

THE
**MUSCLE
INTELLIGENCE**
PODCAST

JAN 24, 2022

#222

**ELEVATE
HEART
HEALTH:
A HOLISTIC
APPROACH**

WITH DR. MICHAEL TWYMAN



50 MIN

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Elevate Heart Health: a Holistic Approach with Dr. Michael Twyman

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Cardiovascular health is a growing concern in the fitness community. We brought in Dr. Michael Twyman, an expert in the field, to debunk the myths and answer the big questions around prevention, testing, and optimization of cardiovascular function.

Dr. Twyman is a board certified cardiologist who focuses on the prevention and early detection of heart disease. Heart attack prevention is Dr. Twyman's passion. He utilizes the best of conventional medicine, integrative/functional medicine, quantum medicine, and biohacking to get to the root cause of each patient's cardiovascular issues.

You'll learn:

- How to assess your unique cardiovascular risk profile.
- What connections exist between the carnivore diet and heart health.
- The surprising link between sexual wellness and endothelial function.
- Simple steps to boost your body's production of nitric oxide.
- The one under-utilized lever to enhance cardiovascular health (and... it costs nothing!)

Listening guide:

- **4:15** Dr. Twyman's journey into preventative cardiovascular medicine.
- **8:15** Root mechanisms behind endothelial dysfunction.
- **11:30** What changes around age 40?
- **13:15** Diet and nitric oxide.
- **18:20** Calcium and endothelial function tests.
- **24:30** How reversible is atherosclerosis?
- **28:00** Markers on blood testing.
- **33:15** Circadian biology.
- **39:15** Deuterium.
- **41:40** The keto diet and location.
- **45:00** Photobiomodulation/red light therapy; temperature therapy.

Learn more about Dr. Twyman at drtwyman.com or on Instagram [@drtwyman](https://www.instagram.com/drtwyman).