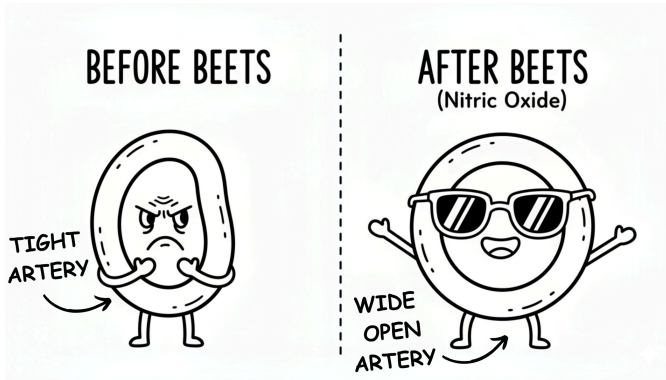
Now for the good part. These are the foods that actually clear plaque, reduce inflammation, and reverse heart disease. These are what you should be eating every single day.

THE #1 HEART-HEALING FOOD: BEETROOT

If I could only recommend one food for heart health, this would be it.

Beetroot contains nitrates. Your body converts those nitrates into nitric oxide. Nitric oxide relaxes and dilates your blood vessels. When your blood vessels dilate, your blood pressure drops. Blood flows more easily. Your heart doesn't have to work as hard.

Here's the mechanism: nitric oxide is a signaling molecule. It tells the smooth muscle cells in your arterial walls to relax. Those cells relax, the arteries widen, resistance decreases, and blood pressure drops. This isn't temporary. Daily beetroot consumption keeps your nitric oxide levels elevated throughout the day.



Dr. Jeremy London, a cardiovascular surgeon, explains that the endothelial cells—the ones lining your blood vessels—depend on nitric oxide to stay healthy. When you have adequate nitric oxide, those cells remain smooth and slippery. Blood flows easily. When nitric oxide is low, the endothelial cells become dysfunctional. They get sticky. That's when plaque starts forming.

But that's not all. Beetroot also contains betalains, powerful antioxidants that reduce inflammation in your arterial walls. Less inflammation means less damage. Less damage means less plaque buildup. It's that simple.

Studies show that drinking beetroot juice can lower blood pressure by 10-15 points in just a few hours. Daily consumption can reduce arterial stiffness by up to 20% in two weeks.



In one study, people with coronary artery disease who drank 8 ounces of beetroot juice daily for two weeks showed significant improvement in endothelial function. Their

blood vessels became more responsive. The stiffness decreased. Blood flow improved.

HOW TO EAT IT: Raw, cooked, or juiced. All work. Start with one medium beetroot per day. You can grate it into salads, roast it as a side dish, or juice it with other vegetables. If you juice it, drink it immediately. The nitrates start breaking down after about 30 minutes.

WARNING: Your urine and stool might turn pink or red. This is normal. It's called beeturia. Don't panic. It means your body is processing the betalains. Not everyone gets this, but if you do, it's harmless.

One more thing: cooking beetroot actually makes the nitrates more bioavailable. So don't worry about eating it raw versus cooked. Both work. Some people find cooked beets easier to digest.

LEAFY GREENS

Spinach. Kale. Arugula. Collard greens. Swiss chard. These are loaded with nitrates, vitamin

K, and folate. All of which protect your arterial walls and reduce inflammation.

The nitrates work the same way as in beetroot—your body converts them to nitric oxide. Vitamin K (specifically K1 in greens) helps with blood clotting regulation. Folate helps lower homocysteine, an amino acid that damages arterial walls when elevated.

Here's something most people don't know: the bacteria in your mouth are critical for converting nitrates to nitric oxide. When you eat leafy greens, nitrate-reducing bacteria on your tongue start the conversion process. This is why antibacterial mouthwash can be harmful—it kills these beneficial bacteria.

Dr. William Lee's research on blood vessels shows that people who eat large amounts of leafy greens have more elastic, healthier arteries. Their endothelial function is better. Their blood vessels can dilate properly when needed.

HOW MUCH: At least one large serving per day. A serving is about two cups raw or one cup

cooked. The darker the green, the better. Mix them up. Don't eat the same one every day.

Rotate through different greens. Spinach one day, kale the next, arugula after that. Each one has slightly different nutrient profiles. Variety ensures you're getting everything you need.

FATTY FISH

Salmon. Mackerel. Sardines. Anchovies. Herring. These contain omega-3 fatty acids, which reduce inflammation and make your blood less likely to clot.

The two key omega-3s are EPA and DHA. EPA is particularly good at reducing inflammation. DHA is important for cell membrane health, including the cells lining your arteries.

Omega-3s also help replace damaged cells in your arterial lining with healthy ones. It's like renovating a damaged wall, one cell at a time. Your endothelial cells have a limited lifespan. They're constantly being replaced. When you

have adequate omega-3s, the new cells that grow in are healthier and more functional.

There's another benefit: omega-3s reduce triglycerides. High triglycerides are strongly associated with heart disease risk. In fact, as Dr. Phil Ovadia points out, triglycerides are often a better predictor of heart disease risk than LDL cholesterol.

Studies show that people who eat fatty fish regularly have lower rates of heart disease, even when their cholesterol is high. The omega-3s are protective. They keep your blood flowing smoothly, reduce inflammation, and support healthy arterial function.

HOW MUCH: Three servings per week minimum. Each serving should be about the size of your palm. Wild-caught is better than farmed, but either is fine. Canned is fine too, as long as it's packed in water or olive oil, not soybean oil.

For sardines and anchovies, look for brands like Wild Planet, King Oscar, or Season. These pack them in water or olive oil without added junk.

Eat them straight from the can, on salads, or mixed with some olive oil and lemon.

BERRIES

Blueberries. Strawberries. Raspberries. Blackberries. These contain anthocyanins, compounds that regenerate the damaged lining of your blood vessels.

Think of anthocyanins as construction workers rebuilding your arterial walls. The more berries you eat, the more workers you have on the job.

Berries also contain fiber and various antioxidants that reduce oxidative stress. Oxidative stress is one of the main drivers of arterial damage. Free radicals attack the endothelial cells. Antioxidants neutralize those free radicals.

There's research showing that people who eat berries regularly have better endothelial function and lower inflammation markers. Their C-reactive protein (CRP) tends to be lower. CRP is a marker of systemic inflammation.

One study found that people who ate one cup of blueberries daily for eight weeks showed improved blood vessel function. The arteries dilated better in response to increased blood flow. This is a sign of healthy endothelial function.

HOW MUCH: One cup per day. Fresh or frozen, doesn't matter. Mix them. Put them in smoothies, on top of salads, or just eat them plain.

Frozen berries are often cheaper and just as nutritious. They're flash-frozen at peak ripeness, which preserves the nutrients. Buy them in bulk and keep them in your freezer.

GARLIC

Raw garlic contains allicin, a compound that reduces blood pressure and prevents platelet aggregation (blood clots). It also helps dissolve existing plaque.

Allicin is a sulfur-containing compound. It's what gives garlic its pungent smell. When you crush or chop garlic, an enzyme called alliinase converts alliin (present in intact garlic) into allicin. This is why you need to crush it and let it sit.

Studies show that aged garlic extract can reduce coronary calcium scores. That's the calcium in arterial plaque. Reducing it means the plaque is dissolving. Not quickly, but it happens.

Garlic also improves cholesterol profiles. It can lower total cholesterol and LDL while raising HDL. The effect isn't massive, but every bit helps.

The catch: it has to be raw. Cooking destroys most of the allicin. You need to crush it and let it sit for 10 minutes before eating it. That activates the allicin.

HOW MUCH: One to two cloves per day. Crush them, wait 10 minutes, then add to salads or cooked dishes right before serving. Yes, your

breath will smell. Deal with it or chew fresh parsley after.

If you can't handle raw garlic, aged garlic extract supplements are an alternative. Look for brands like Kyolic. They're not as potent as raw garlic, but they're better than nothing.

WALNUTS AND ALMONDS

These contain omega-3s, vitamin E, and L-arginine. L-arginine is an amino acid your body uses to produce nitric oxide, which dilates your blood vessels.

Walnuts are particularly high in ALA (alpha-linolenic acid), a plant-based omega-3. Your body converts some of this to EPA and DHA, though not very efficiently. Still, it helps.

Almonds are high in vitamin E, a fat-soluble antioxidant that protects LDL particles from oxidation. Remember, oxidized LDL is the dangerous kind. Non-oxidized LDL is much less likely to contribute to plaque formation.

Studies show that people who eat a handful of nuts daily have lower rates of heart disease. The effect is consistent across different populations and different types of nuts.

HOW MUCH: A small handful (about 1/4 cup) per day. Raw or roasted, just not roasted in vegetable oil. Check the label.

Buy raw nuts in bulk and store them in the refrigerator or freezer. The fats in nuts can go rancid at room temperature over time. Keeping them cold preserves freshness.

OLIVE OIL

Extra virgin olive oil contains polyphenols that reduce inflammation and protect your arterial lining. It's one of the few oils that's actually good for you.

The polyphenols in olive oil have been studied extensively. They reduce oxidative stress, improve endothelial function, and have anti-inflammatory effects. Some of the key

polyphenols are hydroxytyrosol and oleocanthal.

Oleocanthal is particularly interesting. It works similarly to ibuprofen—it inhibits inflammatory enzymes. That's why high-quality olive oil sometimes has a peppery, throat-catching sensation. That's the oleocanthal.

Studies from the Mediterranean region show that people who consume large amounts of olive oil have lower rates of heart disease. The Mediterranean diet is often cited as heart-healthy, and olive oil is a major component.

HOW MUCH: Two to four tablespoons per day. Use it for cooking (low to medium heat only), on salads, or just drink it straight if you're hardcore. Make sure it says "extra virgin" and comes in a dark bottle or tin. The cheap clear-bottle stuff is usually fake.

When buying olive oil, look for harvest dates. Fresher is better. Avoid oils that don't list a

harvest date—they could be old and oxidized.
Store your olive oil in a cool, dark place.

AVOCADOS

Full of monounsaturated fats, potassium, and fiber. Monounsaturated fats lower bad cholesterol without lowering good cholesterol. Potassium helps regulate blood pressure. Fiber helps remove cholesterol from your system.

Avocados are also high in lutein, a carotenoid antioxidant. Lutein accumulates in arterial walls and protects them from oxidative damage.

One study found that people who ate one avocado daily for five weeks showed significant reductions in oxidized LDL particles. Their total cholesterol and LDL didn't change much, but the quality of their LDL improved—less oxidation means less danger.

HOW MUCH: Half to one whole avocado per day. On salads, in smoothies, or just eat it with a spoon.

If you buy unripe avocados, store them at room temperature until they soften. Once ripe, put them in the refrigerator to slow further ripening. This extends their usability.

DARK CHOCOLATE

Real dark chocolate (70% cocoa or higher) contains flavonoids that improve blood flow and reduce blood pressure. It also makes your blood vessels more elastic.

The flavonoids in dark chocolate are similar to those in berries. They improve endothelial function. Your arteries can dilate better when you eat dark chocolate regularly.

One study found that people who ate a small amount of dark chocolate daily for 18 weeks showed measurable improvements in arterial elasticity. Their blood vessels were more responsive and less stiff.

Dark chocolate also improves insulin sensitivity. Better insulin sensitivity means less

metabolic stress, which means less arterial damage.

HOW MUCH: One ounce per day. That's about three to four squares. Check the ingredients. It should be cocoa, cocoa butter, maybe some natural sweetener. If it contains vegetable oil or milk fat, put it back.

Look for brands like Lindt 85% or 90%, Green & Black's 85%, or Alter Eco. The higher the cocoa percentage, the less sugar and the more beneficial compounds.

YOUR DAILY EATING TEMPLATE

You don't need a complicated meal plan. You need a framework. Here's what a typical day should look like:

MORNING

Option 1: Beetroot Blast

- 1 medium beetroot (raw or cooked, chopped)
- 1 cup mixed berries
- 2 cups spinach
- 1/4 cup walnuts
- Blend with water or unsweetened almond milk

Option 2: Omega-3 Scramble

- 3 eggs (pasture-raised if possible) scrambled in butter or olive oil
- 2 cups sautéed spinach or kale
- 1/2 avocado
- Sprinkle with fresh herbs

Option 3: Simple and Fast

- 1 cup berries
- 1/4 cup mixed nuts
- 1 piece of dark chocolate

MIDDAY

Option 1: Salmon Power Bowl

- 4-6 oz wild salmon (baked, grilled, or canned)
- Large mixed green salad (spinach, arugula, kale)
- Roasted beetroot chunks

- 1/2 avocado
- Olive oil and lemon dressing

Option 2: Sardine Salad

- 1 can sardines in water or olive oil
- Mixed greens
- Cherry tomatoes
- Cucumber
- Olive oil and crushed garlic

Option 3: Simple Protein and Greens

- Grilled chicken breast or thigh (skin on is fine)
- Steamed broccoli with butter
- Side salad with olive oil

EVENING

Option 1: Mackerel with Roasted Vegetables

- 6 oz mackerel
- Roasted beetroot
- Roasted Brussels sprouts
- Drizzle with olive oil

Option 2: Grass-Fed Beef and Greens

- 6 oz grass-fed beef steak
- Large portion sautéed spinach in butter

- Sliced avocado

Option 3: Egg and Vegetable Frittata

- 4-5 eggs
- Mixed vegetables (spinach, peppers, onions)
- Cooked in olive oil or butter
- Side salad

THE RULES

Keep it simple. Here are the only rules you need to follow:

1. Eat beetroot every single day. This is non-negotiable.
2. Eat at least one large serving of leafy greens every day.
3. Eat fatty fish at least three times per week.
4. Eat berries daily.

5. Use only butter, olive oil, or avocado oil for cooking. Nothing else.
6. No vegetable oils. Ever. Read every label.
7. No wheat. No bread, no pasta, no baked goods made with wheat flour.
8. No low-fat dairy. If you eat dairy, eat full-fat.
9. No processed foods. If it comes in a package with more than five ingredients, probably skip it.
10. No sugar-sweetened beverages. Water, black coffee, unsweetened tea. That's it.

That's the protocol. It's not complicated. It's just different from what you're used to.

Follow these rules for two weeks. Just two weeks. See how you feel. Check your blood pressure. Most people see dramatic improvements in that time.

After two weeks, get your blood work done. You'll see the difference.

CHAPTER 2: THE 7-DAY CARDIAC CLEANSE QUICK-START GUIDE

This is your jump-start. Seven days to clean out your system and give your body what it needs to start healing.

This isn't a detox. Your body doesn't need to "detox." That's nonsense. What your body needs is to stop being damaged and start being supported. That's what these seven days do.

You're going to eliminate everything that's hurting you. You're going to flood your system with the nutrients that heal you. You're going to give your arteries a break. For some people, this is enough to start feeling different. For others, it's the foundation for long-term healing.

Either way, it works.

BEFORE YOU START

Take your measurements. You need a baseline. Otherwise you won't know if it's working.

Measure:

- Blood pressure (morning and evening)
- Weight
- Waist circumference
- How you feel (energy level, chest tightness, shortness of breath, sleep quality)

Write it down. You'll check again on Day 7.

THE 7-DAY PLAN

Every day follows the same basic structure. I'm not giving you specific recipes for every meal because you don't need that. You need principles. But I'll give you examples so you know what it looks like.

DAY 1: RESET

FOCUS: Get the garbage out of your system.

Morning:

- Large glass of water with lemon
- Beetroot smoothie (1 beet, 1 cup berries, 2 cups spinach, 1/4 cup walnuts, water)

Midday:

- Salmon salad (4-6 oz salmon, mixed greens, roasted beets, avocado, olive oil and lemon)
- Handful of almonds

Evening:

- Mackerel or sardines (one can or fresh)
- Steamed broccoli with butter
- Side salad with olive oil

Before bed:

- 1-2 squares dark chocolate

WHAT YOU SHOULD NOTICE: Not much yet. Maybe slightly more energy. Maybe less bloating. Don't expect miracles on Day 1.

DAY 2: DOUBLE DOWN

FOCUS: Same as Day 1, but your body is starting to adapt.

Morning:

- Water with lemon
- 3 eggs scrambled in butter with spinach and avocado
- 1 cup berries



Midday:

- Large salad (mixed greens, roasted beets, grilled chicken, olive oil, crushed garlic)
- Handful of walnuts

Evening:

- Grass-fed beef or lamb
- Roasted Brussels sprouts with olive oil

- Sliced avocado

Before bed:

- Dark chocolate

WHAT YOU SHOULD NOTICE: Energy might dip slightly. This is normal. Your body is adjusting. Some people get mild headaches. Drink more water.

DAY 3: THE SHIFT

FOCUS: This is when most people start to feel different. Chest feels lighter. Breathing is easier.

Morning:

- Water with lemon
- Beetroot smoothie (mix it up with different berries)

Midday:

- Sardines on mixed greens with cherry tomatoes, cucumber, olive oil
- 1/2 avocado

Evening:

- Salmon with roasted beetroot and asparagus
- Drizzle with olive oil

Before bed:

- Dark chocolate and a small handful of berries

WHAT YOU SHOULD NOTICE: Energy coming back. Less tightness in the chest. If you're monitoring blood pressure, it's probably starting to drop.

DAY 4-7: CONSISTENCY

FOCUS: Keep doing what's working. Don't get bored. Don't cheat. This is when the real healing starts.

Continue rotating through similar meals. The structure stays the same:

- Beetroot every single day (smoothie, roasted, juiced, whatever)
- Large serving of leafy greens every day
- Fatty fish at least once, ideally twice
- Berries daily

- Healthy fats (olive oil, avocado, nuts) with every meal
- Dark chocolate before bed (you've earned it)

SAMPLE DAY 5:

Morning:

- Eggs with kale and avocado

Midday:

- Mackerel salad with roasted beets and mixed greens

Evening:

- Chicken thigh with steamed broccoli and olive oil

SAMPLE DAY 6:

Morning:

- Beetroot smoothie with extra spinach

Midday:

- Large salad with sardines, roasted beets, walnuts, olive oil

Evening:

- Grass-fed burger (no bun) with sautéed mushrooms and spinach

SAMPLE DAY 7:

Morning:

- Eggs with roasted beetroot and arugula

Midday:

- Salmon power bowl (salmon, mixed greens, avocado, beets, olive oil)

Evening:

- Herring or mackerel with roasted vegetables

WHAT YOU SHOULD NOTICE BY DAY 7

Take your measurements again. Compare them to Day 0. Most people see:

- Blood pressure drop of 10-20 points

- Weight loss of 3-7 pounds (mostly water and inflammation)
- Less chest tightness
- Easier breathing
- Better energy
- Better sleep
- Less bloating

If you don't see these changes, something's off. Either you're not being strict enough with the protocol, or you have an underlying issue that needs medical attention.

But for most people, Day 7 is when they realize this actually works. This is when they commit to continuing.

That's the point of these seven days. Not to cure you completely. Just to show you what's possible when you stop damaging your body and start supporting it.

DEALING WITH CRAVINGS

Let's talk about what actually happens during these seven days. Because it's not all smooth sailing.

Days 1-2: You might feel fine. You're motivated. You're excited. The new foods are interesting.

Day 3: This is when it gets hard. Your body is used to sugar, wheat, and processed junk. When you cut those out, you go through a mild withdrawal. Headaches. Irritability. Strong cravings. This is normal.

What's happening: Your body has been running on quick-burning carbs. Now it's learning to run on fat and stable energy. This transition takes a few days. Your brain is complaining because it's not getting its sugar fix. Push through.

Days 4-5: The cravings ease up. Energy starts coming back. You sleep better.

Days 6-7: You feel different. Lighter. Clearer. Your body has adapted.

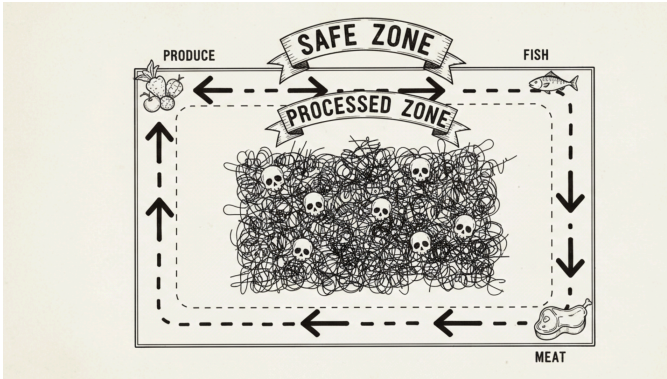
When cravings hit—and they will—here's what to do:

1. Drink water. Most cravings are actually thirst or boredom.
2. Eat something on the protocol. Have some nuts. Have dark chocolate. Have leftover salmon. You're not starving. You're just breaking an addiction.
3. Wait 10 minutes. Most cravings pass in 10 minutes if you don't give in to them.
4. Remember why you're doing this. You're not depriving yourself. You're healing yourself. There's a difference.

The first three days are the hardest. After that, it gets easier. And after two weeks, you won't even want the old foods. They'll make you feel terrible when you try them again.

GIFT #1: THE HEART-HEALTHY SHOPPING LIST

This is your roadmap. Print this out. Take it to the store. Buy only what's on this list.



The grocery store is designed to make you buy garbage. Colorful packages. "Heart-healthy!" labels. "Low-fat!" claims. All of it designed to separate you from your money and destroy your health.

This list protects you from that. Stick to it. Don't deviate. Don't think you know better.

VEGETABLES

PRIORITY #1 - BUY THESE EVERY WEEK:

- Beetroot (fresh, multiple per week)
- Spinach (fresh or frozen, large quantities)
- Kale (fresh)
- Arugula
- Mixed salad greens

ALSO GOOD - ROTATE THESE:

- Broccoli
- Brussels sprouts
- Asparagus
- Cauliflower
- Bell peppers (red, yellow, green)
- Zucchini
- Cucumber
- Cherry tomatoes
- Mushrooms
- Onions
- Garlic (fresh bulbs)

FRUITS

- Blueberries (fresh or frozen)

- Strawberries
- Raspberries
- Blackberries
- Avocados
- Lemons

PROTEINS

FATTY FISH (BUY AT LEAST 3 SERVINGS PER WEEK):

- Wild-caught salmon (fresh or canned)
- Sardines (canned in water or olive oil only)
- Mackerel (fresh or canned)
- Anchovies (canned in olive oil)
- Herring

OTHER PROTEINS:

- Pasture-raised eggs
- Chicken (skin-on thighs or breasts)
- Grass-fed beef (steaks, ground beef)
- Grass-fed lamb

HEALTHY FATS

- Extra virgin olive oil (dark bottle or tin, cold-pressed)
- Grass-fed butter or ghee
- Avocado oil (for high-heat cooking)
- Coconut oil

NUTS AND SEEDS

- Walnuts (raw)
- Almonds (raw)
- Pecans
- Macadamia nuts
- Chia seeds
- Flax seeds

PANTRY ESSENTIALS

- Sea salt
- Black pepper
- Fresh herbs (parsley, cilantro, basil)
- Dried herbs and spices (turmeric, oregano, rosemary, thyme)
- Apple cider vinegar
- Dijon mustard (check ingredients - no sugar, no vegetable oil)

BEVERAGES

- Water (filtered if possible)
- Black coffee
- Green tea
- Herbal teas (no added sugar)
- Unsweetened almond milk (for smoothies)

TREATS

- Dark chocolate (70% cocoa or higher, check for no vegetable oils)

SHOPPING STRATEGY

Here's how to actually use this list:

1. Shop the perimeter of the store. That's where the real food lives. Produce. Meat. Fish. Dairy (if you're eating it).
2. Avoid the center aisles. That's where the processed garbage lives. If you need something from the center (olive oil, canned fish, nuts), go in, get it, get out.

3. Read every label. Even on things you think are safe. Look for vegetable oil, soybean oil, canola oil. Look for added sugar. If you see either, put it back.

4. Buy in bulk when possible. Frozen berries. Frozen spinach. Canned fish. These are cheaper and last longer.

5. Don't shop hungry. You'll make bad decisions. Eat before you go.

6. Stick to the list. Don't improvise. Not yet. Once you've been doing this for a few weeks and you understand what works, then you can start experimenting. But for now, stick to the list.

BRANDS THAT WORK

I'm not sponsored by any of these. These are just brands I've found that don't sneak garbage into their products.

CANNED FISH:

- Wild Planet (sardines, salmon, anchovies)
- King Oscar (sardines, mackerel)

- Season Brand (sardines)

OLIVE OIL:

- California Olive Ranch
- Kirkland Organic (Costco)
- Colavita

BUTTER:

- Kerrygold (grass-fed)
- Organic Valley (grass-fed)

DARK CHOCOLATE:

- Lindt 85% or 90%
- Green & Black's 85%
- Alter Eco (check ingredients)

But again, always read the label. Formulations change. Companies get bought out. What's safe today might be garbage tomorrow.

HOW TO SAVE MONEY

Eating healthy doesn't have to be expensive.
Here's how to do it on a budget:

1. Buy frozen vegetables. Frozen spinach, frozen broccoli, frozen berries. Just as nutritious, much cheaper, and they last longer.
2. Buy canned fish. Canned sardines, salmon, and mackerel are cheap protein sources. A can of sardines costs \$2-3 and provides as much omega-3 as a \$15 piece of fresh salmon.
3. Buy eggs. Pasture-raised eggs are more expensive, but regular eggs are still good. They're one of the cheapest protein sources available.
4. Buy in season. Berries are expensive in winter. Frozen berries are not. Beets are cheap year-round.
5. Skip organic if money is tight. Organic is better, but conventional vegetables are still better than processed food. Don't let perfect be the enemy of good.
6. Cook at home. Restaurant food is expensive and usually cooked in vegetable oil anyway. Cooking at home saves money and gives you control over your ingredients.

7. Meal prep. Cook large batches. Roast a bunch of beets at once. Cook a big pot of eggs. Make a large salad. Store in containers. Eat throughout the week.

GIFT #2: THE CARDIAC SUPPLEMENT GUIDE

Let me be clear: food first. Always.

Supplements are not magic pills. They don't replace a bad diet. They don't undo years of damage overnight. They're called supplements because they supplement a good diet. They fill in the gaps.

That said, certain supplements can accelerate your healing. They can give your body extra support while it's clearing out plaque and repairing arterial damage.

These are the ones that actually work. Based on research. Based on what I've seen in my patients.

THE ESSENTIAL THREE

If you're only going to take three supplements, these are the ones.

1. OMEGA-3 FISH OIL (EPA/DHA)

WHY: Reduces inflammation. Makes blood less likely to clot. Helps regenerate damaged arterial cells. Lowers triglycerides.

You're already eating fatty fish three times per week. But most people need more omega-3s than that to reverse existing damage. That's where supplementation helps.

DOSAGE: 2,000-3,000 mg combined EPA/DHA per day. Not total fish oil. EPA/DHA specifically. Check the label.

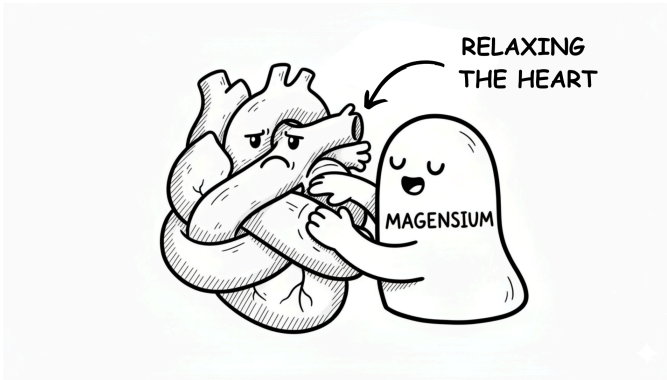
WHEN TO TAKE IT: With food. Fat-soluble vitamin, so you need fat in your stomach for absorption.

BRANDS THAT WORK: Nordic Naturals, Carlson, Sports Research, WHC UnoCardio (higher dose, fewer pills).

WARNING: If you're on blood thinners, talk to your doctor first. Omega-3s can increase bleeding risk.

2. MAGNESIUM

WHY: Relaxes blood vessels. Regulates blood pressure. Helps prevent irregular heartbeats. Most people are deficient.



Modern soil is depleted of magnesium. Even if you're eating vegetables, you're probably not getting enough. Stress depletes it further. Coffee depletes it. You need to supplement.

DOSAGE: 400-600 mg per day. Start with 200mg and work up. Too much too fast causes loose stools.

WHEN TO TAKE IT: Evening. It has a slight calming effect. Helps with sleep.

FORM MATTERS: Magnesium glycinate or magnesium threonate. These absorb better and don't cause digestive issues. Avoid magnesium oxide. It's cheap and doesn't absorb well.

BRANDS: Thorne, Pure Encapsulations, Doctor's Best.

3. VITAMIN K2 (MK-7)

WHY: Directs calcium away from your arteries and into your bones where it belongs. This is huge.

One of the problems with arterial plaque is calcium buildup. That calcium should be in your bones, not your arteries. K2 fixes this. It activates proteins that pull calcium out of soft tissues (like arteries) and deposit it in hard tissues (like bones).

DOSAGE: 100-200 mcg per day.

WHEN TO TAKE IT: With food. Fat-soluble.

FORM: MK-7 (not MK-4). MK-7 stays in your system longer.

BRANDS: Sports Research, NOW Foods, Bronson.

THE SUPPORTING PLAYERS

These aren't essential. But they can help. If you want to be more aggressive about reversing your heart disease, add these.

COQ10 (UBIQUINOL)

WHY: Supports heart muscle function. Powerful antioxidant. Critical if you're taking statins (statins deplete CoQ10).

Your heart is a muscle that never stops working. It needs energy. CoQ10 helps produce that energy. As you age, your body produces less CoQ10. Supplementation helps.

DOSAGE: 100-200 mg per day. If you're over 50 or taking statins, go for 200mg.

FORM: Ubiquinol (not ubiquinone). Ubiquinol is the active form. Absorbs better.

BRANDS: Qunol, Jarrow, Doctor's Best.

VITAMIN D3

WHY: Reduces inflammation. Supports immune function. Low vitamin D is linked to higher cardiovascular risk.

Most people are deficient. You need sun exposure to produce vitamin D. Most people don't get enough sun. Even if you do, if you're over 50, your skin doesn't produce it as efficiently.

DOSAGE: 2,000-5,000 IU per day. Get your blood tested. Aim for 50-70 ng/ml.

TAKE IT WITH K2: Vitamin D helps you absorb calcium. K2 makes sure that calcium goes to your bones, not your arteries. They work together.

BRANDS: NOW Foods, Sports Research (many come combined with K2).

L-ARGININE

WHY: Amino acid your body uses to produce nitric oxide. Nitric oxide dilates blood vessels. Better blood flow. Lower blood pressure.

You're already getting some from walnuts and other foods. Supplementation can boost it further.

DOSAGE: 3,000-6,000 mg per day, split into two doses.

WHEN TO TAKE IT: On an empty stomach for best absorption. Morning and before bed.

NOTE: If you have herpes (cold sores or genital), skip this one. Arginine can trigger outbreaks.

BRANDS: NOW Foods, Thorne.

BERBERINE

WHY: Improves insulin sensitivity. Lowers blood sugar. Reduces inflammation. Works similarly to metformin but natural.

Remember, insulin resistance is present in 95% of heart disease patients. Anything that improves insulin sensitivity helps your heart.

DOSAGE: 500 mg, three times per day with meals.

WARNING: Can cause digestive upset. Start with one dose per day and work up.

BRANDS: Thorne, Pure Encapsulations, Transparent Labs.

NATTOKINASE

WHY: Enzyme that helps dissolve blood clots and fibrin deposits. May help break down existing plaque.

This is a more advanced supplement. Not everyone needs it. But if you have existing blockages or a history of clots, it can help.

DOSAGE: 2,000 FU (fibrinolytic units) per day.

WHEN TO TAKE IT: On an empty stomach.

WARNING: Don't take this if you're on blood thinners. It has blood-thinning effects itself.

BRANDS: Doctor's Best, NOW Foods.

WHAT NOT TO WASTE YOUR MONEY ON

Some supplements are marketed for heart health but don't actually work. Save your money.

RED YEAST RICE: This is basically a natural statin. It has the same mechanism of action as pharmaceutical statins and the same side effects. If you're trying to avoid statins, don't take this.

NIACIN (HIGH-DOSE): Used to be recommended for raising HDL cholesterol. Studies have shown it doesn't reduce cardiovascular events. Plus it causes uncomfortable flushing.

GARLIC PILLS: If you're going to take garlic, take aged garlic extract (Kyolic). Most garlic

pills don't contain much allicin. Just eat raw garlic instead.

POLICOSANOL: Was thought to lower cholesterol. Multiple studies have shown it doesn't work.

CHELATION SUPPLEMENTS (EDTA): Marketed to "remove plaque." No evidence it works orally. IV chelation is a different story, but that's not something you do at home.

SUPPLEMENT SCHEDULE

Here's how to organize your supplements:

MORNING (WITH BREAKFAST):

- Omega-3 fish oil
- Vitamin D3/K2
- CoQ10

AFTERNOON (WITH LUNCH):

- Berberine (if using)

EVENING (WITH DINNER):

- Omega-3 fish oil (second dose if taking twice daily)
- Magnesium
- Berberine (if using)

BEFORE BED (EMPTY STOMACH):

- L-arginine (if using)
- Nattokinase (if using)

Start with the Essential Three (omega-3, magnesium, K2). Get those dialed in for a few weeks. Then add others if you want.

Don't start everything at once. If you have a bad reaction, you won't know what caused it.

TESTING TO CONSIDER

If you're going to spend money on supplements, spend some money on testing first. Know what you actually need.

BASIC PANEL (GET THIS FIRST):

- Lipid panel (total cholesterol, LDL, HDL, triglycerides)
- Fasting glucose and hemoglobin A1c

- High-sensitivity CRP (inflammation marker)
- Vitamin D level
- Magnesium (serum and RBC)

ADVANCED PANEL (IF YOU WANT MORE
DETAIL):

- NMR lipid profile or Cardio IQ (shows particle sizes)
- Omega-3 index
- Homocysteine
- Lipoprotein(a)
- Coronary calcium score (imaging, not blood test)

Get tested before you start the protocol. Get tested again after 6-8 weeks. See what's actually changing.

Don't just supplement blindly and hope for the best. Test. Adjust. Retest.

GIFT #3: THE RESTAURANT & SOCIAL EATING SURVIVAL GUIDE

Here's the hard truth: most restaurants are trying to kill you.

Not intentionally. They just prioritize taste and profit over your health. That means cheap ingredients. That means vegetable oils. That means sugar in everything. That means wheat-based carbs as filler.

But you can't avoid restaurants forever. You have a life. You have social obligations. Work dinners. Date nights. Family gatherings.

This guide will help you navigate those situations without derailing your progress.

THE RESTAURANT RULES

1. ASSUME EVERYTHING IS COOKED IN VEGETABLE OIL

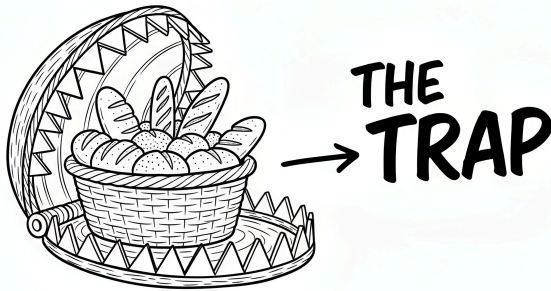
Unless you're at a high-end restaurant that explicitly states they use butter or olive oil, assume vegetable oil. Most restaurants use cheap soybean or canola oil because it's cheaper than butter.

What this means: Anything sautéed, fried, or pan-cooked is suspect. Even the "healthy" grilled chicken might be brushed with vegetable oil.

WORKAROUND: Ask for food cooked in butter or olive oil. Some places will accommodate. Others won't. If they won't, order something that doesn't require added fat—like grilled steak or baked fish with no oil.

2. BREAD BASKETS ARE THE ENEMY

They'll bring a bread basket to the table before your meal. It's free. It's tempting. It's designed to fill you up on cheap carbs so you eat less of the expensive protein.



Don't touch it. Tell the server not to bring it. If others at your table want it, fine. But don't let it sit in front of you. Out of sight, out of mind.

3. SALAD DRESSINGS ARE SUGAR AND OIL

Most restaurant salad dressings are made with soybean oil and loaded with sugar. Even the "healthy" vinaigrette.

WORKAROUND: Ask for olive oil and lemon or vinegar on the side. Dress it yourself. Or ask what's in their dressings. If they can't tell you or it contains vegetable oil, skip it.

4. SAUCES AND MARINADES CONTAIN SUGAR

BBQ sauce, teriyaki sauce, sweet chili sauce, honey mustard—all loaded with sugar. Even marinades on "healthy" chicken or fish often contain sugar.

WORKAROUND: Order proteins plain or with simple seasonings. Salt, pepper, herbs. No sauces. Or ask if they have any sauce that's not sweet. Sometimes they'll have a garlic butter or herb sauce that's fine.

5. SIDE DISHES ARE CARB TRAPS

The default sides at most restaurants are terrible. Fries, mashed potatoes, rice, pasta, bread. All garbage.

WORKAROUND: Substitute vegetables. Ask for steamed broccoli, asparagus, or a side salad instead. Most places will do this without charging extra.

WHAT TO ORDER AT DIFFERENT TYPES OF RESTAURANTS

STEAKHOUSE

This is your safest bet. Steakhouses specialize in quality meat and simple preparations.

ORDER:

- Steak (ribeye, NY strip, filet)—ask for no butter baste unless they use real butter
- Side salad with oil and vinegar
- Steamed or roasted vegetables
- Skip the potatoes

AVOID:

- Bread
- Anything breaded or fried
- Sweet sauces
- Mashed potatoes (usually made with vegetable oil and milk)

SEAFOOD RESTAURANT

Should be good, but watch for hidden oils and sauces.

ORDER:

- Grilled or baked fish (salmon, halibut, sea bass)
- Ask for no oil or butter, or specify butter only
- Steamed vegetables
- Side salad

AVOID:

- Fried fish
- Fish with sweet glazes or sauces
- Anything "crispy" (means breaded and fried)
- Rice

ITALIAN

Italian restaurants are difficult. Everything revolves around pasta, bread, and pizza.

ORDER:

- Grilled fish or chicken (ask about the oil)
- Large salad with olive oil (they usually have good olive oil)
- Vegetable sides

AVOID:

- Pasta
- Pizza

- Bread
- Anything with red sauce (usually contains sugar)
- Risotto

MEXICAN

Tricky because of rice, beans, and tortillas. But doable.

ORDER:

- Fajitas (skip the tortillas)—meat, peppers, onions
- Guacamole and extra vegetables for dipping instead of chips
- Carne asada or grilled chicken
- Side salad

AVOID:

- Chips
- Tortillas
- Rice
- Beans (usually cooked in lard or vegetable oil)
- Anything fried

ASIAN (CHINESE/THAI/JAPANESE)

Asian restaurants vary widely. Japanese is easier than Chinese.

JAPANESE:

- Sashimi (raw fish, no rice)
- Grilled fish or meat
- Seaweed salad
- Miso soup (check if it has tofu—some people avoid soy)

AVOID:

- Sushi rolls (rice)
- Tempura (fried)
- Teriyaki (sugar)
- Anything with sauce

CHINESE/THAI:

- Steamed fish or meat with vegetables
- Stir-fry with vegetables (ask what oil they use—if they won't tell you, it's vegetable oil)
- Skip the rice and noodles

AVOID:

- Anything fried
- Sweet and sour anything

- Pad Thai
- Fried rice

FAST CASUAL (CHIPOTLE, PANERA, ETC.)

You can make these work in a pinch.

CHIPOTLE:

- Bowl with no rice, no beans
- Double meat (chicken, steak, or carnitas)
- Fajita vegetables
- Guacamole
- Salsa
- Lettuce

PANERA:

- Salad (check dressing ingredients)
- Or just skip Panera—most of their menu is bread-based

SOCIAL SITUATIONS

FAMILY DINNERS

This is where it gets emotional. Family members will pressure you. "Just have a little." "One bite won't kill you." "You're being too extreme."

Stand your ground. Your health is more important than making others comfortable.

STRATEGIES:

- Eat before you go. Show up full. Then you can pick at healthy options without being hungry.
- Bring a dish you can eat. Offer to bring a salad or vegetable side.
- Be honest. Tell them you're dealing with a health issue and your doctor has you on a specific diet. (True, even if that doctor is you.)
- Don't preach. Don't try to convert them. Just do your thing quietly.

PARTIES AND CELEBRATIONS

Parties are hard because the food is usually terrible and alcohol is flowing.

STRATEGIES:

- Eat before you go. Again, show up full.
- Bring your own food if it's that kind of party (potluck, BBQ).
- If there's a vegetable tray, camp out there.
- If there's meat (and it's not breaded or sauced), eat that.
- Drink water or unsweetened beverages.
- If people ask why you're not drinking, say you're doing a health reset or you're on medication. Most people won't push.

WORK EVENTS

Work dinners, client lunches, conferences. You have to show up, and ordering "weird" might feel awkward.

STRATEGIES:

- Pick the restaurant if you can. Choose a steakhouse or seafood place.
- Order confidently. Don't apologize or explain. Just order what you need.
- If someone asks, keep it simple: "I'm avoiding processed foods right now." That's it. Don't elaborate unless they genuinely want to know.

- Focus on the conversation, not the food.

People won't remember what you ate. They'll remember if you were engaged.

DATING

You want to make a good impression. Ordering a plain piece of fish and vegetables might feel boring.

Here's the thing: confidence is attractive. Apologizing for your food choices is not.

Order what you need. Don't make a big deal of it. If your date asks, you can say you're eating this way because it makes you feel good. If they judge you for that, they're not someone you want to be with anyway.

TRAVELING

Travel is hard because you have less control. You're eating in airports, hotels, unfamiliar restaurants.

STRATEGIES:

- Pack emergency food. Nuts, dark chocolate, canned sardines. Yes, bring sardines on the plane. You'll survive the looks.
- Research restaurants near your hotel before you arrive. Find places that can accommodate you.
- Book hotels with kitchenettes if possible. Buy groceries. Cook simple meals.
- At breakfast buffets, load up on eggs, vegetables, and fruit. Skip the pastries and bread.
- If you're stuck with airport food, go for salads with grilled chicken or burgers without the bun.

HANDLING SOCIAL PRESSURE

People will have opinions about how you eat.
Here's how to handle it:

"Why aren't you eating the cake?"

"I'm good, thanks."

"You're being too extreme."

"This works for me."

"One bite won't hurt."

"I appreciate the offer, but I'm okay."

"You're going to eat like this forever?"

"For now, yeah."

Don't justify. Don't explain. Don't argue. Just
stick to your boundaries calmly.

Most people aren't actually concerned about
your health. They're uncomfortable because
your choices make them think about their own.
Don't take it personally.

WHEN TO BE FLEXIBLE

Are you allowed to ever deviate from the protocol? Sure. But be honest about why you're doing it.

If it's a genuinely special occasion—your daughter's wedding, a once-in-a-lifetime meal—and you decide to have something off-protocol, fine. Do it consciously. Enjoy it. Then get right back on track the next day.

But don't lie to yourself. "It's a special occasion" doesn't apply to every weekend dinner or every work happy hour. If you're making exceptions three times a week, you're not following the protocol. You're just eating badly with occasional healthy meals mixed in.

Special occasions are special because they're rare.

THE 80/20 RULE

Once you've been doing this strictly for a few months and you've seen results, you might decide to relax a little. That's fine.

The 80/20 rule: If you're eating well 80% of the time, you can be more flexible the other 20%.

But only after you've established the baseline. Only after your blood pressure is normal, your cholesterol is good, your arteries are clearing.

Don't do 80/20 from the start. You need 100% compliance in the beginning to see results and break your addiction to processed foods.

After a few months, if you want to occasionally have something off-protocol, you'll know what that does to your body. You'll feel the difference. Most people find that after eating clean for months, going back to old foods makes them feel terrible. That's your body telling you what it needs.

Listen to it.

FINAL THOUGHTS: WHAT HAPPENS NEXT

You've read the book. You know what to eat. You know what not to eat. You know the protocol.

Now comes the hard part: actually doing it.

Most people read health books, nod along, and then change nothing. Their lives stay exactly the same. They keep eating the same foods. They keep getting sicker. And then they wonder why nothing works.

Don't be that person.

You have everything you need right here. The information. The meal templates. The shopping lists. The strategies for handling real-world situations.

All that's missing is your decision to actually follow through.

So let me ask you: are you going to do this or not?

Not "try." Trying is what you do when you're planning to fail. I'm asking if you're going to do it.

If the answer is no, that's fine. Close the book. Go back to what you were doing. But at least be honest with yourself about what that choice means. It means more medications. More symptoms. More decline. Eventually, a wheelchair or a nursing home or worse.

If the answer is yes, then start today. Not Monday. Not after this weekend. Today.

Clean out your kitchen. Get rid of the vegetable oils, the bread, the low-fat dairy. All of it. If it's not in your house, you won't eat it.

Go to the grocery store. Buy what's on the shopping list. Stock your kitchen with real food.

Make a beetroot smoothie tomorrow morning. Or eggs with spinach. Or just berries and nuts. Whatever. Just start.

Follow the 7-day cleanse. See how you feel.
Check your blood pressure. Notice the changes.

After seven days, keep going. Make it two weeks. Then a month. Then three months.

Get your blood work done at the three-month mark. Compare it to your baseline. See what's changed.

I'll tell you what you'll find: your cholesterol will be better. Your blood pressure will be lower. Your inflammation markers will be down. Your triglycerides will have dropped.

And you'll feel different. More energy. Better sleep. No more chest tightness. No more shortness of breath.

That's when you'll realize this isn't a diet. It's just how you eat now. Because why would you go back to feeling terrible when you can feel great?

Some people will tell you this is too restrictive. Too extreme. Too hard.

You know what's extreme? Having your chest cut open for bypass surgery. Having a massive heart attack at 55 and dying in front of your family. Spending your retirement in a nursing home because you can't take care of yourself.

That's extreme.

Eating vegetables and fish instead of processed garbage? That's not extreme. That's basic self-preservation.

So make your choice.

Keep doing what you're doing and hope for different results.

Or change what you're doing and actually get different results.

The protocol is here. The information is clear. The path is laid out.

All you have to do is walk it.

Your heart is waiting.

ABOUT DR. LAWRENCE GREEN

Dr. Lawrence Green is a board-certified cardiologist with over 20 years of clinical experience. After spending the first decade of his career following conventional protocols—prescribing statins, recommending surgeries, and watching his patients progressively worsen—he began researching alternative approaches to heart disease.

His investigation into populations with virtually no heart disease led him to develop the protocols outlined in this book. Since implementing these methods, he has helped over 3,400 patients avoid bypass surgery and reduce or eliminate their cardiac medications with their doctors' approval.

Dr. Green no longer accepts the premise that heart disease is inevitable or irreversible. His practice focuses on addressing the root causes of cardiovascular disease through nutrition and

lifestyle modification, using medication and surgery only when absolutely necessary.

He currently maintains a private practice where he works with patients to implement these protocols and reverse their heart disease naturally.

REFERENCES AND FURTHER READING

While this book is designed to be immediately actionable rather than academically dense, the protocols are based on extensive research. Key areas of scientific support include:

Beetroot and Nitric Oxide:

- Multiple studies showing beetroot juice lowers blood pressure 10-15 points within hours
- Research on dietary nitrates improving endothelial function
- Studies on betalains as anti-inflammatory compounds

Vegetable Oils and Arterial Damage:

- University of California study showing 63% more plaque in vegetable oil consumers
- Research on polyunsaturated fat oxidation and free radical formation
- Studies on omega-6 to omega-3 ratios and inflammation

Wheat and Inflammation:

- Harvard Medical School research on whole wheat and plaque formation
- Studies on modern wheat gluten content increases
- Research on wheat glycemic index versus sugar

Omega-3 Fatty Acids:

- Extensive research on EPA/DHA and cardiovascular health
- Studies on omega-3s reducing triglycerides and inflammation
- Research on fish consumption and heart disease rates in various populations

Insulin Resistance and Heart Disease:

- Gerald Reaven's research on insulin resistance and cardiovascular disease

- Studies showing 95% of heart disease patients are insulin resistant
- Research on metabolic syndrome as predictor of cardiovascular events

For those interested in deeper research, consult medical databases such as PubMed using search terms related to the specific topics covered in this book.

END OF BOOK

Your heart can heal. Your arteries can clear.
Your life can change.

It starts with what you eat.

Get started today.